



A-Z of Activities

Animals

Research has shown that owning a pet has many benefits – physical, social and psychological. If the care home doesn't have its own pet, then consider having pets to visit.

What the activity can do for the residents	What do you need?	What to be aware of
<p>Movement – including holding, patting, stroking, bending, and walking.</p> <p>Sensory – touching and stroking, hearing it bark, feeling it purr.</p> <p>Emotional – giving and receiving comfort, caring and nurturing.</p> <p>Cognitive – awareness of surroundings, memories.</p> <p>Social – communication; sharing memories, reducing stress/relaxing.</p> <p>Provide a homely atmosphere.</p>	<p>Facilities What space, equipment and area will the animal need?</p> <p>Where will it sleep, feed and toilet?</p> <p>Staff/skills Which member of staff has knowledge and an interest in this type of animal?</p> <p>Who will have overall responsibility for the animal?</p> <p>What arrangements will be made on a daily basis for caring for and feeding the animal?</p> <p>Who will take responsibility for handling the animal and making it part of the care home routine, so that people can enjoy it?</p> <p>What arrangements will be needed to obtain vet check-ups and advice?</p> <p>What will the costs be?</p>	<p>Anyone who dislikes the type of animal – or is afraid of it.</p> <p>Anyone who is allergic to fur or feathers.</p> <p>Establish a protocol to:</p> <ol style="list-style-type: none"> 1. Ensure the animal is clean and free from disease and fleas 2. Prevent animals from being in the kitchen area 3. Guide staff and residents on hygiene after contact with the animal. <p>Pets as Therapy (PAT) runs a visiting scheme for volunteer dog and cat owners. If staff or relatives wish to bring their own pets with them, it is wise to register them with PAT as this ensures the animal has been temperament tested and is insured in the event of any damage.</p> <p>Looking ahead, sensitive handling will be required on the animal's death.</p>