

SUPPORTING SOCIAL CONNECTION FOR OLDER ADULTS

PET ASSISTANCE PROGRAMS



OLDER ADULTS ARE AT A HIGH RISK OF SOCIAL ISOLATION AND LONELINESS.



1 IN 4 SENIORS LIVE ALONE.

59% of Meals on Wheels
home-delivered meal clients live alone

56% OF OLDER ADULTS
FEEL LONELY.

THE NEGATIVE CONSEQUENCES OF SOCIAL ISOLATION INCLUDE:

- ANXIETY
- DEPRESSION
- CARIOVASCULAR DISEASE
- COGNITIVE DECLINE
- LOWER QUALITY OF LIFE
- INCREASED USE OF HEALTH CARE SERVICES

PETS PROVIDE OLDER ADULTS WITH VITAL SOCIAL CONNECTION.

"I can't imagine life without Ruby. She is always here
to cheer me up and keep me company."

PETS IMPROVE THE PHSYICAL AND MENTAL
HEALTH OF THEIR HUMAN CAREGIVERS.

- ♥ IMPROVED CARDIOVASCULAR HEALTH
- 🏃 INCREASED PHYSICAL ACTIVITY
- 💬 INCREASED OPPORTUNITIES FOR INTERACTION
- 👥 STRONGER COMMUNITY CONNECTIONS

MEALS ON WHEELS CLIENTS HAVE STRONG
BONDS WITH THEIR PETS, REPORTING IMPROVED
WELL-BEING AND DECREASED LONELINESS.

100% believe their pet brings
happiness to their life

100% feel that their pet is a
member of their family

98% say their pet makes
them feel less lonely

97% say their pet comforts them
when they have bad feelings

96% feel their pet makes
them healthier

CLIENTS WITH PETS REPORTED HIGHER
SOCIAL ENGAGEMENT WITH FAMILY AND
FRIENDS THAN CLIENTS WITHOUT PETS.



SENIORS STRUGGLE TO CARE FOR THEIR ANIMAL COMPANIONS.

The most needed services are **PET FOOD, VACCINATIONS, NAIL TRIMMING AND ASSISTANCE IN LIFTING FOOD.**

1 IN 2 CLIENTS
reported being unable to access either preventative or sick/emergency veterinary care.

45% were unable to get **PREVENTATIVE CARE** for their pets

22% were unable to get **SICK OR EMERGENCY CARE** for their pets



The primary barriers to accessing veterinary care are **COST & TRANSPORTATION**

SENIORS PET OWNERS CAN FACE IMPOSSIBLE CHOICES.

OLDER ADULTS MAKE HEARTBREAKING SACRIFICES TO CARE FOR THEIR PETS.



MORE THAN 1 IN 5
reported going without food themselves to feed their pets.



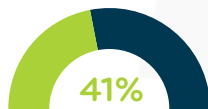
"I am on a fixed income, and it is very hard for me to keep food on the table for myself, let alone my dog."



have gone without necessities for themselves—such as **MEDICAL CARE, PAYING BILLS, UTILITIES**—to provide for their pets.

MEALS ON WHEELS PET PROGRAMS KEEP OLDER ADULTS AND THEIR PETS TOGETHER.

1 IN 2 CLIENTS
have no one outside of Meals on Wheels to help them with their pets.









of Meals on Wheels Members provide **PET SERVICES.**



of clients say that Meals on Wheels support makes it possible **TO KEEP THEIR PET.**

"I am so blessed to have found her. I think we both needed each other, and I give thanks for her every day."

MEALS ON WHEELS PET SERVICES VARY BY PROGRAM BUT MAY INCLUDE:

-  **PET FOOD**
-  **SUPPLIES**
(cat litter, leashes, treats, toys, etc.)
-  **VETERINARY CARE**
-  **GROOMING**
-  **EMERGENCY BOARDING**
-  **DOG WALKING**

SUPPORT MEALS ON WHEELS PET PROGRAMS TODAY.

