Pets and Disease

“There are many physiological and psychological benefits to having an animal no matter your age or health status.” – Debbie Laschinger (OT)

- Responsibility
- Routine
- Activity
- Companionship
- Touch
- Social interaction
- Uncomplicated love

Owing an animal like a dog makes a person more active, gives a sense of responsibility and purpose, and also provides a person with a positive focus in their life.

Those with social anxiety issues like depression can experience reduced stress and boosted levels of endorphins while interacting with animals. (Westgarth, 2015)

Dogs possess an olfactory ability to predict the onset of epileptic seizures and other episodes and find help. Guide dogs and animals are a huge part of the disabled population’s sense of independence and pursuit of happiness. (Marcus, 2013)

Alternative Therapy Animals
- Ponies
- Birds
- Turtles
- Hamsters, Gerbils
- Fish

(Laschinger, 2015)