

Senior Mobility & Home Adjustments

As cats age, their joints, balance, and mobility naturally change. Small home adjustments can make daily movement easier, reduce discomfort, and help senior cats stay confident and independent. Thoughtful support keeps them safe while honoring their desire to explore and participate in household life.

Why Mobility Support Matters

Simple environmental changes can prevent falls, reduce joint strain, and help senior cats maintain comfort and dignity as they move through their home.

Ramps & Step Stools

- Add ramps to favorite furniture or window perches
- Use sturdy step stools for gentle climbing
- Keep pathways wide and easy to navigate
- Avoid sudden height changes or unstable surfaces

Low-Entry Litter Boxes

- Choose boxes with low sides for easy access
- Place boxes on non-slip mats to prevent sliding
- Keep litter boxes close to resting areas
- Maintain cleanliness to encourage consistent use

Easy Access to Food & Water

- Use raised bowls to reduce neck and joint strain
- Place feeding stations on stable, non-slip surfaces
- Offer multiple water sources throughout the home
- Consider water fountains for hydration encouragement

Avoiding Slippery Floors

- Add rugs or runners to create safe walking paths
- Use non-slip mats near food, water, and litter areas
- Keep clutter off the floor to prevent tripping
- Avoid polished or slick surfaces where possible

Supporting Arthritis & Joint Changes

- Provide soft, supportive bedding
- Offer gentle warmth (heated pads, cozy blankets)
- Keep nails trimmed to improve traction
- Monitor movement for signs of discomfort or stiffness

Building Confidence Through Gentle Mobility Support

- Introduce ramps and steps slowly so they feel familiar
- Create predictable routes between key areas (food, water, rest)
- Offer calm encouragement during hesitant moments
- Celebrate small successes — easy climbs, steady walking, relaxed posture

Key Takeaway

Mobility support helps senior cats stay safe, comfortable, and confident. Small home adjustments — ramps, low-entry litter boxes, stable flooring, and arthritis-friendly setups — make daily movement easier and protect aging joints.

Scan the QR code to access free guides, videos, and senior behavior, care support & resources:

