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6 BENEFITS OF ANIMAL-ASSISTED THERAPY FOR SENIORS

Animal therapy can improve the quality of life of the elderly



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1

PROMOTES PHYSICAL ACTIVITY

Animal interactions, like walking or playing, boost mobility, improve reflexes, and reduce sluggishness.



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2

STIMULATES MENTAL SHARPNESS

Animal-assisted therapy sharpens mental acuity and problem-solving through activities like teaching new tricks or following commands.



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3

ENCOURAGES VERBAL EXPRESSION

Interacting with animals encourages verbal expression, which can help quiet or solitary seniors improve communication with others.



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4

ENHANCES EMOTIONAL WELL-BEING

Animal-assisted therapy strengthens bonding, reduces stress, and eases anxiety, providing a comforting emotional boost for seniors.



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5

STRENGTHENS CONNECTION AND EASES LONELINESS

Interacting with animals increases emotional bonds and reduces isolation, even through simple activities like petting or feeding.



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6

IMPROVES SENSE OF CONTROL

Animal-assisted therapy helps seniors feel more in control and reduces feelings of helplessness through simple acts like caring for or interacting with a well-behaved pet.



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