

SENIOR DOG PROOFING YOUR HOME

INTRODUCING THE 'CARE' METHOD



THE 'CARE' METHOD



Welcome Senior Dog Mom or Dad,

We are so glad you are here!

In order to really help provide your senior dog a comfortable and pain free life, it's important to modify our home environments and routines.

At home, we hope to MODIFY their environments through the acronym CARE:

- Increase COMFORT
- ACCOMODATE for changes with cognition, routines, joints and decrease in senses
- REDUCE new injury and exacerbation of old injuries
- ENCOURAGE quality time with family

In this handout, you'll find different ways to help with the above. If you are just starting with changes at home, our recommendation is to first start with making one change in each and then build your way up as needed for your senior dog.

These tips are simple but can be really impactful for senior dogs.

Sincerely,

Dr. Tarantino

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COMFORT

A FEW WAYS WE CAN INCREASE COMFORT FOR OUR SENIOR DOGS!

- Orthopedic Dog Beds ([one that has studies behind it linked here](#))
- Comfy, Soft Comforters on top of Dog Beds or Extra Padding
- More Traction around the home via nonslip rugs (rubber backing), Dr. Buxby Toe Grips, Pawfriction pads, clipping toe hair between paw pads shorter, etc.
- Their own designated space apart from loud kids/other rambunctious dogs/etc. It is important they are allowed to be 'unbothered' while there.
- Spaces close to you (so dog bed near you in office, near where you sit in the living room, especially)
- +/- Elevated bowls (ask your vet if they recommend this or not)
- Assure on adequate pain medications from the vet if arthritic. Give consistently for periods where may have discomfort, during the day and at night is recommended.



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ACCOMMODATE

THINK OF WAYS YOU CAN 'ACCOMMODATE' YOUR SENIOR DOGS NEEDS, ILLNESSES AND DAILY STRUGGLES. HERE ARE A FEW IDEAS!

- Accommodate for Mobility Decrease
- Be Mindful of protecting senior dog's space from loud visitors/young children, that may not be as gentle
- Move water and food to easily accessible place
- Feed on top of non slip carpet or yoga mat
- Again, help them with traction in home! (Non slip rugs, etc.)
- Ramps to car, couch, bed (make sure these ramps are ones they feel comfortable using ie not too steep etc.)
- Being prepared for other events they might find stressful like fireworks, thunderstorms for older dogs which are more prone to those anxieties
- Dogs with Visual impairment: give them a clear path they can follow that's unobstructed
- Make sure Roombas are not run when they're in the room! Can scare senior dogs who can not hear as well
- Use strollers, carts, harnesses to help support dogs that want to explore or be active
- Be Mindful of loud noises that startle dogs with hearing loss (ex ice machine, etc.)

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REDUCE INJURY

- Use Harnesses instead of collars
- Blocking off Stairs to prevent unneeded use and strain on joints
- Raised bowls
- Traction, traction, traction!
- Ramps
- For dogs with severe visual impairment, consider 'Muffin's Halo' harness for blind dogs
- Products to assist them getting up (Ginger Sling Lead, Help Em Up Harnesses, etc.)



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ENCOURAGE QUALITY TIME

- Having Extra beds in spaces near where family time occurs
- Prioritizing time with them despite other dogs, etc.
- Making them a focal point for a period of the day that allows them to feel special (ie bringing onto couch with family, laying in bed with them for few minutes, etc)
- Including them in passive things so if you are on your phone make sure you include them in them
- Plan for things they enjoy that they still do so walks or trips to the park they used to enjoy (can use carts, strollers, etc.)
- Planning special vet approved treats for them on special occasion