

Aging Well With Pets

Are you interested in finding an animal companion but want to know how to include them in your lifestyle at LEC? A lot of benefits come with having a pet as you age!

Having a pet in your life:

- Decreases symptoms of depression, stress, anxiety, and PTSD
- Encourages regular exercise, structure, routine, and activity
- Lowers your chances of having a stroke or heart attack
- Provides companionship and helps you venture out and meet new people
- May double as a service animal that provides sensory stress relief

How to Care for a Pet in a Senior Living Community

- Map out the nearest veterinary clinics and animal hospitals and buy insurance.
- Choose furniture pieces that double as storage for pet supplies, rugs made of synthetic fibers for easy cleaning, and wall hooks to hold pet accessories such as leashes.
- Be patient and let your pet explore and sniff around your home or hide for as long as they want until they're comfortable.
- Socialize and train your pet to feel comfortable in a community setting and avoid behavioral problems.
- Establish a routine that works for you and your pet, as animals are creatures of habit and like stability.
- Create a plan for pet care in the event you are ill, hospitalized, or traveling.
- Show your pet lots of love, and let the community love them as much as you!

