



# AAAIP

Association of Animal-Assisted  
Intervention Professionals

# THE FIVE FREEDOMS AND FIVE DOMAINS OF ANIMAL WELFARE



# THE FIVE FREEDOMS OF ANIMAL WELFARE

## What are they?

The internationally accepted standards of care that affirm every living being's right to humane treatment.

## History

Developed in 1965 by Britain's Farm Animal Welfare Council.



- ① Freedom from hunger and thirst.**  
The needs that an animal has in terms of being fed and having access to fresh water depend not only on the species but also on the specific animal. For example, young animals and pregnant animals have different needs than their healthy adult counterparts.
- ② Freedom from discomfort.**  
Animals should be protected from discomfort by having adequate shelter and a safe place to rest.
- ③ Freedom from pain/injury/disease.**  
Not only should animals be protected from that which could cause them pain, but preventative measures and rapid health care treatment are essential in caring for the animals who we share our lives with.
- ④ Freedom to express normal behavior.**  
Normal behavior varies by species. Some animals need to live in community while others prefer their own space. They need to be able to move freely and stretch their bodies, and they should have access to species-specific exercise.
- ⑤ Freedom from fear and distress.**  
Animals should be protected from mental suffering. Mental and physical wellness are closely related in terms of determining an animal's state of well-being.

# THE FIVE DOMAINS OF ANIMAL WELFARE

## What are they?

A means for assessing animal welfare by drawing attention to the subjective experiences of animals. This model moves beyond the minimization of negative states through the promotion of positive welfare.

## History

Developed in 1994 and is based on the Five Freedoms model of animal welfare.



①

### Nutrition.

May be negatively affected by restrictions on water and food intake, food quality and variety, and overeating or force-feeding. May be positively influenced by the ability to eat/drink the correct quantities of a balanced diet.

②

### Environment.

May be negatively affected by experiences such as thermal extremes, close confinement, pollutants, inappropriate light/noise, environmental monotony, and unpredictable events. May be positively influenced by experiences like thermal tolerability, space for free movement, fresh air, and environmental predictability.

③

### Health.

May be negatively affected by disease, injury, functional impairment, obesity/leanness, and poor physical fitness. May be positively influenced by the prevention or treatment of disease, injury, and impairments, and by a good fitness level.

④

### Behavior.

May be negatively affected by a barren environment with markedly restricted choices and constraints on animal-to-animal interaction, limits on threat avoidance, and limits on sleep and rest. May be positively influenced by experiences such as ability to participate in varied engaging environments, free movement, exploration, bonding, playing, and sleep/rest.

⑤

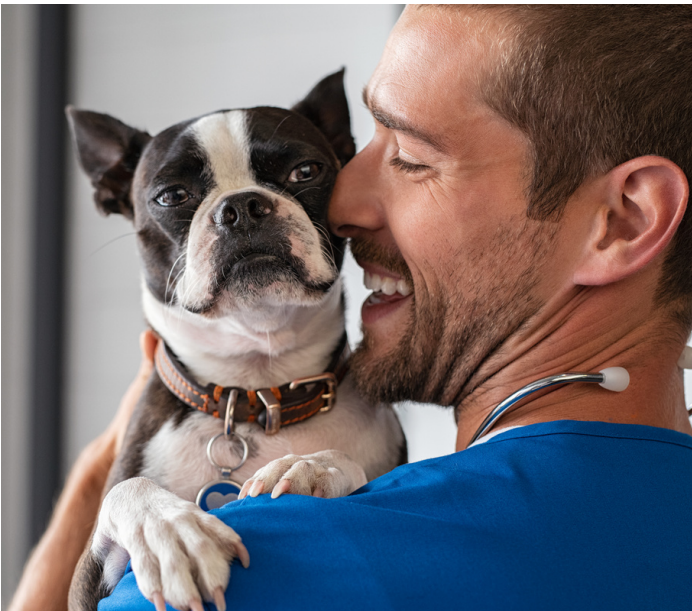
### Mental State.

Each experience that an animal has impacts their affective state. The mental response of each of the experiences noted in the previously listed physical/functional domains should always be considered in determining an animal's state of welfare.

# APPLYING THE FIVE FREEDOMS AND FIVE DOMAINS TO ANIMAL- ASSISTED INTERVENTIONS (AAI)



- ✓ Therapy animals should be regularly fed and should have access to fresh drinking water throughout their sessions. Varying a therapy animal's diet and providing treats can help to enrich their experiences, but caution should be taken to not overfeed therapy animals.
- ✓ Therapy animals should have a safe place to rest and/or retreat at all times and according to their free will. These boundaries should be understood and protected by all involved in the interaction.
- ✓ Therapy animals should receive regular veterinary care and should be re-evaluated on a regular basis to re-assess health status and degree of fit for their role. Animals who are ill or recovering from a health concern should not engage in AAI.
- ✓ Therapy animals should be encouraged to freely communicate with their handlers at all times. Their preferences should be monitored and responded to throughout all interactions.





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