Companion Animals
Health Benefits

Susan Thompson
BENV7712: Healthy Built Environments
Semester Two 2014
Outline

- Companion animals in Australia
- Pets, health and well-being
- Celebrating pets
- Planning considerations for pets in a densifying urban environment
Pet Ownership in Australia

One of the highest pet populations in the world

More than 80% of Australians have owned a pet at some stage in their lives

Almost every second household currently includes a dog and/or a cat

Pets are part of the family - 92% of owners report that they feel very close to their pet

Source: PIAS Lecture
Pets and Health

Pet owners are healthier and happier than non-pet owners

Fewer visits to the doctor

Reduced risk factors for cardiovascular disease

Reduced stress & lower BP

Less likely to report feeling lonely

Exercise more

Source: PIAS Lecture
Pets are Good for Children and the Elderly

Pets help children to develop nurturing and social skills

Children with pets are more popular with their peers, demonstrate greater empathy and have higher self-esteem

Pets in nursing homes are one of the few interventions capable of permanently lifting the mood of hospices and nursing homes

Pets boost activity levels in older people, helping to improve overall health in the elderly

Source: PIAS Lecture
Patty Todhunter says goodbye to Dusty.
**Pet friendly buildings**

More pets in apartments – demand from buyers and renters

Changes to NSW strata laws – on hold

REF: ‘Domain’, 2014
Pets are Good for the Community

Pets encourage social interaction and improve perceptions of neighbourhood friendliness

People walking with a dog are more likely to have conversations with other people

Pets help facilitate social interactions for people with disabilities

Dogs improve feelings of safety and security

Source: PIAS Lecture
Alice Hulajko and neighbour Jocelyn Brewer with Summer Hill celebrity Pierre the rabbit.

Summer Hill’s celebrity rabbit
PIERRE’S FAME GROWING ON SOCIAL MEDIA

Shireen Khalil

THERE’S Bugs Bunny and now there’s Pierre Lapin. While he might not be dominating our TV screens (yet) he is taking over Summer Hill.

You will find the little black and white Rex rabbit hopping around the front of his house, usually engaging in “conversation” with passers-by.

Owner Alice Hulajko was astounded with how many people walked past, taking the time to talk to Pierre.

After noticing his popularity soar, she and her neighbour Jocelyn Brewer decided to create a noticeboard for him to communicate with locals.

“It ranges from his favourite foods, to which footy team he supports (Rabbitohs) to politics; he supports The Greens for his love of grass,” Ms Hulajko said.

Since the two-year-old started to “speak” he’s been getting bombarded with fan mail.

“People put questions in our letter box and we reply by putting it on his noticeboard,” Ms Hulajko said. Due to popular demand Ms Hulajko and Ms Brewer have started a Twitter and Facebook account, which includes pictures and fan mail.
The Cat Café
The Office Dog!
Who looks after pets if owners are homeless?

Escaping domestic violence – sometimes animals are the victims too
Pets and Built Environment

Maximise space available to pets
Provide pets with some outdoor space
Confinement space
Safe and comfortable space
Environmental enrichment
Noise protection
Internal features

Source: PIAS Lecture
Healthy by Design SA

A guide to planning, designing and developing healthy urban environments in South Australia

Pet Friendly Planning Award 2012

PIA and PIAS

Matrix of Design Considerations

Matrix of Design Considerations

Different range of issues – from design to CPTED, shade, access, road safety, age friendly – old and young – to pet friendly

Applies to a range of developments and infrastructure

Walking and cycling routes, street design
Public transport
Signage
Open Space
Building design
Pet Friendly Design Considerations

Pet friendly issues include dog parks and associated services and facilities

- Fenced areas for leash free parks
- Seating in dog parks to enhance social and community connection
- Lighting for safety
- Water and dog litter bags
- Connections by walking paths from homes to local dog parks
## Matrix of Design Considerations

Built environment professionals are increasingly being asked to consider a broad range of seemingly competing guidelines and design frameworks that impact on health, safety, access, sustainability and equity.

### Why use the Matrix?

The Matrix of Design Considerations (the Matrix) is a practical tool that can be used to demonstrate the synergies between the different guidelines that influence built environment design.

The Matrix supports an integrated, lifecycle approach to planning and delivering healthy communities and provides practical guidance to practitioners, helping them to achieve and/or incorporate values added design outcomes.

### How to use the Matrix?

The Matrix is arranged so that key elements of the public realm are listed down the left-hand side and design guidelines are arranged across the top. Readers move across particular elements row to identify relevant principles for that element and the synergies between design guidelines.

Within the Matrix, it can be used as a quick reference guide. It is also important to consider every project or initiative in its own context and seek further information from the relevant guidelines in order to select design principles that will successfully guide development.

<table>
<thead>
<tr>
<th>Matrix of Design Considerations</th>
<th>Access design</th>
<th>Road user safety</th>
<th>Age-friendly</th>
<th>Child/youth friendly</th>
<th>Pet friendly</th>
<th>Water-sensitive urban design (WSUD)</th>
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</thead>
<tbody>
<tr>
<td><strong>Healthy by Design SA</strong></td>
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<tr>
<td><strong>Shade</strong></td>
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<tr>
<td>Maximum shade over paths and cycle routes with consideration for road user safety</td>
<td>Provide clear sightlines to enable natural navigation to destinations</td>
<td>Provide continuous accessible paths of travel, including pedestrian pathways, direct and through pedestrian networks that serve all age groups.</td>
<td>Protect children and older adults from road traffic hazards</td>
<td>Provide suitable access and connections to open space throughout a neighborhood</td>
<td>No.</td>
<td>Create green spaces, based on maintaining natural drainage networks. Use WSUD to enhance the feasibility of pedestrian connections.</td>
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<tr>
<td><strong>Sightlines and surveillance</strong></td>
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<tr>
<td>Provide clear sightlines to pedestrian and cyclist networks.</td>
<td>Ensure clear sightlines to pedestrian and cyclist networks at intersections</td>
<td>People should be able to see the safe and efficient movement of all road users</td>
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<td><strong>Walking and cycling routes</strong></td>
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<td><strong>Public transport</strong></td>
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<tr>
<td>Provide clearly signed, well lit and demarcated pedestrian and cyclist routes.</td>
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</table>
If your DOG does a POO
Please put it in a litter bin.

Please help keep our open spaces clean.
BAG THE POO
ANY BIN
WILL DO!

To report a dog fouling complaint please call the Litter Hotline 1800 251 500

Balfe Átha Cliath
Dublin City
GALWAY CITY COUNCIL

DOG WASTE
IS A THREAT TO THE HEALTH
OF OUR CHILDREN – DEGRADES
OUR CITY – TRANSMITS DISEASE

LEASH CURB AND
CLEAN UP
AFTER YOUR
DOG

IT’S REQUIRED BY LAW
OFFENDERS MAY BE FINED UP TO €1900
If I had 2 hands
I’d clean it up myself

ATTENTION

CLEAN UP OR PAY UP!

Pick Up After Your Dog
Fine €150 or €3,000 in Court

Dublin City
Bole Area C2
ATTENTION ALL DOG OWNERS

When your dog has done its business...

Do yours!

Pick up after your dog or face a fine of €125 or €3,000 in Court

Dog Litter is a Health Hazard and ruins the environment for everybody

'Pooper-Scoopers' available from Dublin City Council offices.
GLANADH SUAS ÍNDAIDH DO MHADRAÍ
CLEAN UP AFTER YOUR DOG

MADRAÍ AR CHONIALLACHA
DOGS ON LEADS
Search Nearby
Search for nearby dog friendly parks and beaches

Address or location:
Sydney NSW

Distance:
10 km

Cook & Phillip Park
4 College St Sydney 2000 NSW

- Bins
- approx. 843m away

Observatory Hill Park
Upper Fort St Millers Point 2000 NSW

- Bins
- approx. 517m away

Munn Reserve
Macquarie St Millers Point 2000 NSW

Animal Blessing Ceremony

Sunday 22 April 10am-11am
Vajrayana Institute
9 Victoria Square, Ashfield

All are welcome
Free admission
For info: 02 9798 9644
www.vajrayana.com.au

This blessing ceremony is intended to create a connection between our animal friends and the Dharma, through reciting prayers and mantras, taking them around the stupa and other holy objects in circumambulation, and allow them to come into contact with consecrated substances, such as blessed water.

All of these activities are believed to establish imprints on their mindstreams, bringing them benefits both in this life and the future ones.

Precautions: Please ensure that your pets are supervised at all times, keep them on leashes or in cages, as there are often different types of animals there!
Supporting responsible pet ownership

Cat Protection Society
http://www.catprotection.org.au/

PIAS – Pet Net
Resources

Living Well Together: How companion animals can help strengthen social fabric

Healthy Cities Conference 2012 – full session on planning for people and their pets
Concluding thoughts…

- Pets are good for physical and mental health
- Densification of urban environments – issues for pet friendly places
- Body corporate rules and regulations – can make pet ownership difficult
- Planning for healthy environments includes pets
- Assistance animals are an important consideration too