
CatWorldly Senior Cat Home Checklist and Change Log

Use this when:

- A cat is older, stiff, recovering, low-mobility or avoiding old routines.
- You are changing furniture, litter boxes, beds, stairs or feeding spots.
- You need a home access audit plus notes for a clinic conversation.

Direct answer:

A senior cat needs the same daily essentials with fewer jumps, fewer slippery surfaces, easier litter access, warmer rest spots and closer observation. Sudden mobility, appetite, litter or behavior changes should be discussed with a veterinarian instead of treated as normal aging.

Access audit:

- Main route from favorite rest spot to litter: _____
- Main route from rest spot to food: _____
- Main route from rest spot to water: _____
- Any stairs, high jumps or long detours? _____
- Any younger cat blocking a resource? _____

Litter access:

- Low-entry box available? _____
- Box large enough for turning? _____
- Path has traction? _____
- Box is not hidden behind a hard climb? _____
- Any sudden litter avoidance? _____

Food and water reach:

- Food bowl reachable without jumping? _____
- Water station near favorite rest area? _____
- Second water station available? _____
- Bowl height comfortable? _____
- Appetite or drinking changed? _____

Rest and warmth:

- Warm bed away from drafts? _____
- Favorite high spot has step/ramp option? _____
- Rest spot near humans but not crowded? _____
- Quiet retreat still available? _____

Perch access, movement and traction:

- Slippery floor route identified? _____
- Rug, mat or traction strip added? _____
- Stairs or jump points reduced? _____
- Ramp or step stable and non-slip? _____
- Perch has enough landing space? _____
- Carrier access practiced gently? _____

Daily change log:

- Date first noticed change: _____
- Appetite change? _____
- Water change? _____
- Litter use or stool/urination change? _____
- Movement, jumping or balance change? _____
- Grooming change? _____
- Sleep or rest location change? _____
- Interaction, hiding or vocalizing change? _____

Medication and clinic notes:

- Current medications/supplements as prescribed: _____
- Diet or feeding changes: _____
- **Questions to bring to the appointment:**

Common mistakes:

- Do not assume pain, hiding or litter avoidance is just old age.
- Do not make the only water, food or litter option hard to reach.
- Do not buy tall gear before checking whether the cat can use it.
- Do not remove every familiar resting place at once.
- Do not delay veterinary help for sudden or worsening changes.

Next CatWorldly steps:

- Senior Cat Home and Daily Routine: <https://catworldly.com/senior-cat-home-daily-routine/>
- Senior observation guide: <https://catworldly.com/senior-cat-observation-guide-vet-conversations/>
- Health and Safety hub: <https://catworldly.com/health-safety/>
- Cat Help map: <https://catworldly.com/cat-help/>