

# Is it Time? – CaringVet.com.au Checklist

## **IS IT TIME?**

### **CARINGVET.COM.AU CHECKLIST**

## **How to Use This Checklist?**

Deciding when to say goodbye to a pet can be a very hard decision. If you are already considering euthanasia, this checklist can help you to identify and examine some of the things that might indicate that the time is approaching, or if it has now arrived. As you read through the questions, think about how they apply to your pet and to you as their owner. You know your pet and you know that now things are changing.

Not all of the will questions apply to your pet, so you do not have to answer all of them, however, each time there is a tick in the box, you have identified a factor that probably indicates a change in your pet's quality of life.

## **Affection & Engagement**

- Has the level of their interaction with you changed?
- Are they less engaged in general than they were before?
- Has their behaviour or demeanour changed for the worse?
- Are they less affectionate than before?
- Do they show less enthusiasm for greeting people?
- Do they seem to want to be alone or hide away?
- Do they pick up their toys less or seem less keen to go for a walk?

## **Eating & Drinking**

- Are they eating less or more sporadically?
- Have they stopped eating altogether?
- Do they vomit, retch or appear nauseous?
- Do they refuse even their favourite foods?
- Are they drinking significantly more or less than before?

## **Rest & Sleeping**

- Are they sleeping much more than usual?
- Are they difficult to wake up?
- Is their quality of sleep as good as it used to be?
- Does their night-time behaviour disturb you or your family's sleep?
- Are they sleeping in places that are not usual for them?

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# Toilet Troubles – weeing and pooing

- Do they have accidents in the house or appear to have forgotten their house-training?
- Do they have any incontinence? Urine or Faeces?
- Does going to the toilet appear painful or distressing?
- Do they produce urine or faeces that looks abnormal?

## Is my pet in Pain?

- Is reduced eyesight or blindness diminishing their ability to get around?
- Do they seem confused or are they showing simple signs of dementia (anger, anxiety, easily irritated etc)?
- Has their hearing deteriorated? Are they mostly or completely deaf?
- Are they more restless, pacing or unable to settle?
- Do they sometimes shake or tremble while at rest?

## Movement & Getting Around

- Are they as mobile as they used to be (getting up, lying down, climbing or descending stairs, etc)?
- Do they still enjoy activity?
- Are they avoiding one physical activity in particular (walking on a certain foot, lying on one side)?
- Do they groom themselves these days as much as they used to?
- Do they limp or appear to be moving more stiffly?
- Are they unsteady on their feet - wobbly, knuckling their toes, falling over?

## Mind & Body

- Is reduced eyesight or blindness diminishing their ability to get around?
- Do they seem confused or disorientated?
- Does a reduction in their hearing affect their daily life?
- Are they more restless, pacing or unable to settle?
- Have they lost a lot of weight? Are their bones more noticeable?

## How Do You Feel?

- Are you constantly worried about your pet?
- Is your pet having more bad days than good?
- Do you genuinely feel that your pet is happy?
- Are you delaying putting your pet to sleep because you are worried about what will happen?
- Is your health affected by your pet's condition?

## Is it Time? – CaringVet.com.au Checklist **Consider Also ...**

- Have your pet been examined by their vet about their current problems?
- Have they been diagnosed with a serious or terminal illness?
- Have they been given a poor prognosis?
- Whilst difficult to think about, can you give the resources, care and support they need in the coming weeks, months or years (both practically and financially)?

*Remember, every pet and every situation is different. Now that you have completed this checklist, it would be useful to discuss your answers with family or friends or with your vet. It may also be useful to complete the checklist again each week so that you can make comparisons and see if things are changing.*

## **Where to NOW? ...**

Please feel free to call us for support or to discuss the health and welfare of your elderly pet.

We can arrange a vet to come to your home and undertake an in-home **Quality of Life Assessment** with our patented **HQLI™**.

Call us now on **0435283929** to make an appointment.

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**0435283929**



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**CaringVet**  
Caring Pet End of Life Consultancy Est. 2016  
Call for Appointment: **0435283929**