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Animal therapy

Campbelltown seniors enjoyed a 'Farmtastic' outing last week.

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Themelina and Felix get hands-on during the farm experience at The Manse.

Tuesday, February 26, 2019

Pet therapy for seniors

SENIORS from across the Macarthur region were treated to a "Farmtastic" day out last week as part of NSW Seniors Festival.

The day, organised by Macarthur Diversity Services Initiative (MDSI), saw The Manse Aged Care Centre, in Campbelltown, welcome a mobile farm to the facility. Seniors were given the chance to hold pat and feed goats, rabbits, chickens, a piglet and a calf.

MDSI group social support services co-ordinator Adriana La Spina said animal therapy was a positive influence on the health and well-being of seniors.

"Animal therapy for seniors is becoming very popular," she said.

"The documented benefits of interaction with pets are emotional, mental and physical.

"We had seniors from many different organisations who we regularly work with attend."