

Therapeutic abilities of animals

Improvement of quality of the everyday life is one of the most important needs not only for physically or/and mentally disabled or socially inadequate people. Also people within the so-called norm more and more often need various kinds of therapeutic activities allowing them to function properly, especially those which offer mainly about relaxation and increase up motivation to take up further challenges. It has been proved that excellent results can be achieved through directed contact with an animal. What type of animal is to be chosen depends on the patient's abilities and needs.

This article characterises the most popular types of animal therapy, like: horse therapy, dog therapy, cat therapy, donkey therapy and dolphin therapy. Based on literature and own experience an attempt was under taken to show what results, which can be achieved with the above types of animal undertaken-based therapy in the somatic, mental and social areas.