

Senior Cat Quality-of-Life Checklist

Cats hide pain well, and slow changes get blamed on “just getting old”. **Cats over 10 are seniors and should see a vet at least every 6 months.** Score your cat once a month and bring this sheet to every visit.

FILLABLE PDF – TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

CAT'S NAME

AGE

VET

CHANGES TO WATCH FOR

- ☐ **Litter box:** going outside it, or straining
- ☐ **Grooming less:** matted or greasy coat
- ☐ **Sleeping more** or hiding more
- ☐ **Drinking or peeing more** than usual
- ☐ **Eating less,** or weight loss
- ☐ **Jumping less,** trouble with stairs (arthritis cats rarely limp)
- ☐ **More vocalizing,** especially at night
- ☐ **Breathing fast** at rest (over 35 breaths a minute)

THE MONTHLY SCORE: 0 (WORST) TO 10 (BEST) FOR EACH

AREA	ASK YOURSELF
Hurt	Is pain under control, breathing included?
Hunger	Is my cat eating enough without coaxing?
Hydration	Is my cat drinking enough?
Hygiene	Is my cat grooming, clean and free of sores?
Happiness	Does my cat still show interest in people, play and surroundings?
Mobility	Can my cat reach the litter box, food and favorite spots?
More good days	Do good days still outnumber bad ones?

The HHHHMM quality-of-life scale (Villalobos): a total above 35 out of 70 is generally considered acceptable. Talk through any drop with your vet.

MONTHLY SCORES

MONTH	HURT	HUNGER	HYDR.	HYGIENE	HAPPY	MOBILITY	GOOD DAYS	TOTAL /70

Call your vet if your cat hasn't eaten in 24 hours, loses weight, strains in the litter box, or seems in pain. On the Feline Grimace Scale (ears, eyes, muzzle, whiskers and head, 0–2 each), a score of 4 or more out of 10 means call.

THE FULL VERSION: SENIOR CAT QUALITY-OF-LIFE TRACKER · ON ETSY: NEWDOGCO.ETSY.COM

Sources: 2021 AAHA/AAFP Feline Life Stage Guidelines; 2021 AAFP Senior Care Guidelines; Cornell Feline Health Center (senior cats); Feline Grimace Scale; Villalobos HHHHMM scale (Veterinary Practice News). A score is a conversation starter with your vet, not a decision on its own.