

Senior Cat Observation Toolkit

Simple Trackers for Changes at Home

Changes in an older cat are not always easy to describe. This Feline Golden Years-created toolkit is designed to help you turn small observations into clearer notes.

Use one tracker or several, depending on what you have noticed. The aim is not to work out the cause yourself. Record what is happening, when it happens and whether other changes appear at the same time.

About this toolkit

This is a Feline Golden Years-created observation resource designed to help owners organise changes they notice at home. It is not a diagnostic tool or a clinically validated assessment.

Important

These trackers are for observation only. They cannot diagnose illness or tell you whether a change is serious. If your cat seems distressed, is struggling to breathe, cannot pass urine, has stopped eating, collapses, or appears seriously unwell, contact your vet promptly.

How to use it

- Choose the tracker that best matches the change you are noticing.
- You do not need to complete all five tools.
- Compare what you see with your own cat's usual routine.
- You do not need perfect notes. Normal everyday observations are enough.
- Take useful notes with you if you speak to your vet.

1. 7-Day Senior Cat Change Log

Use: Same as usual / Slightly different / Clearly different / Not observed. Make a brief note about the areas you are able to observe.

Date	Eating	Drinking	Toileting	Movement	Grooming	Sleep	Behaviour	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Reminder: Compare observations with your cat's usual routine. The log helps you notice whether a change appears once, keeps repeating, or happens alongside other changes. It cannot tell you why something has changed.

2. Eating & Drinking Observation Sheet

Record what has changed from your cat's usual routine without trying to work out the cause yourself. You do not need to measure every mouthful or calculate exact amounts unless your vet has specifically asked you to.

Date / time	What changed?	Eating	Drinking	Vomiting?	Toileting changes?	Weight change noticed?	Other notes

3. Mobility & Comfort Tracker

Record everyday movement and comfort changes during normal daily life. Do not test your cat or encourage an activity just to complete the tracker. This tracker deliberately does not produce a mobility or pain score.

Date	Activity	Same as usual	Hesitates	Avoids it	Not observed	Notes
	Getting up after resting	☐	☐	☐	☐	
	Walking across the room	☐	☐	☐	☐	
	Using stairs	☐	☐	☐	☐	
	Getting onto furniture	☐	☐	☐	☐	
	Getting down from furniture	☐	☐	☐	☐	
	Entering the litter tray	☐	☐	☐	☐	
	Reaching food or water	☐	☐	☐	☐	
	Grooming hard-to-reach areas	☐	☐	☐	☐	
	Settling into a resting position	☐	☐	☐	☐	

4. Night-Time Behaviour Log

Record what actually happens overnight rather than trying to decide why it is happening. Describe what you can see or hear as plainly as possible.

Date / time	What happened?	Vocalising?	Pacing / wandering?	Seemed confused?	Where was your cat?	What happened beforehand?	What seemed to settle them?	Other notes

5. Vet Visit Preparation Sheet

Bring the most useful observations together in one place. You do not need to complete every field - record only what is relevant to your cat.

What to record	Your notes
Main change I have noticed	
I first noticed it	
It happens	☐ Occasionally ☐ Most days ☐ Every day ☐ Unsure
The pattern appears to be	☐ Improving ☐ About the same ☐ Worsening ☐ Varies
Eating changes	
Drinking changes	
Toileting changes	
Movement or comfort changes	
Grooming changes	
Sleep or night-time changes	
Behaviour changes	
Weight change noticed	
Anything else that changed around the same time	
Photos or videos available	☐ Yes ☐ No
Current prescribed medications I need to mention	
Questions I want to ask my vet	

Do not delay veterinary advice to obtain a photo, video or completed tracker if your cat appears distressed or seriously unwell.