



Pets and Friends™

'pets visiting people'

60 Semisch Avenue • North Vancouver • BC • V7M 3H8 t. 604.688.1766 e. info@petsandfriends.org w. petsandfriends.org

Registration No. 132807348RR0001

The Office of the City Clerk
c/o Financial Management Committee
4949 Canada Way
Burnaby, BC V4G 1M2

June 25, 2018

Dear Financial Membership Committee,

Thank you for considering BC Pets and Friends' request to fund this proposal to support Burnaby Seniors' Mental Health through Pet Therapy in the amount of \$1,000.00. Pets and Friends is a registered Canadian Charity (13280 7348 RR 0001).

Since 1982, the mission of BC Pets and Friends is to provide free pet therapy visits to those in need. When our pet/handler volunteer teams visit seniors in care facilities, staff and family members alike notice an increase in socialization and decrease in anxiety, stress, and depression. Currently, about 390 seniors in the care of 13 Burnaby-based senior care facilities receive weekly visits from a Pets and Friends pet therapy team. However, seven additional senior care facilities in the City of Burnaby have requested pet therapy visit but Pet and Friends is unable to provide due to lack of resources. Those seven facilities on our waitlist have about 30 seniors that would receive weekly pet therapy visits, totaling 270 seniors.

Thank you for your consideration. Should you need additional information, please feel free to contact me at (604) 551-7852.

Sincerely,

Lauren Salmon
Program Manager
BC Pets and Friends



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THE INTENDED USE OF THE GRANT

This project seeks to make the physical, emotional and social benefits of pet therapy accessible to seniors living with mental health issues in seven senior care facilities in the City of Burnaby. By sharing the healing comfort and companionship of animals with seniors living in care facilities, Pets and Friends contributes to the reduction of stress on seniors and their care providers, and enhances seniors' quality of life. Studies that support the value of our project include:

- A study of over 1,000 Canadians aged 65 or older found that having a pet in the lives of participants made them more likely to be physically active and less likely to suffer a rapid decline in health (Woolston, 2013)
- Senior participants in another study received pet therapy visitations twice a week, and were found to have significant decreases in pain, respiratory rate and negative mood and a significant increase in perceived energy level (Coakley & Mahoney, 2009)
- One of the earliest studies on the effect of animals as a form of therapy found that heart patients treated for cardiac arrest who had relationships with pets may have a higher survival rate (Friedmann, Katcher, Lynch & Thomas, 1980)
- Studies have conclusively found that interaction with pets releases the hormone oxytocin, our 'feel-good' hormone that increases well-being and happiness (Beetz, Uvnäs-Moberg, Julius, & Kotrschal, 2012)

With a grant of \$1,000 from The City of Burnaby, Pets and Friends will promote pet therapy volunteer opportunities in local print and online publications with a goal to obtain ten new pet/handler teams to be placed in one the seven Burnaby based senior care facilities on the waitlist. Once volunteers have been interviewed, screened, oriented and trained, they will have received BCPF manuals, uniforms and will pay their insurance fees.

PROJECT TIMELINES

The Burnaby volunteer onboarding cycle is slated to begin in September. Recruitment will begin in mid September, interviews and screenings will be held mid-October with the final orientation slated for the end of October. Newly on-boarded volunteers will begin weekly pet therapy visits in the seven Burnaby facilities by November.

AIMS AND OBJECTIVES

The objective is to onboard ten new pet therapy teams by October of 2018 to provide pet therapy visits to seniors under the care of the seven facilities currently on our waitlist. With about 30 seniors visited per weekly pet therapy session at seven facilities, a \$1,000 grant from The City of Burnaby has the power to provide mental health support to 270 seniors per week.



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"I'll never forget how we would come into a room and no matter what they were doing, they would stop and I could hear, "Star's here, Star's here..." whispered throughout the room. No matter what kind of day the residents were having, they seemed to be smiling when we left and Star made their day a little brighter."

~ Joyce Williams and Star ~

