Senior Dog Checklist

A checklist to help owners care for an aging dog with regular vet checks, mobility support, the right diet, and a comfortable home.

Regular Vet Care

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

Mobility & Comfort

- [ ] Provide soft, supportive bedding
- [ ] Add non-slip rugs on slippery floors
- [ ] Use ramps or steps for cars and furniture
- [ ] Keep nails trimmed for better footing
- [ ] Offer gentle, regular exercise suited to your dog

Diet & Weight

- [ ] Feed a diet suited to a senior dog's needs
- [ ] Measure portions to keep weight healthy
- [ ] Provide easy access to fresh water
- [ ] Adjust food height or texture if eating is hard
- [ ] Discuss supplements only with your vet first

Daily Comfort & Routine

- [ ] Keep a calm, predictable daily routine
- [ ] Provide warm, draft-free resting spots
- [ ] Offer more frequent potty breaks
- [ ] Keep grooming gentle and check skin and coat
- [ ] Give mental stimulation with easy games and contact

Changes to Monitor

- [ ] Appetite, thirst, and weight shifts
- [ ] Stiffness, limping, or trouble rising
- [ ] Lumps, bad breath, or dental problems
- [ ] Confusion, restlessness, or sleep changes
- [ ] Vision, hearing, or bathroom habit changes
  Report new or worsening signs to your vet promptly

Quality of Life

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

Important

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

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