

Life stage	Age of cat	Human equivalent
Kitten birth to 6 months	0-1 month	0-1 year
	2-3 months	2-4 years
	4 months	6-8 years
	6 months	10 years
Junior 7 months to 2 years	7 months	12 years
	12 months	15 years
	18 months	21 years
	2 years	24 years
Adult 3 years to 6 years	3 years	28 years
	4 years	32 years
	5 years	36 years
	6 years	40 years
Mature 7 years to 10 years	7 years	44 years
	8 years	48 years
	9 years	52 years
	10 years	56 years
Senior 11 years to 14 years	11 years	60 years
	12 years	64 years
	13 years	68 years
	14 years	72 years
Geriatric 15 years+	15 years	76 years
	16 years	80 years
	17 years	84 years
	18 years	88 years
	19 years	92 years
	20 years	96 years
	21 years	100 years
	22 years	104 years
	23 years	108 years
	24 years	112 years
	25 years	116 years

There are additional diagnostic tests available at a reduced cost within a senior cat clinic. If you'd like to start monitoring the health of your cat, call and book in at either practice.

Clinics are usually available on a Monday at Hillock Lane in the morning and afternoon, on a Thursday morning at Blackpool and Thursday afternoon at Hillock Lane.

Consulting Times

Hillock Lane Surgery

Monday to Friday
8.30am to 7pm

Saturday
8.30am to 1pm



Blackpool Surgery

Monday to Friday
8.30am to 6pm

Why not download our new app, PetsApp. Order medication, book an appointment, ask for advice, sends pictures, pay for products and services and much, much more!

Hillock Lane



Blackpool



Caring for Your Elderly Cat

Rowan Veterinary Centre

"where pets come first"

**Hillock Lane
Freckleton
Preston
Lancashire
PR4 1TP**

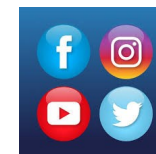
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Cats are living much longer now than was the case 20 years ago thanks to better nutrition, veterinary and home care.

Cats are considered to be elderly once they reach 11 years old and senior from 11-14 years old. Beyond this they are categorized as geriatric.

When taking care of cats or considering their care needs, it helps to appreciate their age in human terms, so take a look at the chart in this leaflet to see how old your cat is.



Ageing or disease?

How can you tell if changes in your cat's physiology or behaviour is due to ageing or the development of a disease? Every cat is different so knowing what's normal for your cat is important. However, changes over time can be difficult to spot as they are very subtle and some cats will develop disease earlier than others.

Symptoms of disease and ageing are very similar so it can be difficult for owners to know if their cat is "just getting old" or if they are suffering from the early signs of, say, arthritis or kidney disease. Some cats can develop the early stages of arthritis from as young as 6!

Regular observation of your cat is a good way to help identify any potential issues and it also helps us to determine whether this is normal ageing or if there are signs that your cat might need intervention to help manage a developing disease.

What can I do at home?

This is the time more than any other, when your cat needs some essential care. As your cat gets older they will find it more difficult to maintain their own cleanliness so checking your cat regularly will help you know if there are any problems that need tackling straight away.

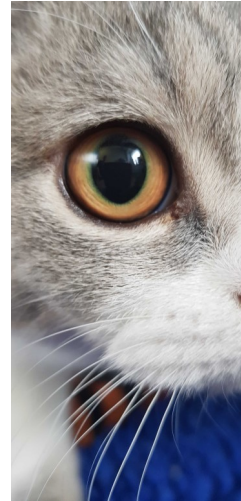
Claws—Check your cat's nails weekly. Elderly cats are less able to retract their claws which may mean that they get caught in furniture and carpets. They can also overgrow and stick into their pads so regular trimming will keep on top of this issue. If this is something you are not confident with, a vet or nurse can either do it for you or can train you on the best method, saving potentially stressful trips to the vets.

Grooming—Your cat is less able to groom effectively as they get older. It may be that you will need to wipe away discharge from their eyes, nose or anus (use a separate piece of moistened cotton wool for each area). For long haired cats, you may find that you will need to brush/comb your cat more often. Remember, older cats tend to be thin with very little padding so be gentle to avoid the process being painful for them. For shorter haired cats, grooming the hind legs and rear may be needed as these are harder to reach areas for an elderly cat. This is also a great opportunity to also feel for any lumps, bumps or sores that might need attention from a vet.

Hairballs—These are more common in elderly cats as their digestion tends to be sluggish. Hair ingested during grooming may cause chronic vomiting or constipation. There are supplements or foods which can assist with hairballs should this become an issue for your cat.

Toilet habits—Even if your cat has access to the outside world they may become less inclined to venture outside during the cold and damp conditions. Consider providing a litter tray which also offers the opportunity to check for blood in the urine or stools, change in consistency of stools or any other unusual changes that present themselves.

Drinking—Elderly cats are more vulnerable to dehydration especially if they already suffer from a medical condition such as chronic kidney disease. Make sure there are a variety of water bowls available, (plastic, ceramic, metal) around the house, that are accessible and away from places where food is eaten. You can even add a small amount of water to your cat's wet food!



What can we do to help your cat?

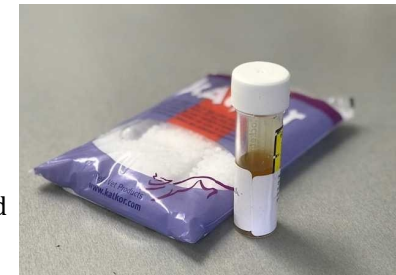
At Rowan we offer a great complimentary health monitoring programme for our elderly cats.

Our senior cat clinics are designed to help and support owners of elderly cats. The clinic offers free monitoring of:

- Blood pressure
- Urine
- Weight
- Eyes
- Teeth
- Claw clipping



Many early signs of conditions such as kidney disease, are so subtle that they can go completely undetected. By having regular health checks at the clinic, these early signs can be detected and steps taken to slow down any progression of a disease. For example, although not curable, early kidney disease can be managed very well with just a small change in diet initially which helps to slow the progression of the disease.



As your cat gets older they may develop less of an appetite generally so you may have to encourage them

in various ways to stimulate their appetite. However, something that may affect their ability to eat is dental disease. Checking your cat's teeth is also something we would do routinely. Cats hide their pain very well and it may not be obvious that they are struggling to eat because of an underlying issue with their teeth or gums.