



# WHITE ROCKS FARM

## ANIMAL-ASSISTED THERAPY IN DEMENTIA CARE

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Research has shown that animal-assisted therapy can bring a wide range of benefits to dementia patients, including:

- Reduced agitation
- Increased physical activity
- Increased appetite
- Lowered blood pressure
- Increased pleasure
- Decreased apathy



Patients often find it easier to interact with animals than humans, as they view them as non-judgemental and non-threatening. Also, many older people have kept pets before going into residential care, and animal-assisted therapy allows them to rekindle this important aspect of their lives. They may have also kept their own livestock

such as chickens or horses, or worked on farms, so contact with farm animals in particular can bring back fond memories.

White Rocks Farm can bring a wide range of animals to residential homes within a 25 mile radius of Sevenoaks. We can arrange a one-off visit or a six session course, with a variety of different animals such as ducks, chickens, rabbits, baby farm animals and even miniature ponies. We can also tie into seasonal themes, such as bringing reindeer at Christmas time.



A typical visit would last two hours approximately, with animals in a general area for an hour and then small animals can be taken into individual rooms to meet non-mobile residents.

The owner of White Rocks Farm, Sue Woods, has been training animals since 1987 and so is ideally suited to assess animals for their suitability for therapy work. All animals are correctly health-checked and vaccinated before commencing therapy work.

**FOR MORE INFORMATION CONTACT US ON:**

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