

# ANIMALS AS HEALERS

Benefits of Horse Therapy  
in Long Term Care

# Benefits of Horse Therapy

- ❖ Residents who come from an agriculture background find that horses trigger those positive childhood memories.
- ❖ The horses eyes are a psychological trait that humans are especially drawn to because “deep soulful eyes can reinforce connection”.
- ❖ They are the perfect size for a hug.
- ❖ Brushing the horse helps with dexterity and has a calming effect on both the resident and the horse.

# Benefits.....

- ▣ They promote mobility
- ▣ Horses are known to be intuitive animals. This makes a horse an ideal therapy animal for anyone with a language barrier, emotional issue, physical disability or cognitive issue like dementia.

# Positive Media for LTC



CTV Horse Therapy.MOV





























