

Senior Wellness Checklist

If your pet is a senior and is experiencing one or more of the following signs, be sure to bring it to our attention today. What may look like normal aging could be a manageable health condition.

Is Your Pet "Over 40"?					
Pet's Age	Cat	Dog (in pounds)			
		0-20	21-50	51-90	>90
5	36	36	37	40	42
6	40	40	42	45	49
7	44	44	47	50	56
8	48	48	51	55	64
9	52	52	56	61	71
10	56	56	60	66	78
11	60	60	65	72	86
12	64	64	69	77	93
13	68	68	74	82	101
14	72	72	78	88	108
15	76	76	83	93	115
16	80	80	87	99	123
17	84	84	92	104	
18	88	88	96	109	
19	92	92	101	115	
20	96	96	105	120	

Relative Age of Your Pet In "Human Years"

Senior
 Geriatric

Signs	yes	no
Difficulty climbing stairs		
Difficulty jumping up		
Increased stiffness or limping		
Loss of housetraining; house soiling		
Changes in litter box habits/ inappropriate urination		
Increased thirst		
Increased urination		
Changes in activity level		
Excessive panting or changes in breathing patterns		
Circling/repetitive movements		
Confusion or disorientation		
Excessive barking/meowing		
Less interaction with family/ hiding		
Decreased responsiveness		
Tremors or shaking		
Skin and haircoat changes, lumps and bumps		
Excessive scratching		
Changes in sleeping patterns/ location		
Less enthusiastic greeting or behavior		
Altered appetite		
Weight change		
Bad Breath		
Over the counter medication or supplements		

Dog _____ Cat _____

Owner _____

Pet's Name _____

Pet's Age _____

Date _____

Signature _____