



All About Restful Pets Veterinary Hospice

AARP's Favorite Products for Geriatric Dogs

1. Harnesses/Slings

Many dogs as they age have trouble with mobility, especially getting up and staying up. Depending on your needs, the Help Em Up Harness can stay on and has a handle at the front and back ends vs. a sling which is slid under the dogs belly as needed and is best for dogs with hind end weakness. A Bottoms Up harness is for hind end weakness as well and combines the two ideas.

www.helpemup.com, Amazon



2. Paw Traction

Great for dogs that struggle with slippery floors. Helps ease in getting up and getting around as well as helping to prevent injuries sustained from slipping and falling. Paw stickers, Toe Grips, and runner rugs/yoga mat rolls are all great ways to help with traction.

Amazon, www.toegrips.com



3. Elbow Wraps

Dogs who struggle with mobility may be more stationary than they used to be. A common sequelae to that is called an Elbow Hygroma which is a swelling at the elbow caused by pressure from a hard surface. This wrap can help treat and prevent these from occurring.

Amazon, Chewy





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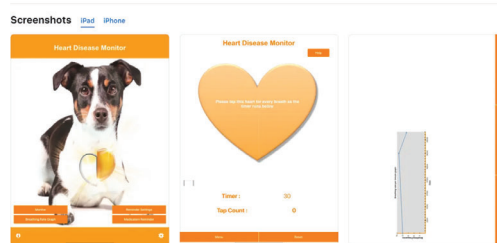
4. Cooling Mats

These mats come in a variety of different types, some go in the freezer and some are filled with a gel that naturally feels cool when the dogs lay on it. These mats are great for heart patients or brachycephalic dogs (Bulldogs/Pugs/Etc.) who tend to easily overheat. Amazon, Chewy



5. Cardalis App

This is an App that can be downloaded directly to your phone and help you to monitor your pets respiratory rate and chart those numbers. This is great for dogs with congestive heart failure or any other respiratory disease. Cardiologist recommended! Search “Cardalis” in the App Store



6. Stairs/Ramps

Just because your dog is having issues with mobility doesn't mean they need to stop coming up on furniture or into the car. There are many options for stairs/ramps to help make sure pets don't injure themselves trying to jump on or off things.

Amazon, Chewy





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7. Raised Bowls

One of the simplest things we often overlook for our older and arthritic patients is comfort while eating. Raised bowls will ease any strain on their neck and allow them to eat from a more neutral position which may be more comfortable.

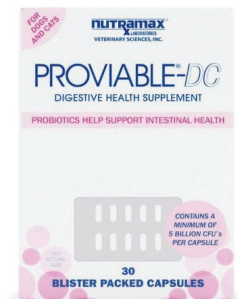
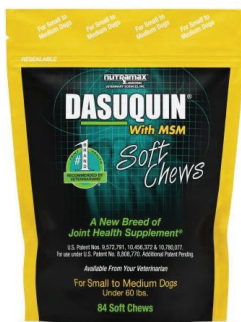
Amazon, Chewy



8. Supplements

There are many supplements that can help dogs in their older age such as joint supplements, probiotics, calming pheromones (Adaptil), and even natural calming agents like Veterinary Hemp to help things like nighttime restlessness and cognitive dysfunction.

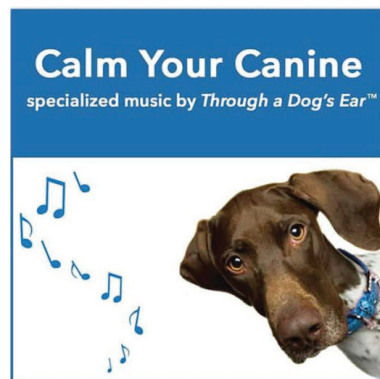
Of course, please always ask your Veterinarian which supplements would be best.



9. Music

Joshua Leeds is an expert in Psychoacoustics and has developed a soundtrack scientifically proven to help have a calming effect on animals.

www.icalmpet.com





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AARP's Favorite Resources for Geriatric Cats

While many of the dog products can also be used in cats, these are some cat specific products we love.

1. Heating Pads

Arthritis is one of the most underdiagnosed conditions in geriatric cats. Cats in general tend to be warm-seeking creatures and a heating pad can provide them with comfort and ease their sore joints.

Amazon, Chewy



2. Water Fountains

Staying hydrated is so important for geriatric cats. Chronic kidney disease is so prevalent among older kitties and providing water in any way possible is great to help them stay hydrated.

Amazon, Chewy



3. Litter box Modifications

Mobility may be an issue for your older cat and trying to step up into a large litter box may be uncomfortable and encourage house soiling. Consider boxes with lower sides as well as more boxes in the house so your cat doesn't need to go as far to find one.

Amazon, Chewy



4. Calming Pheromones

Much like Adaptil in dogs, Feliway for cats can help a lot with anxiety and help keep older cats calm and comfortable.





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At-Home Mobility Exercise

As dogs and cats age, keeping their joints mobile and comfortable is important for their quality of life. Simple at home range of motion exercises as well as some simple massage procedures can keep their joints comfortable and even help with anxiety and stress. This is also a great way to spend time with your golden senior and enjoy precious time together.

There's many great resources and videos to help with learning Range of Motion and Massage but there are two particularly useful sites that we can recommend.

Range of Motion:

<https://toegrips.com/range-of-motion-exercises-for-senior-dogs/>

Massage:

<https://www.petwise-insurance.com/advice/how-to-massage-an-older-dog/>

Physiotec At Home Exercise Videos

<https://www.fourlegexercise.com/exercises.php>