



# THE TOMMY RASKIN SENIORS 2 SENIORS PROGRAM

*Helping Senior Citizens Keep Their Pets*

## Health Benefits of Owning a Pet for People Over Age 60

- Reduces the risk of heart disease due to increased exercise
- Reduced blood pressure and cholesterol
- Increased physical movement throughout the day which leads to; weight control, improved muscular strength, and reduced risk of chronic diseases such as heart disease, stroke, cancer and diabetes
- Improved hand/eye coordination and mobility

## Not only are the physical benefits backed by science, research has also shown the mental and emotional benefits of pet ownership for people over age 60;

- Happiness at receiving a pet's unconditional love
- Reduced stress and anxiety having a constant companion
- Thriving on a schedule for personal and pet care routines
- Decreased feelings of isolation

**Collective efforts between rescues, shelters and pet professionals to provide resources to senior citizens keeping their pets is a huge need in our communities! SDS answers this need by providing a wide-range of options to help keep pets in their loving homes instead of surrender.**

## To support senior citizens keeping their pets, SDS provides:

- Free dog and cat food and supplies through an onsite pet pantry (Anne Arundel County residents only)
- Information and resource sharing through onsite visits to senior centers (Anne Arundel County residents only)
- Pet strollers, pet ramps and pet wheelchairs to assist with mobility challenges
- Ongoing outreach to local veterinarians and groomers to provide discounted wellness care
- Support and advocacy to find alternative solutions to surrender

## To support senior citizens who want to receive the health benefits of pet ownership, SDS provides:

- Senior dog adoptions. Senior dogs are well matched with senior citizens because they are house trained and feeding, cleaning, and walking are easier and less demanding. (Source: 24petwatch.com). Contact SDS today to learn more about adopting one of our senior dogs. ([adoption@sdsanctuary.com](mailto:adoption@sdsanctuary.com))
- Referrals for cat adoptions



SCAN TO SUPPORT  
SENIORS 2 SENIORS

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SCAN TO SEE OUR ADOPTABLE  
SENIOR DOGS