

# Senior Cat Care

This playbook outlines the necessary steps to care for senior cats. It covers health monitoring, dietary adjustments, and providing comfort to enhance the well-being of aging feline companions.

## Step 1: **Health Check**

Schedule regular vet visits for your senior cat to monitor their health. Professionals can provide precise advice tailored to your cat's specific needs.

## Step 2: **Nutrition Plan**

Consult with your veterinarian to adjust your cat's diet. Older cats may need food that's easier to digest and supports joint health.

## Step 3: **Hydration**

Ensure that your senior cat has constant access to clean water. Dehydration is more dangerous for older cats and can lead to health issues.

## Step 4: **Comfortable Bedding**

Provide soft, easily accessible bedding to help alleviate joint pain and allow for restful sleep.

## Step 5: **Accessible Litter**

Make sure the litter box is easy for your senior cat to get into and out of. This may involve purchasing a box with lower sides or placing a ramp.

## Step 6: **Exercise**

Encourage gentle play and exercise to help maintain muscle tone and flexibility.

## Step 7: **Mental Stimulation**

Keep your senior cat mentally active with toys and interaction to prevent boredom and maintain cognitive health.

## Step 8: **Pain Management**

Watch for signs of pain or discomfort and consult your vet for appropriate pain management strategies, which can include medication, supplements, or physical therapy.

# **General Notes**

## **Observation**

Take note of any changes in behavior, appetite, or litter box usage, as these can be early signs of health issues.

## **Grooming**

Senior cats may struggle with grooming, so assist them by gently brushing their coat and trimming their nails as needed.

## Temperature Control

Older cats are more sensitive to temperature changes, so ensure a warm and draft-free environment.

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