

The body might be slow, but the brain does not age as fast, so dogs still need mental stimulation

New neural pathways are made all the time. Brain cells are constantly being destroyed and produced

Senior dogs love new places - it is good for their brains

Lack of stimulation in old age can cause depression and stress

A curious dog is a happy dog



We need to give seniors a helping paw to adapt to changes such as :-

- Loose muscle
- Aches and pains
- Get tired - sleep more
- Difficulty bending
- Lie Down more
- Harder getting in/out, up/down
- Incontinence
- Hearing
- Eyesight
- Eating habits
- Cognition / memory



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HAPPY HEALTHY DOG

SENIOR DOGS

HELP THEM TO ADAPT



A curious dog may live longer  
Keep the curiosity intact - it helps  
the brain to be active

## WAYS TO HELP YOUR SENIOR DOG

### OLD AGE

May start around 8/9 years or before for larger dogs. 12-15 years for smaller breeds



Chronic stress can age a dog producing more physical and mental problems

### MUSCLES

Shorter walks 2 x 15 minutes  
Slower walks, gentle slopes  
Walks on soft surfaces  
Free movement - harness  
Ramp for up/down stairs, in/out of car  
Massage Therapy



Keep up social activities - meeting with friends to avoid depression



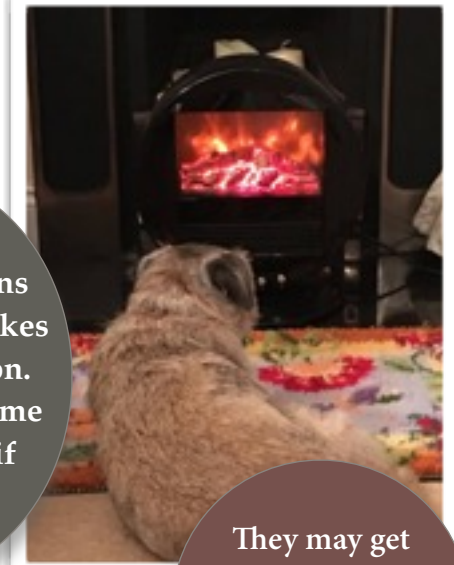
### EYESIGHT

Dogs compensate well when their eyesight goes, it can often go undetected. Other senses are often heightened. Teach your dog the words "watch it" if an obstacle is in the way. Slap your hand on your leg as you walk for them to follow. Dogs may become more fearful if they cannot see



### HEARING

Use visual signs as they age, makes it easier later on. Dogs may become more fearful if they cannot hear



They may get colder and move closer to the fire - give them more warmth

### EATING

Feed smaller and more often if they prefer it. Use a raised feeding bowl - muscle in neck and back can become painful. Good nutrition is vital to keep support the body's functions. They may need supplements to support the joints and body

