

FAMILIAR PLACES. EASIER DAYS.

Sketch one familiar route through your home. Describe the room and bring the questions to your veterinary team. This is not a mobility test or a clinical record.

Room / route:

Date:

01 Map the places your pet already uses.

Label rest, water and toileting access. Add doors, furniture, steps and floor changes. Draw the usual route between destinations; mark anything uncertain with a question mark.

MARK: rest / water / toileting access / doors / surfaces / steps

02 Name one feature of the room.

What is physically there? For example: a raised threshold, a moving rug, a narrow turn or a door that closes. Describe it without diagnosing why a pet finds it difficult.

Walk through the layout yourself. Do not ask the pet to repeat stairs, jumps or difficult movements. Keep familiar resources accessible and clear obvious household obstructions.

A CLEARER CONVERSATION.

Separate a housekeeping action from an individual access question. A change in movement or behavior needs veterinary advice; rearranging the room does not explain it.

03 Household action or veterinary question?

A simple household action	A question for the veterinary team
Example: put away the laundry basket that narrows the route. 	Example: would a different bed location or traction aid suit this pet?

04 Agree who will follow up.

Responsible adult: Follow up when?

What familiar resource or route must stay available while a change is considered?

Do not wait for the follow-up date if the pet needs help. Ask the veterinary team about new or worsening movement or behavior changes and about equipment suitability. This sheet does not prescribe treatment, diet, exercise, lifting techniques or ramp dimensions.

Keep this about the room. Leave addresses, entry codes, prescriptions and private medical history off the sketch. Share it privately with the people who need the layout context.

Full guide: housemates.pet/guides/older-pet-home-comfort/

Source basis, checked September 30, 2026: AAHA, Pain Management (individual mobility and home-modification advice); AAHA, Senior Care Kits (accessible resting places); Cornell, Loving Care for Older Cats (familiar routines and resource access). These sources have not reviewed or endorsed this original exercise.