

SENIOR CARE CHECKLIST ✓



This checklist can help you and your veterinarian recognize early changes in your senior pet's health and behaviour.

As a pet ages, there are changes in behaviour or signs of deteriorating alertness and health. Often, small changes in behaviour or activity level are accepted as part of the aging process. However, there are interventions/medications that can delay the progression of age-related illnesses. When these subtle abnormalities are identified early and discussed with your veterinarian, simple changes in your pet's environment or medications can improve the quality of your pet's life.

Answering some simple questions can help identify problems and focus on the right solution early. This checklist is an excellent tool to help assess an aging pet's current status. It can reveal areas of potential problems that may need immediate medical attention and/or ongoing follow-up. Use this checklist during recheck appointments to monitor changes and track the progress of treatment. Senior pet screening is recommended for all patients 7 years of age and older.

General information

Date: _____ Client's name: _____ Pet's name: _____
 Breed: _____ Age: _____ Weight: _____
 Sex (circle): Female Male

Is the pet currently taking any medications (e.g., heartworm preventative, flea treatment), supplements or special diets? If so, please list below:

Have you noticed any changes in your older pet's habits or behaviour?

As pets age, they can develop signs of brain aging known as cognitive dysfunction. The series of questions listed below will help identify early signs of cognitive decline. Use the rating scale from 0 to 3 and check the box that applies.

0 = Never 1 = Rarely 2 = Sometimes 3 = Often

Does your pet:	0	1	2	3	When did the problem start?
Seek your attention less often?					
Follow you everywhere?					
Seem anxious i.e. panting, shivering, restless?					
Seem listless or less responsive to interaction?					
Appear lost or confused in the house or yard?					
Fail to recognize familiar people or other pets?					
Sleep more during the day or less during the night?					
Aimlessly wander, pace or exhibit signs of restlessness?					
Urinate or defecate indoors?					
Engage in abnormal vocalization especially at night?					

Is your pet currently taking any medications for treatment of Cognitive Dysfunction Syndrome (CDS)?
 If so, please list below:

Remember to schedule a follow-up examination for your senior pet in 6 months. The American Animal Hospital Association (AAHA) recommends wellness check-ups twice a year for senior pets.

Continued on back

SENIOR CARE CHECKLIST (page 2)

Have you noticed any changes in your pet's health?

Please answer questions in the chart below about changes in the pet's health. Check the box that applies.

Changes in your pet:	Yes	No	?	When did the problem start?
More frequent urination?				
Signs of increased stiffness, limping or difficulty climbing stairs?				
Signs of stiffness resolve once up and moving around?				
Noticeable weight gain?				
Noticeable weight loss?				
Dribble urine when lying down sleeping or barking?				
Having difficulty jumping on furniture or bed?				
Excessive shedding?				
Changes in quality of fur (i.e. dull, thinner, brittle)?				
New lumps or bumps, or changes in appearance of existing ones?				
Bad breath or red and swollen gums?				
Difficulty chewing food or toys?				
An increase in appetite?				
A decrease in appetite?				
Vomiting? If yes, does vomit contain food, bile or hair? (identify with circle)				
Diarrhea or stool with mucus or blood?				
Constipation or difficulty defecating?				
Defecating or urinating near litter box?				
Noticeable increase in water consumption?				
Coughing, especially in the morning or after exercise?				
Seems to become tired on walks or during play times?				
Muscle tremors or shaking?				
Signs of vision loss (e.g. bumping into objects, fear of moving forward)?				
Signs of hearing loss (e.g. lack of response when called or at loud noises)?				

Do you have any worries and/or concerns about your pet (not included in the charts above)?
If so, please describe:

Discuss any changes in your pet with a member of the veterinary team as soon as you notice them. In many conditions, early interventions such as diet changes, environmental enrichment activities and medications can improve the symptoms and/or delay progression of the problem.



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