CatAdviceHub
Understand Your Cat. Make Their Life Purrfect!

Senior Cat Comfort Checklist

Simple, room-by-room changes that make home easier for an older cat. Tick off what you already do, and pick one or two new things to try this week. Every item comes from a veterinary or welfare source, listed at the end.

Litter

- [ ] Have at least one litter box with a **low entry**, so your cat doesn't have to climb in. [1]
- [ ] Put a litter box on **every floor** of your home. [2]
- [ ] Choose a box about **1.5 times your cat's length** (nose to base of tail). Many commercial boxes are too small. [3]
- [ ] Use soft, unscented, clumping litter, and scoop at least once a day. [3]

Food and water

- [ ] Use **wide, low-sided** food and water bowls. [1]
- [ ] Set out **more than one water station** around the home. [1]
- [ ] Feed your cat where they spend most of their time, somewhere quiet and calm. [1]
- [ ] Ask your vet whether adding wet food, or water to meals, is right for your cat. (Never change a prescribed diet without your vet.) [4]

Getting around

- [ ] Add **steps or ramps** up to favorite spots like the bed, sofa or window. [1]
- [ ] Use **night lights** so your cat can find their way in the dark. [1]

Rest and comfort

- [ ] Keep a favorite bed **out of drafts**, and avoid heat sources that get too hot. [2]

Grooming

- [ ] Help with brushing if your cat's own grooming starts to slow down. [2]
- [ ] Keep nails trimmed (about every 10 to 14 days), cutting only the white tip. [5]

Health checks

- [ ] Book vet checkups **every 6 months** for cats aged 10 to 15, and **every 4 months** for cats over 15. [1]
- [ ] Watch for drinking or peeing more, eating less, weight or muscle loss, changes in behavior or sleep, and trouble using the litter box. [1]
- [ ] Any change in behavior or health, sudden or gradual, is a reason to call your vet. [2]

From our home to yours. Our cat Lokee is 17 and on a vet-directed kidney diet, so this list is personal. We're cat owners, not veterinarians: this checklist is general information, not medical advice. Please talk to your vet about your own cat.

Sources

1. AAFP Senior Care guide — catvets.com/wp-content/uploads/2024/01/AAFPSeniorCareBrochureBW.pdf
2. Cornell Feline Health Center, "Loving Care for Older Cats" — vet.cornell.edu/node/3975
3. AAFP / Feline VMA house-soiling guide — catvets.com/wp-content/uploads/2026/03/FelineVMA_House-Soiling_Update2-26_BW.pdf
4. Cornell Feline Health Center, Hydration — vet.cornell.edu (Feline Health Topics: Hydration)
5. ASPCA, Cat Grooming Tips — aspca.org/pet-care/cat-care/cat-grooming-tips