

Animal assisted interventions (AAI) and the impact on elderly peoples' health and quality of life

Ingeborg Pedersen

Department of Public Health Science, NMBU

People with dementia in Norway

- Approx. 100.000 people with dementia.
- This number will double in 30 years time
- Approx. 65% live at home
- Only 8000 of home dwelling people have an offer at day care for people with dementia

A dog-assisted activity program

Ingeborg Pedersen ⁽¹⁾ and Naomi Masuda ⁽²⁾

(1) Department of Public Health Science, Norwegian University of Life Sciences, Norway (2) Red Cross Akershus, Norway

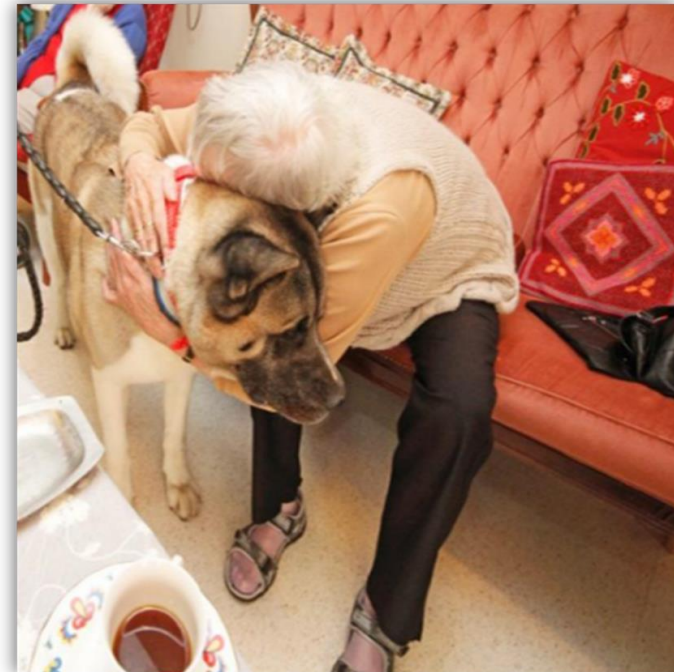


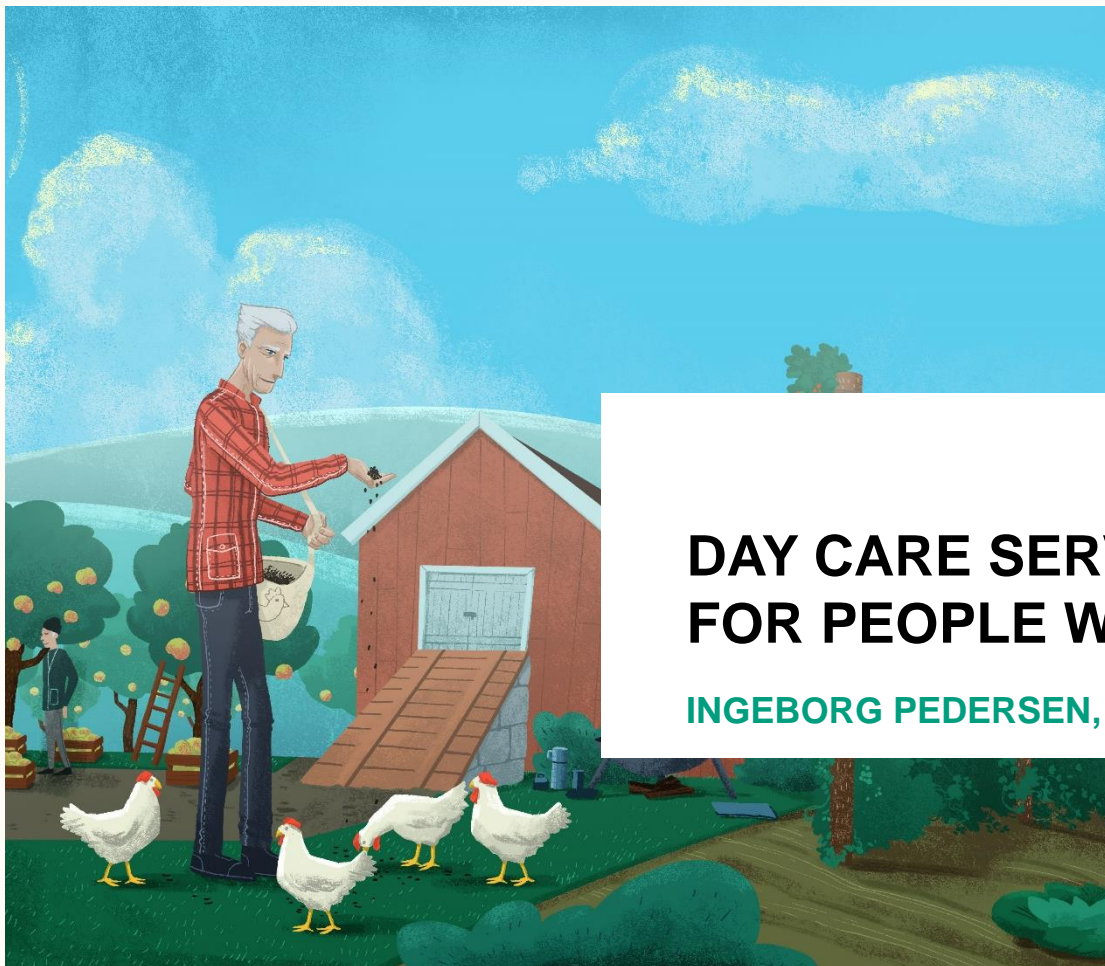
Red Cross visiting friends with dogs

- 10 volunteers with dogs
- Participants: Ten home dwelling elderly people with dementia
- Visited for six months, thirteen visits, 1-2 hours
- The volunteers filled in a log after each visit with time used in different activities

Results

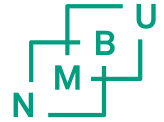
- Outdoor walking the dog, average time 30 minutes
- When indoor, the participant was in physical contact with the dog 90% of the time
- 75% percent of time was in conversation with the volunteer
- The dog was a conversation topic:
 - Present and past dogs or animals
 - Episodes between visits
 - What the dog did during visit





DAY CARE SERVICES FOR PEOPLE WITH DEMENTIA

INGEBORG PEDERSEN, LINA ELLINGSEN-DALSKAU



COMPARING REGULAR AND FARM-BASED DAY CARE FOR PEOPLE WITH DEMENTIA – AN OBSERVATIONAL STUDY

Get a better understanding of what farm-based day care comprise in Norway by investigating possible differences in aspects of daily life for people with dementia in regular and farm-based day care

<http://www.demensomsorgpagard.no/>

MEDLO

An observational tool for assessing daily life of people with dementia in a care service:

- Type of activity
- Location
- Engagement
- Social interaction
- Physical effort
- Mood



Data Collection

10 farm based day care facilities

42 participants

Total of 504 observations

47,7% of observations

7 regular day care facilities

46 participants

Total of 552 observations

52,3% of observations

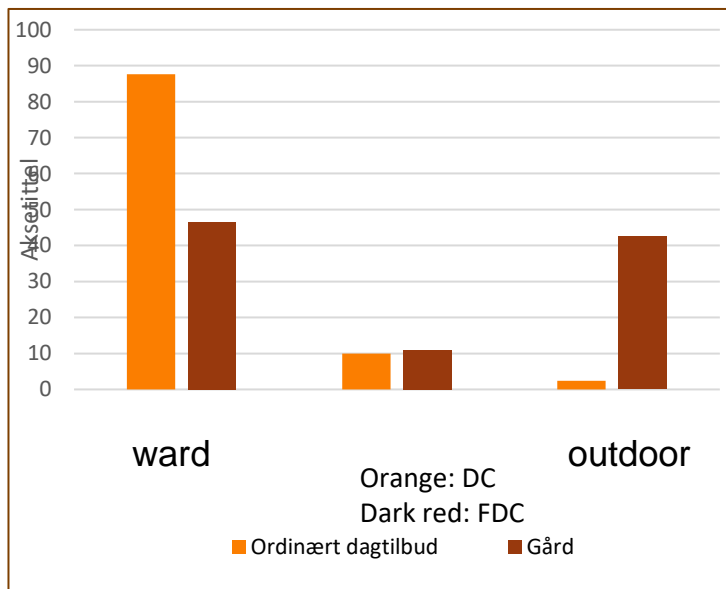


Activities

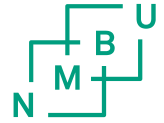
- **In both types of day care:** spend a lot of time on common meals and sitting and relaxing
- **Farms based day care:** spend time on farming activities and taking care of animals, promenading outside and domestic chores
- **Regular day care:** spend time on quizzes, music/singing, exercise groups inside, and listening to someone read the paper



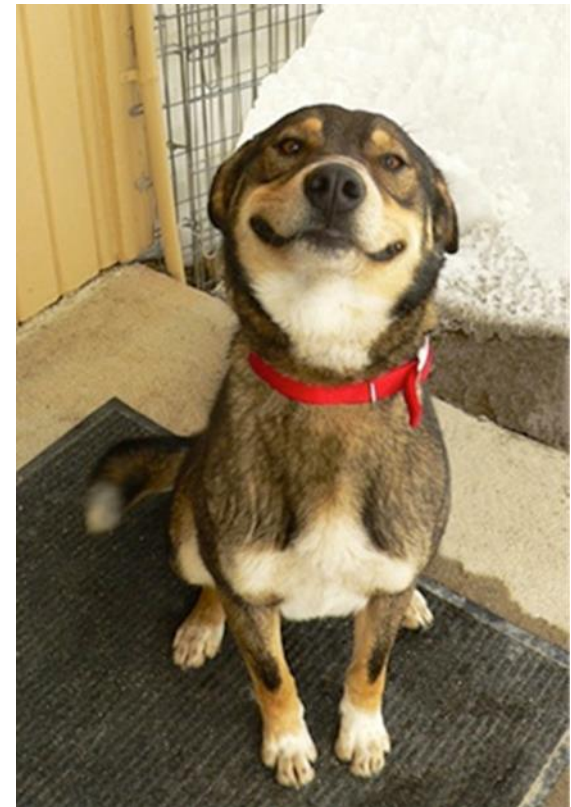
Location



Summing up – AAI and the elderly



- Prevent social isolation
- Increased social interaction
- Provide emotional support
- Motivation for activity (physical and social)
- Normalizes institutional environment
- Increased mood
- Increased commitment and engagement
- Enhance quality of life (some studies)
- Nutritional intake increased
- No effect on depression, cognition or agitation



(Marks and McVilly, 2020, Yakimicki et al, 2019, Johnsen and Bibbo in Fine, 2019, Zafra-Tanaka et al. 2019)