



6 simple steps for helping your senior cat thrive

Made in conjunction with Leticia Fanucchi, DVM, PhD

1. Follow your veterinarian's advice for routine senior pet health screening

- Older cats are at risk of multiple conditions with signs similar to cognitive decline — like kidney disease, arthritis & thyroid issues.¹

2. Keep your cat active

- Help support activity, healthy weight, heart & muscle with access to simple activities such as cat tree climbing or toy chasing.
- Improve access to favourite resting spots by adding pet stairs or moving a cat tree to an easier location.

3. Maintain a consistent daily routine

- Help avoid unnecessary stress with a predictable routine.
- Consider a daily grooming routine if they are struggling with regular grooming.

4. A little peace & quiet can go a long way

- Getting your pet a companion may be tempting, but younger pets may be more active throughout the day than is practical for seniors.

5. Support your cat's ability to be social

- Help keep them mentally sharp with puzzle toys, cardboard boxes & other interactive forms of enrichment.
- Cats can be trained, too! Clicker training is a great way to interact with your cat.

6. Optimise litter box accessibility

- Keep a clean & pristine litter box.
- Minimise distance, barriers & stairs in the way of their litter box or add additional litter boxes.

1. Sordo L, Breheny C, Halls V, Cotter A, Törnqvist-Johnsen C, Caney SMA, Gunn-Moore DA. Prevalence of Disease and Age-Related Behavioural Changes in Cats: Past and Present. Vet Sci. 2020 Jul 6;7(3):85. doi: 10.3390/vetsci7030085. PMID: 32640581; PMCID: PMC7557453.



6 simple steps to help your senior dog thrive

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1. Follow your veterinarian's advice for routine senior pet health screening

- Older dogs are at risk of multiple health issues with signs similar to cognitive decline — like diabetes, neurological & anxiety disorders, arthritis, and kidney & heart disease.

2. Provide mental stimulation & enrichment

- Interactive toys are a fun source of mental stimulation. Food puzzle toys can be used for treats or even mealtimes.
- Daily walks provide excellent enrichment with sun exposure & social interaction. Remember to keep walk durations comfortable for you both.

3. "Puppy proof" your house

- Dogs with visual, auditory or cognitive impairments may get stuck in corners or fall down stairs. Baby gates for stairways and good lighting can help keep them safe & comfortable.

4. Maintain routine and avoid busy & loud areas

- Help avoid unnecessary stress with a predictable routine.
- Avoid busy dog parks & overstimulating places. Seniors & cognitively impaired dogs may be less tolerant of certain interactions.

5. Ensure easy access to food & water

- Having multiple food & water stations devoid of stairs or other obstacles can help keep your dog hydrated & well fed if they have cognitive or mobility impairments.

6. Be patient with changing needs

- Ask your vet how to recognise changes in behaviour, mood & activity level. Together, you can find ways to help keep your dog comfortable at home.