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The animal assisted therapy in the elderly care

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The animal assisted therapy involves health care professional services, using the animal as part of the work and the process of treatment. It is directed to promotion of physical, social, emotional and/or cognitive functions of people. This type of therapy can provide benefits such as decreasing pain and anxiety, increase the level of endorphins, minimizing the effects of depression, decreased loneliness and inhibition, contributing to a better relationship interpersonal and facilitate communication between the health professional and the patient. The aim of this study is to report the experiences of animal assisted therapy. The development scenario of the project was a philanthropic Long Stay Institution to elderly, which aims to welcome and support elderly female, located in the city of Santa Maria. As a direct benefit we realize the improvement of the elderly mood, beyond facilitating communication and interaction with the group, which valued the experience and brought benefits to the participants and professionals. Considering the results of this interaction between animal and elderly, we seek to socialize this experience to encourage new projects that benefit and assist this population in depth study of this type of therapy.

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