

Animal Assisted Therapy

Benefits and Goals -*Canadian Foundation for Animal Assisted Support Services*

- Reduce a sense of isolation and creates a human-animal bond of mutual acceptance
- Build self confidence
- Reduce stress levels and blood pressure
- Promote active living
- Reduce violent behavior and emotional stress

Specific goals can be established while working with other professionals such as:

- Physiotherapists
- Early Childhood Educators
- Social Workers
- Mental Health Clinicians
- Speech Pathologists
- Great icebreaker & interaction generates laughter and a sense of well being

Application:

- Nursing Homes
- Retirement Homes
- Hospitals
- Schools
- READ Programs
- Pet Prison Programs
- Youth Animal Programs

Pet Therapy Benefits -*Contributor Unknown*

Emotionally: Animals help lift a person's mood. They give people something to focus on outside of themselves.

People who are sick, lonely, feeling down and even depressed will often respond to an animal offering genuine affection and unconditional love. Responses might include smiles, eye-contact, physical touch (reaching out, petting and stroking), and communication.

Severely sick or depressed individuals may also show increased awareness, attention span and interest in the world around them.

Physically: Touching and interacting with animals can help lower a person's blood pressure and provide stress relief. People with pets also have longer life spans and suffer from less depression.

What makes Pet Therapy work?

These animals are non-threatening, non-judgmental.
They don't expect anything.
There is no pressure on the person to do or say anything.
The animals are quiet but friendly.

What exactly do the animals do?

They are present.
They accept and are open to whoever the person is and whatever that person needs.
It is as if the animal says, "Here I am".

Motivation -Intermountain Therapy Animals

- Therapy is more fun & interesting with an animal
- Patients forget pain, depression & limitations when interacting with animals
- Frustration level is less when working with an animal