



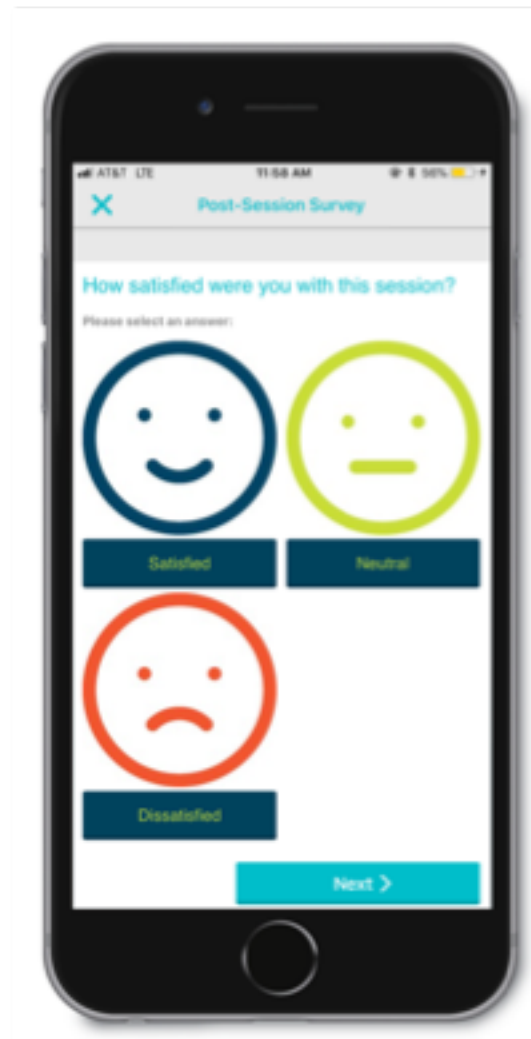
# **MEALS ON WHEELS**

## **ANNUAL CONFERENCE & EXPO**

2018

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# Why the Cat Eats First



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# MEET LOIS



*Photo Credit: Sgt. Spencer Marvin*





# MEET FRAN

# ...AND BUDDY

*Photo Credit: Judi Kratz*

# WHY THIS MATTERS

## HABRI – HUMAN ANIMAL BOND RESEARCH INSTITUTE

There is growing evidence that companion animals' positive influence many important physiological, psychological and relational benefits, including quality of life and well-being.

- For the elderly, companion animals enhance quality of life, bringing value, meaning and worth<sup>[1]</sup>
- Pets promote relaxation, help seniors adhere to a daily schedule, and enhance their mobility and well-being<sup>[2]</sup>
- Pet ownership is associated with improved quality of life through social support, reduced depression, and other psychosocial predictors of health.<sup>[3]</sup>
- Pet owners have been found to report higher life satisfaction than non-owners.<sup>[4]</sup>

1. Baun, M., R. Johnson, and B. McCabe. "Handbook on animal-assisted therapy: Theoretical foundations and guidelines for practice (Fine, AH Ed.)." (2006).

2. Colombo, Giovanni, et al. "Pet therapy and institutionalized elderly: a study on 144 cognitively unimpaired subjects." *Archives of gerontology and geriatrics* 42.2 (2006): 207-216.

3. Schreiner, Pamela J. "Emerging Cardiovascular Risk Research: Impact of Pets on Cardiovascular Risk Prevention." *Current Cardiovascular Risk Reports* 10.2 (2016): 1-8.

4. Bao, Katherine Jacobs, and George Schreer. "Pets and Happiness: Examining the Association between Pet Ownership and Wellbeing." *Anthrozoös* 29.2 (2016): 283-296.

# Pets & Depression

## THE PET EFFECT



~~LONELINESS~~



MORE SENSE  
~~LOSS OF~~  
~~INTERESTS~~  
OF PURPOSE

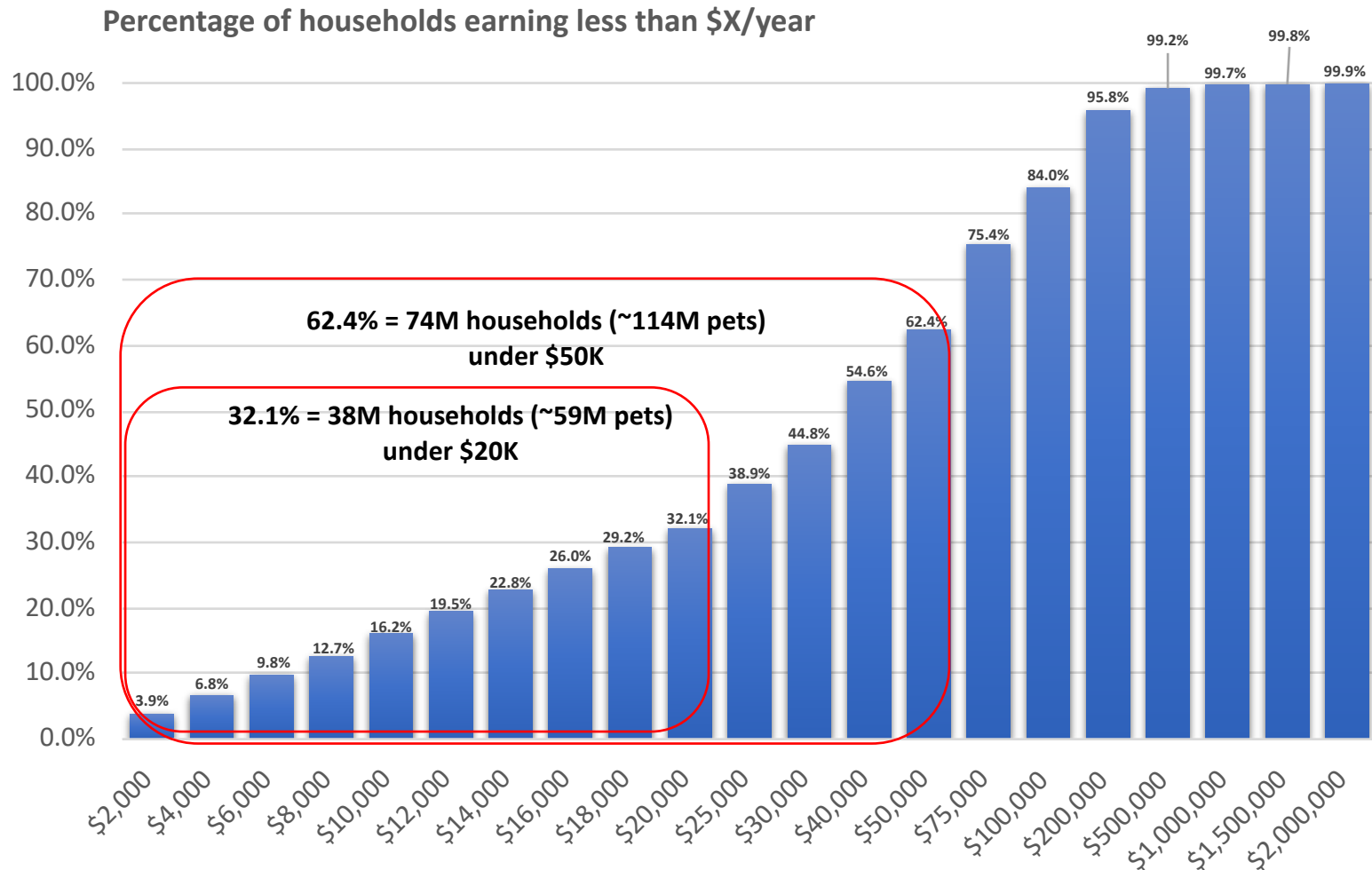


FEELINGS OF  
~~WORTHLESSNESS~~  
CONFIDENCE

Repetitive and/or persistent  
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<https://habri.org/the-pet-effect/#infographics>

# THE SCALE OF NEED

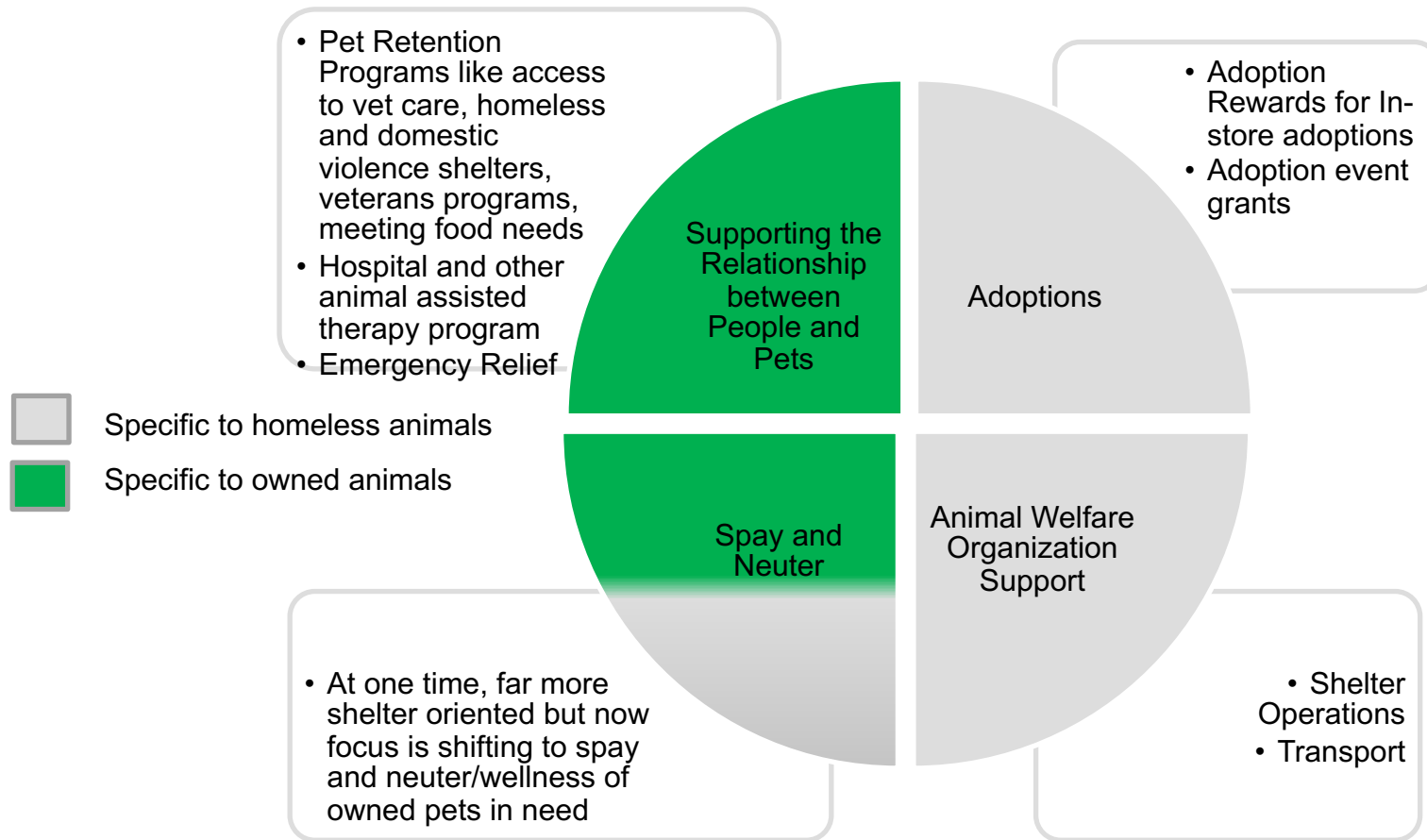


Sources: IRS Statistics of Income, 2014; US Census Bureau



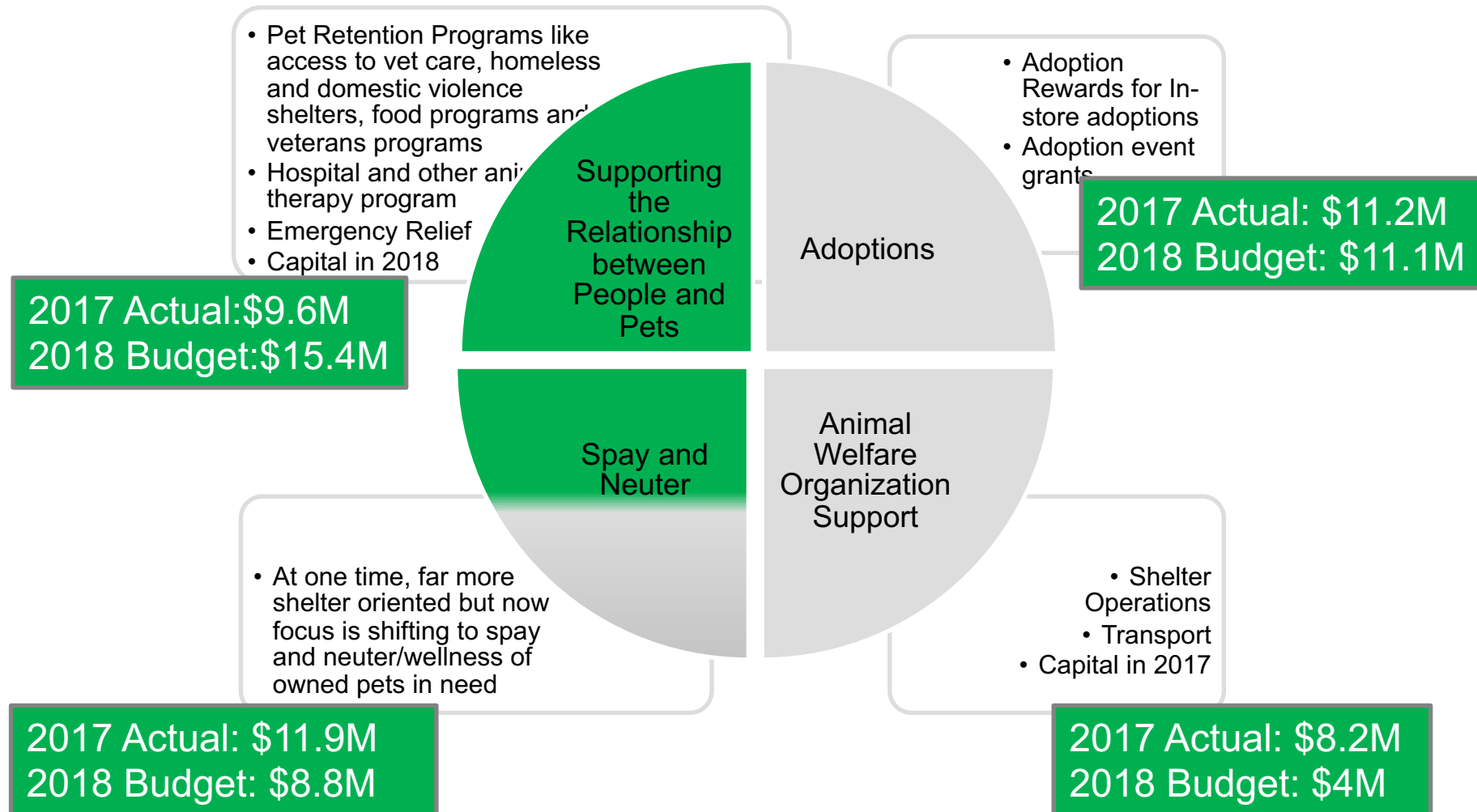
# PETSMART CHARITIES

## SERVING THE GREATEST NEED IS EVOLVING



# PETSMART CHARITIES

## SERVING THE GREATEST NEED IS EVOLVING



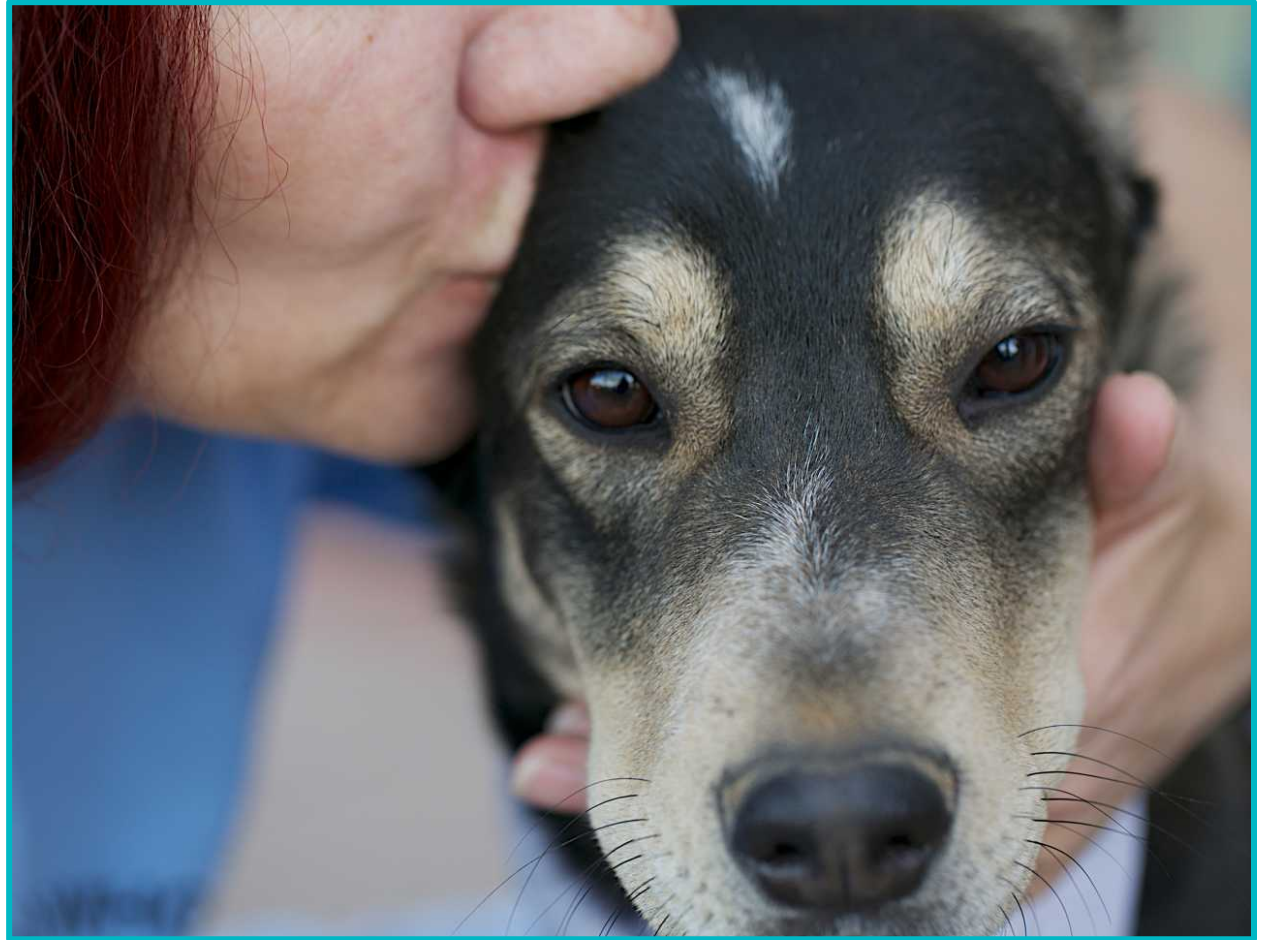
# WHAT WE ARE DOING TODAY

## MEETING THE MOST BASIC NEEDS



# WHAT WE ARE DOING TODAY

## HELPING PEOPLE KEEP THEIR PETS



# WHAT WE ARE DOING TODAY

## ACCESS TO VETERINARY CARE





# QUESTIONS?



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