Senior Cat Checklist

A checklist to help owners care for an aging cat with regular vet checks, kidney and dental care, mobility support, and comfort.

Regular Vet Care

- [ ] Schedule more frequent senior wellness exams
- [ ] Ask about bloodwork and urine tests for kidney health
- [ ] Keep vaccines and parasite prevention up to date
- [ ] Discuss dental checks and professional cleanings
- [ ] Track findings and follow-up steps after each visit
  Ask your vet how often your senior cat should be seen

Kidney & Dental Health

- [ ] Watch for increased thirst or urination
- [ ] Note any drop in appetite or weight loss
- [ ] Provide easy access to plenty of fresh water
- [ ] Check for bad breath or trouble eating
- [ ] Ask about a diet suited to kidney or dental needs
  Discuss any special diet with your vet before starting

Mobility & Litter Access

- [ ] Provide steps or ramps to favorite high spots
- [ ] Use a litter box with low sides for easy entry
- [ ] Place food, water, and litter on the main level
- [ ] Offer soft, warm, accessible bedding
- [ ] Keep nails trimmed for comfort and footing

Daily Comfort & Routine

- [ ] Keep a calm, predictable daily routine
- [ ] Provide warm, quiet resting spots away from drafts
- [ ] Help with gentle grooming if your cat slows down
- [ ] Offer easy play and enrichment for the mind
- [ ] Give plenty of gentle attention and contact

Changes to Monitor

- [ ] Appetite, thirst, and weight changes
- [ ] Hiding, vocalizing, or behavior shifts
- [ ] Stiffness or trouble jumping and climbing
- [ ] Litter box accidents or straining
- [ ] Coat, skin, vision, or hearing changes
  Report new or worsening signs to your vet promptly

Quality of Life

- [ ] Note daily comfort, appetite, and mood
- [ ] Track good days versus difficult days
- [ ] Discuss pain management options with your vet
- [ ] Adapt the home as your cat's needs change
- [ ] Keep open conversations with your vet about care

Important

- [ ] This checklist is general information for owners, not veterinary advice; an aging cat's needs depend on its health and individual condition, so always consult a licensed veterinarian

  For any emergency, contact your vet or an emergency animal hospital immediately