



# SENIOR PET CARE CHECKLIST

A Guide by Neville's Helping Paw

*As our pets age, their needs change. Use this checklist to monitor your pet's comfort and health at home.*

## Home Environment & Comfort

---

- |   |   |
|---|---|
| <input type="checkbox"/> Non-slip mats on wooden or tiled floors    | <input type="checkbox"/> Raised food and water bowls          |
| <input type="checkbox"/> Ramps or steps for sofas/cars              | <input type="checkbox"/> Easy access to outdoors/litter trays |
| <input type="checkbox"/> Orthopaedic bed in a warm, draft-free area | <input type="checkbox"/> Night-lights near stairs/bedding     |

## Health & Wellness Monitoring

---

- Weight Management:** Are they maintaining a healthy weight? (Check ribs/waist)
- Mobility Check:** Any stiffness when waking up or reluctance to jump/climb?
- Lumps & Bumps:** Weekly "hands-on" check for any new growths or skin changes.
- Dental Health:** Check for red gums, bad breath, or difficulty chewing.
- Cognitive Function:** Any wandering, staring at walls, or changes in sleep patterns?

## Nutrition & Hydration

---

- Transition to a high-quality 'Senior' diet (consult your vet)
- Monitoring water intake (is your pet drinking more than usual?)
- Adding joint supplements (Omega-3s, Glucosamine) if advised

**Neville's Helping Paw Tip:** Many "signs of aging" are actually signs of manageable pain. If you notice your pet slowing down, a professional assessment can significantly improve their quality of life.