

Info shared by Pitbull SA.

Manjaro APBT kennel.

South Africa.

My website www.pitbullsa.co.za

My E mail "manjaro@pitbullsa.co.za"

My Facebook "Gawie Manjaro"

My Facebook page "Manjaro Kennel".

Gawie Manjaro on Facebook messenger.

My mobile phone 0827838280

Maybe the only friend for those senior years?

[Dr. Karen Shaw Becker.](#)

The results of a survey of 2,000 adults aged 50 to 80 suggest that a dog help people stay contented as they age.

Those surveyed reported their dogs helped them enjoy life, reduced stress, and a dog that **can be your security as well** will give them sense of purpose and help them stay physically active.

Drawbacks to dog ownership for seniors might include difficulties traveling, financial strains, and the potential for falls and other injuries.

Then even if you consider the drawbacks, it seems dog ownership may be **especially beneficial for older adults** — an age group for which social isolation and loneliness is a commonplace.

According to a recent issue of Time magazine, people who hope to stay well as they age should consider having a dog
Dogs help older adults enjoy life and feel loved.

The survey polled about 2,000 adults aged 50 to 80, 55% of whom owned at least one dog.

Dogs were the most common pet, followed by cats and small animals (e.g., hamsters and birds).

Regardless of what type of pet was in the home, the vast majority of those surveyed reported that their animal companions do improve their physical and mental health with no uncertain terms:

80% Reported that their dogs reduced stress.90% said their dogs helped them enjoy life and feel loved.80% reported that their dogs reduced stress.75% said their dogs provided a sense of purpose in their life and old age.

64% (including 78% of dog owners) said their dogs encouraged them to stay physically active.

60% said their dogs helped them cope with physical, emotional and health challenges.

Potential drawbacks to dog ownership.

Some survey-takers reported a few downsides to dog ownership:

54% reported the difficulties of traveling or even leaving the house.

18% mentioned financial strains.

6% had a fall or other injury involving their dog.

15% (including 26% of people in either fair or poor health) said their dog's health was more important than their own.

Dogs age much faster than we do, so it's important to be realistic about the demands of caring for an animal companion as both you and the dog age.

For example, as your dog gets older, they may have trouble seeing or hearing, or require help going up and down stairs. If you're having your own challenges with balance, frailty or are fearful of falling, it may be difficult to physically care for an old dog (particularly a larger dog and then more so an APBT Bulldog) who is having mobility issues ...especially homes with steps.

Caring for an aging dog can take an emotional toll as well.

In a survey of 600 dog owners, there was greater burden,

stress and symptoms of depression and anxiety, as well as poorer quality of life, in owners of dogs with chronic or terminal disease.

However, this was true regardless of the person's age, and while it's difficult to face end-of-life issues with your dog, most people agree **it's a sacrifice they'll gladly make in exchange for the years of happiness their animal companion offers them.**

It's also important to put a plan in place to provide care for _____ your dog in the event you become unable to.

Even given the drawbacks, the National Poll on Healthy Aging results suggest that being a dog owner may be especially important for older adults — an age group coping with an unprecedented level of social isolation and loneliness.

Senior dogs for senior adults, and options for people who can't make a full-time commitment for a dog.

If you're an older adult, as long as your health, finances and living situation allow it, the benefits of dog ownership **tend to far outweigh the drawbacks.**

It's worth noting that some senior centers and retirement communities are also acknowledging this and allow residents to move in with a dog or other pets.

If you'd love to have a dog in your life but feel the commitment of dog ownership may be overwhelming, you might want to consider alternatives such as fostering an animal, volunteering to walk a neighbor's dog or helping out at an animal shelter.

If you love dogs, spending time in their presence, even temporarily, is likely to offer many of the same benefits of dog ownership without as much responsibility — and this is something you can take advantage of at any age.

That's It – Gawie Manjaro MK.

