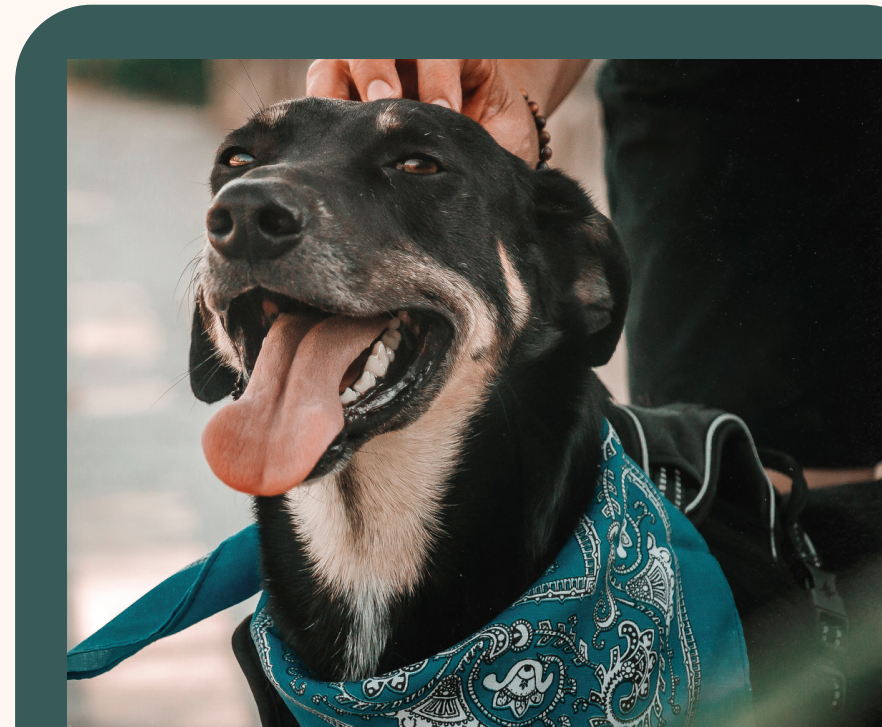




PET THERAPY

Pet therapy (or - animal-assisted therapy) for people with Alzheimer's and other kinds of dementia has received increased attention over the last several years and becomes more and more popular among Alzheimer's patients. **Get to know some benefits.**





Calming Effect

In a study published in 2008, psychologists observed a calming effect after animal therapy in a small group of nursing home residents.



Beetz A, Uvnäs-moberg K, Julius H, Kotrschal K. Psychosocial and psychophysiological effects of human-animal interactions: the possible role of oxytocin



Decreased Behavioural Problems

Another study measured the effect of a resident dog compared to a visiting dog in a nursing home. It was found that when the dog was added to the Alzheimer's, the difficult behaviour of Alzheimer's patients decreased significantly during the day.



Marx MS, Cohen-mansfield J, Regier NG, Dakheel-ali M, Srihari A, Thein K. The impact of different dog-related stimuli on engagement of persons with dementia. Am J Alzheimers Dis Other Demen



Improved Mood

Many people with dementia are at risk of developing depression, which may further worsen their functioning and quality of life. Many studies to date have confirmed the benefits of this therapy, such as improved mood and more social interaction. One of these studies looked at animal assisted therapy in a daycare centre for elderly people with dementia. The results showed that engaging people in dog activities reduced their feelings of anxiety and sadness, and increased physical activity and positive emotions.

Zafra-tanaka JH, Pacheco-barrios K, Tellez WA, Taype-rondan A. Effects of dog-assisted therapy in adults with dementia: a systematic review and meta-analysis. BMC Psychiatry.



Increased social interaction and physical activity

Assisting animals helps patients to be more open to their companions and medical staff, improve their relations with the environment, including their family.





PET THERAPY

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