



How Assistance Dog Cozie is helping SJ during the pandemic.



“Without a doubt, I wouldn’t be managing this world if it wasn’t for Cozie” - SJ

We recently phoned one of our clients, SJ, as we wanted to check how she is coping in this Covid-19 era.

SJ is living with quadriplegia following a terrible accident. She received Cozie the Assistance Dog three years ago.

Practical and emotional support from Cozie has renewed SJ’s independence and increased her quality of life. For example, Cozie will do tasks for SJ like collect laundry from the washing machine, take SJ’s jacket off, close drawers, and pick up dropped items.

But it is Cozie’s remarkable emotional support that has helped SJ cope with the current pandemic. She told us: *“Obviously, Cozie’s got no idea that Coronavirus is going around, so therefore that keeps some normality around this whole experience. The fear and unknown of what’s ahead is what makes us all quite stressed.”*



*“I don’t think I can even begin to appreciate just how important Cozie’s presence in my life is. She keeps me fairly balanced and stable. Throughout this pandemic, I just seem to be able to cope with it all. **And that’s because I wake up in the morning and everything can still feel the same because I’ve got this Assistance Dog who’s a constant, beautiful companion.***

As a vulnerable human being, that’s all I really need on a moment to moment basis.”

And I’m sure you understand how unconditional love and loyalty from dogs can play a huge role in supporting mental health. SJ said:

“Because I do live on my own, and I’ve got my son for a portion of the week, with the whole self-isolation and no socialising, I reckon I’d be in the absolute biggest state of depression now if I didn’t have Cozie. I’d hate to think how my mental health would be at this point in time without her.”



Your support of Assistance Dogs Australia has helped people like SJ to cope with the unknowns and challenges life brings. Because she has Cozie, SJ won’t have to face life’s ups and downs alone.

Thanks for continuing to help the most vulnerable in our community get the support they need.

From the team at Assistance Dogs Australia