Abstract: Visiting dog programmes to nursing homes have become popular and recent studies suggest that such visits benefit even people with dementia (PwD) who no longer take much interest in human visitors. This could be very important, since PwD is a growing population group and put special demands on long term care. As dementia progresses and the options of pleasant activities narrow down, apathy, agitation, and other behavioural and psychological symptoms of dementia (BPSD) tend to increase, and the opportunities for pleasant encounters decrease. This is a problem for the PwD and their caregivers alike. Moreover, the relationship between BPSD and strains on long term care staff seems to form a vicious cycle: BPSD is a major cause of staff burn-out; staff burn-out reduces quality of care; and poor quality of care increases BPSD. We conducted a narrative review to derive a model of how visiting dogs may counteract this vicious cycle. Findings from five areas were integrated: Behavioural and Psychological Symptoms of Dementia; Needs of People with Dementia in Long Term Care; Wellbeing and Burnout in Dementia Care Staff; Animal Assisted Interventions in Nursing Homes; and Psychosocial Effects of Human Animal Interactions. We found that visiting dog programmes can have several pathways, state of the evidence for each aspect, and implications for future research.