

## Pets Good for the Elderly, Pet Owner Survey Says

**65 percent of respondents said companionship is the biggest benefit of pet ownership.**

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Sixty-five percent of seniors who own pets feel companionship is the biggest benefit of pet ownership, according to a national survey of 405 pet and non-pet owning Americans ages 60 and older.

In addition, 63 percent of pet owners said their pets brighten their mood and 54 percent said their pets help reduce their stress levels, according to the survey, which was conducted by Purina.

Fifty-four percent of those surveyed stated that owning a pet provides them with someone to care for — a key component to feeling needed and loved.

According to Purina's pet owner survey, about 52 percent of pet owners exercise at least once a day. When asked what physical activities keep them active, 60 percent of pet owners stated that playing with their pets and 53 percent said walking or jogging outside with their pets.

The pet owner survey interviewed 405 adults, ages 60 and over, who live in the United States, during a one-week period in early September 2006. Phone interviews were conducted via KRC Research. The results have a +/- 4.4 percent margin of error.