

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