



## Companion Animals for Seniors

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Studies have shown that seniors living with companion animals are healthier and happier than those who don't. They are more active, have lower blood pressure and make fewer trips to the doctor. Simple activities like getting up to let a dog outside or changing a litter box can provide some cardiovascular benefit and help keep joints limber. Petting an animal has been shown to reduce heart rate and blood pressure.

There are many programs to assist seniors in adopting and caring for companion animals that can be found on the internet or through humane and rescue societies. If you have an elderly neighbor with a pet, consider offering some assistance such as helping to walk a dog or move heavy containers of food or cat litter. Your neighbor will appreciate it and you may make a valuable new friend.