

# BENEFITS OF PETS FOR SENIORS: The Nottingham has gone to the Dogs.... and cats, and birds!

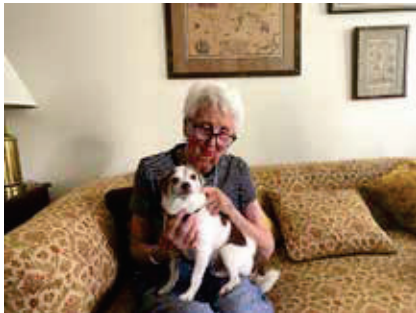
By Marcy Cole, Director of Sales and Marketing, The Nottingham

As Director of Sales and Marketing at The Nottingham Independent Living Community, I often get asked: Does The Nottingham allow pets?

Many older adults want to move into a senior living community but can't bear the thought of leaving their furry friends behind.

So, I am always thrilled to answer: You bet your dogs and cats we do!

At The Nottingham, we understand the importance of pets in your life. From dogs to birds, to bearded dragons, people at The Nottingham love their pets. For many, these animals are more than just pets, they are companions, best friends, and snuggle buddies.



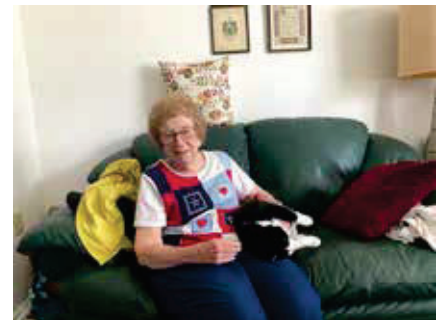
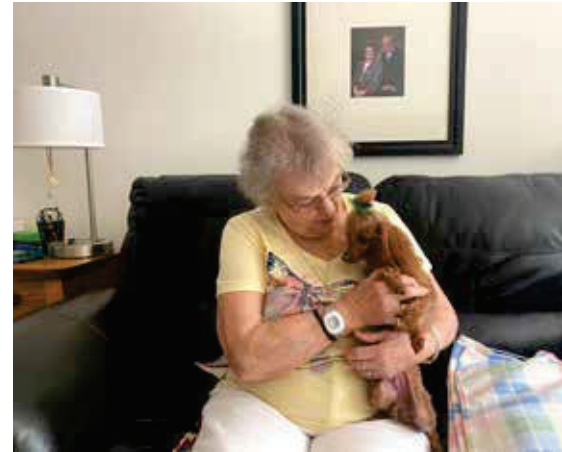
However, did you know that owning a pet can actually improve your overall health? According to the National Heart Association, studies have proven that pet ownership can increase fitness levels, lower blood pressure and cholesterol, and provide a boost in overall well-being. In addition, for older adults, having a pet can bring benefits such as reduced loneliness, increased confidence, and even pain relief.

According to a recent poll, 79% of pet owners ages 50-80 reported that their stress levels were reduced as a result of owning a pet. Shannon Loughlin, Director of Life Enrichment & Recreation at The Nottingham, agrees.

Loughlin has seen how having pets helps residents live fulfilling lifestyles. "For the ones who have pets, it's so beneficial. It's something to talk about, it's somebody to converse with. It's company," she said. "Pets are great at keeping residents company and creating more opportunities for socialization with other residents."

Not only does having pets improve the mental health of residents, it also helps them to stick to a routine. Loughlin said, "Individuals who have dogs, they're on a schedule, they're on a routine, so it helps them kind of maintain structure throughout their day. People with pets have the added responsibility of caring for them, taking them on walks, feeding them, which keeps people active."

Pets can even help those living with Dementia manage their symptoms. Loughlin has witnessed this firsthand with one resident in memory care. One gentleman has a pet bird that he takes care of with the help of his daughter. Loughlin explained, "Just having that familiarity, that he's comfortable with, and having something to nurture



and to take care of. He may be losing some part of his memory, but this is something that he seems to be retaining."

While there are certainly many benefits to owning a pet, it's important to ensure you will be able to care for a pet with or without assistance from family. If not, pet therapy can be a great option which The Nottingham provides at various facilities. Pet therapy is perfect for residents who want to be around animals without the added responsibility.

Whether you're a pet owner or not, The Nottingham is a pet-friendly campus where you'll find many opportunities to spot a furry friend. So, if you want to Live the Good Life with your pet, Contact Marcy today at (315) 459-7887.

