

# Senior Pet Comfort Checklist

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*Simple Ways to Improve Comfort, Safety, and Quality of Life*

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*Growing older is a privilege not every pet receives.*

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*Hearts & Halos Photography  
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## Introduction

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As pets age, their needs often change.

The activities that once came easily may require more effort. Stairs may become challenging. Floors may become slippery. Long walks may become shorter. Rest may become more important.

While aging itself is not a disease, small adjustments can make a significant difference in a senior pet's comfort, confidence, and quality of life.

This checklist was created to help families identify simple ways to support their aging companions at home.

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# Mobility Support

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Aging pets often experience reduced strength, flexibility, or joint comfort.

## Comfort Checklist

- Monitor for difficulty standing up
- Watch for hesitation on stairs
- Observe changes in jumping ability
- Notice if walks become shorter
- Look for stiffness after rest
- Discuss mobility changes with your veterinarian

## Helpful Modifications

- Use support harnesses when needed
  - Add non-slip surfaces throughout the home
  - Keep frequently used items nearby
  - Minimize unnecessary stairs
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# Improve Traction

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Slippery floors can increase anxiety and the risk of falls.

## Consider:

- Area rugs
- Yoga mats
- Hallway runners
- Non-slip stair treads
- Paw grip products recommended by your veterinarian

## Focus On:

- Hallways
- Feeding stations
- Entryways

■ Favourite sleeping areas

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# Hydration Support

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Senior pets may be more vulnerable to dehydration.

## Comfort Checklist

- Fresh water available at all times
- Multiple water stations throughout the home
- Monitor drinking habits
- Discuss significant changes with your veterinarian

## Helpful Ideas

- Raised water bowls when appropriate
  - Additional bowls on multiple levels of the home
  - Water fountains if your pet prefers moving water
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# Orthopedic Bedding

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Comfortable rest becomes increasingly important as pets age.

## Look For:

- Thick cushioning
- Joint support
- Easy entry and exit
- Washable covers

## Placement Tips

- Place beds near family activity
  - Avoid drafts
  - Provide quiet resting options
  - Consider multiple beds throughout the home
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## Ramps & Accessibility

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Jumping becomes more difficult for many senior pets.

### Consider Ramps For:

- Vehicles
- Beds
- Sofas
- Decks

### Safety Tips

- Introduce gradually
  - Use positive reinforcement
  - Ensure stable footing
  - Avoid forcing use
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## Scent Accessibility

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Many senior pets experience changes in vision or hearing. Their sense of smell often remains important for navigating the world.

### Helpful Adjustments

- Avoid frequently rearranging furniture
- Keep food and water locations consistent
- Maintain familiar scents and bedding
- Allow opportunities for sniffing and exploration

*Familiar scents can provide reassurance and confidence.*

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# Warmth & Temperature Comfort

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Older pets may have more difficulty regulating body temperature.

## Comfort Checklist

- Provide warm sleeping areas
- Keep beds away from drafts
- Use blankets when appropriate
- Monitor for overheating during warm weather

## Seasonal Considerations

### Winter

- Extra bedding
- Warm resting spots
- Shorter outdoor sessions when needed

### Summer

- Shade
  - Cool resting areas
  - Easy access to water
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## Low-Stress Routines

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Predictability can help many senior pets feel secure.

### Try To Maintain

- Consistent feeding times
- Predictable walks
- Familiar sleeping arrangements
- Regular medication schedules
- Gentle daily interaction

### Gentle Reminder

*Routine often provides comfort when physical abilities change.*

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## Quality of Life Check-In

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Consider asking yourself:

- Does my pet still enjoy favourite activities?
- Are they able to rest comfortably?
- Are they eating and drinking normally?
- Do they seek interaction and affection?
- Are they experiencing more good days than difficult days?

*If you have concerns about your pet's comfort or quality of life, speak with your veterinarian. They can help identify medical issues and discuss options for improving comfort.*

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## Small Changes Matter

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Many of the most meaningful comfort improvements are simple.

*A rug.*

*A ramp.*

*A softer bed.*

*A water bowl placed a little closer.*

These small adjustments can help aging pets move through their days with greater comfort, confidence, and dignity.

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### **Gentle Reminder**

*Growing older is a privilege not every pet receives.*

*Supporting a senior companion is not about stopping time.*

*It is about helping them enjoy the time they have with comfort, love, and care.*

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