

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