



# NEWS RELEASE



City of Los Angeles Department of Animal Services

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## LA Animal Services Announces "Seniors for Seniors" Program

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**Los Angeles** – LA Animal Services is announcing a six month pilot program called **Seniors for Seniors**. *Seniors for Seniors* is a new program that matches senior pets (age 7 +) from Los Angeles Animal Care Centers with senior adults (age 62 +). Senior citizens are then allowed to adopt their new senior companion **free of charge**. The pet will be spayed or neutered, vaccinated, and microchipped. Seniors citizens are allowed one free dog license per year.

Older pets often are overlooked at shelters, yet make great companions, especially for seniors. The majority of older pets are already housebroken, have been trained to walk on a leash (dogs), and are calmer and more settled in life. ***The program will begin at each of the City's six Animal Care Centers and off-site adoption events starting Saturday, January 26.***

### 10 Health Reasons Why Pets Are Great For Seniors:

1. **Pets Lower Blood Pressure.** A study of health patients showed that people over 40 who own pets had lower blood pressure than people who did not have pets. Another study showed that talking to pets decreases blood pressure.
2. **Fewer Trips to the Doctor.** Seniors who own dogs go to the doctor less than those who do not. In a study of 1,000 Medicare patients, even the most highly stressed dog owner/guardians in the study had 21 percent fewer physician's contacts than non-dog owner/guardians.
3. **Less Depression.** Studies show that seniors with pets do not become depressed as often as those without pets.
4. **Easier to Make Friends.** Seniors with pets meet more people who like to talk about their pets.
5. **Seniors Become More Active.** Seniors with pets go for more walks and are generally more active than those without pets.
6. **Pets are Friends.** Most everyone, but especially seniors, will say that pets are their friends.
7. **Pets Ease Loss.** Older people who suffer the loss of a spouse and own a pet are less likely to experience deterioration in health following that stressful event.
8. **Pets Fight Loneliness.** You are less likely to be lonely with a canine or feline friend around.
9. **Taking Better Care of Themselves.** Seniors take good care of their pets and better care of themselves when they own a pet.
10. **Sense of Security.** Pets help seniors to feel that someone they trust is always around.

LA Animal Services is working with the Department of Aging and Recreation and Parks on our new Seniors 4 Seniors Program. For more information about programs and services available from the Department of Aging (DOA), please visit: [www.lacity.org/doa/](http://www.lacity.org/doa/). For more information about Recreation and Parks' Senior Centers and programs visit: [www.laparks.org/dos/senior/senior.htm](http://www.laparks.org/dos/senior/senior.htm).

For more information or assistance call LA Animal Services at  
1-888-452LA-PET1/1-888-452-7381

(TTY Hearing impaired: 877-875-8205) or visit the website at [www.LAAnimalServices.com](http://www.LAAnimalServices.com).

***We create happiness by bringing pets and people together!***