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BACKGROUND

As the number of older adults living “alone” (i.e. without other people) continues to rise, it is critical to understand how pet ownership impacts healthy aging. Living alone poses risks to human health while pets are often considered family members and close companions providing physical, cognitive, social, and mental health benefits to older adults. These salutogenic factors linked to pet ownership are essential for healthy aging. Yet, challenges such as financial strain, physical limitations, and restrictive housing policies threaten sustained pet ownership among older adults.

The aim of this scoping review is to explore the dynamics between pet ownership and functional health and wellbeing outcomes among older adults who live without other people.

METHODOLOGY

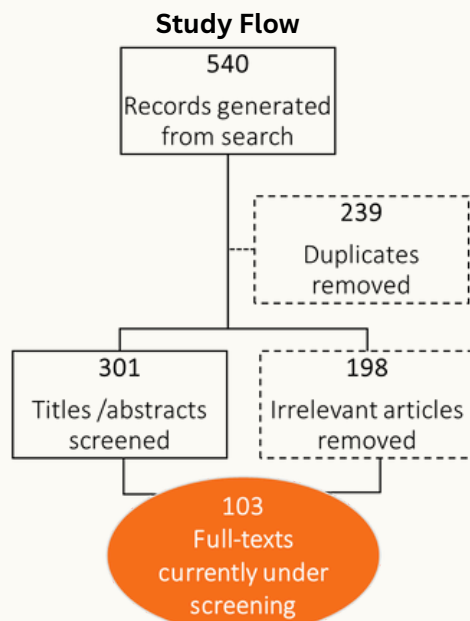
- The review is guided by the Joanna Briggs Institute (JBI) methodology and its protocol was published in Open Science Framework (OSF). (Scan QR code to access the review protocol.)
- The PCC mnemonic (Population, Concept, and Context) guided the inclusion criteria:

Participants: Cat and/or dog **owners aged ≥ 50 years**

Concepts: **Function:** Factors related to activities of daily living, cognitive, physical, and disability status, health, etc.
Well-being: Factors related to mental health, social participation, quality of life, etc.

Context: **Living without other people** in independent residence within the community (i.e. community-dwelling)

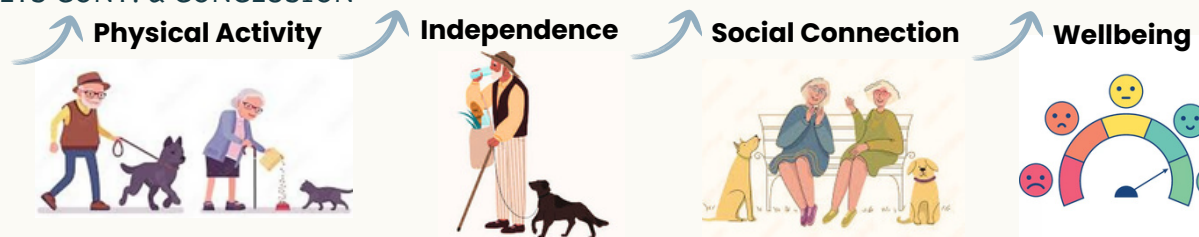
RESULTS



Databases

Scopus	108
PubMed	90
CINAHL	78
Embase	74
Google Scholar	50
Web of Science	44
Anthrozoös	41
PsycINFO	25
Academic Search Premier	16
Rehab Data	8
CABI	4
Human-Animal Interactions	1
Frontiers in Veterinary Science	0

RESULTS CONT. & CONCLUSION



Preliminary results from this scoping review suggest that pet ownership can positively influence physical activity levels and capacity¹⁻², facilitate independence with daily activities³, provide opportunities for social connection⁴, and promote well-being and life-satisfaction⁵⁻⁶ among older adults who live without other people compared to non-pet owners who live without other people. Understanding the relationship between healthy aging and pet ownership/companionship is crucial for developing clinical strategies and interventions that optimize quality life for older adults, particularly for those living without other people.

ACKNOWLEDGEMENTS

Thank you to the University of Florida Rehabilitation Sciences Program and Selena Gutierrez for the support and contributions to this work.

REFERENCES

Scan QR Code to access reference list and registered protocol.

