

Senior Pet Care Checklist

A quick guide to support your pet's golden years



☒ Veterinary Care

- ☐ Schedule vet checkups twice a year
- ☐ Request senior wellness bloodwork & urine testing
- ☐ Stay current with vaccinations & parasite prevention

☒ Mobility & Comfort

- ☐ Use ramps for couches, beds, and cars (avoid jumping)
- ☐ Provide an orthopedic or memory foam bed
- ☐ Maintain gentle daily exercise (short walks/play)

☒ Nutrition & Hydration

- ☐ Ask vet about switching to senior-specific food
- ☐ Add vet-approved joint supplements (glucosamine, omega-3s)
- ☐ Provide multiple water bowls around the house.



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☒ Home Adjustments

- ☐ Place food & water at a comfortable height
- ☐ Add potty pads or extra litter boxes
- ☐ Use pet diapers if accidents happen (compassion, not failure)

☒ Mental & Emotional Care

- ☐ Stick to a predictable routine
- ☐ Spend quality time — presence matters
- ☐ Create cozy, quiet rest areas

☒ Watch for Warning Signs

- Sudden weight loss/gain
- Limping, stiffness, or difficulty rising
- Excessive drinking or urination
- Confusion, disorientation, or behavior changes
- Persistent bad breath, drooling, or visible mouth pain

