



**Percentage of Elderly Population in HK (aged 65+)**

| Year | Percentage of Elderly Population (aged 65+) |
|------|---------------------------------------------|
| 2019 | 18%                                         |
| 2029 | 26%                                         |
| 2039 | 31%                                         |
| 2049 | 34%                                         |

- Improved overall mental well-being
- Reduction in **depression** and **anxiety**
- Decrease in reported **loneliness**

(Syed Elias, Neville & Scott, 2015; Pels, F., & Kleinert, 2016)

- Rise in **communal interactions** among the elderly during therapy sessions
- Improvement in **memory recall**

(Joyce et al., 2021; Freak-Poli et al., 2021)

- Higher **physical activity**
- Lower cortisol levels
- Reduced **blood pressure**

(Cherniack & Cherniack, 2014; Yilmaz & Kartin, 2025 )

**Distraction:** Positive interactions with therapy dogs can divert attention away from negative emotions, leading to an **increase in subjective well-being**.

Elders become:

- More talkative/engaged
- Happier
- Less fearful
- More active
- More relaxed

according to our observations at AAT sessions with the elderly.



- Hygiene/allergies - Collect preferences beforehand
- Risk of infections/injury - Safety protocols and clear instructions
- Community outreach - Not just nursing homes...
- Types of dog/activities - Individualization



**SUSTAINABLE  
DEVELOPMENT GOALS**