

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on the Multiple Benefits of Pet Therapy in Memory Care

Pet therapy, or animal-assisted therapy, is now endorsed by leading memory care authorities such as the **Alzheimer's Association** and the **Mayo Clinic** as a legitimate and effective form of memory care. Scientific research studies have consistently demonstrated that dogs, cats and other friendly animals offer physical, emotional and social benefits to those receiving memory care.

These benefits improve the lives of those with memory loss in several ways, including:

- Boosting the immune system
- Lowering blood pressure
- Increasing the use of fine and gross motor skills when walking or grooming the animal
- Decreasing anxiety and depression
- Decreasing expressions of emotional and physical pain
- Providing purposeful activity
- Reducing boredom and apathy
- Increasing positive social behavior
- Increasing socialization and verbal and/or nonverbal communication through positive interaction with the animal
- Providing new opportunities for love, attention and happiness
- Opportunities to reminisce
- Opportunities to laugh and enjoy the animal's behaviors and antics

Pets are welcome to regularly visit the residents at Impressions Memory Care at Bryn Mawr. Impressions is dedicated to connecting our residents to the world, enriching their daily lives and providing them with a purposeful life with comfort and compassion.

Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of [independence](#) possible.

We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.

***Disclaimer:** The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*