



Senior Cats: What to Watch For

Senior Cats: What to Watch For

As your cat gets older, they need extra attention. Senior cats (age 11+) can develop health issues that are easier to treat if caught early. Here are the four main things to watch for at home, plus simple tips to help.

1. Arthritis

Arthritis is very common in older cats. You might notice your cat limping, moving more slowly, or hesitating before jumping on furniture. Some cats avoid the litter box or have trouble getting in and out.

How to help:

Use low-sided litter boxes, add ramps or steps to their favorite spots, and provide a warm bed in a quiet area where they can rest comfortably.

2. Weight Loss

Weight loss can happen gradually and is important to catch early. Check if your cat's ribs or hip bones are becoming more visible, if their collar fits more loosely, or if their spine is more prominent along their back.

How to help:

Feed high-quality senior cat food and offer several small meals throughout the day instead of one or two large ones. Keep food and water easily accessible, and weigh your cat weekly to track any changes.

3. Behavioral Changes

Senior cats often show changes in behavior. You might notice increased meowing, disorientation or confusion (like staring at walls or seeming lost), sleeping much more, or restlessness at night. Some cats neglect their grooming or have accidents outside the litter box.

How to help:

Keep routines consistent, clean the litter box frequently, and provide a quiet, safe space for your cat. Spend calm time together and use a nightlight if they seem confused at night.

4. Increased Urination

Changes in urination can signal something that needs attention. Watch for more frequent trips to the litter box, larger clumps of urine, increased water drinking, or accidents outside the box.



Senior Cats: What to Watch For

How to help:

Provide multiple litter boxes in different areas (low-sided boxes work best), clean daily, and make sure fresh water is always available.

When to Call Us

Please contact Foxmoor Animal Hospital right away if you notice sudden changes in appetite or water intake, obvious weight loss, signs of pain or limping, behavioral changes that get worse, frequent or urgent urination (or blood in urine), accidents outside the box, vomiting, diarrhea, labored breathing, or anything else that worries you.

Senior cats should see us twice a year for regular check-ups. Early visits help us catch problems when they're easiest to treat and can make a real difference in your cat's quality of life. Call us at **1-609-426-0155** or email **info@foxmooranimalhospital.com** with any questions.