



# “Is It Time?” A Decision Guide

PETSLIKEMINE

QUALITY OF LIFE & END-OF-LIFE

A gentle good-day, bad-day diary and a few reflective questions, to face with your vet

PET NAME _____	VET PRACTICE _____	DATE _____
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"How will I know?" is the question owners carry most. Let one weight off straight away: asking is the most loving thing you can do, not a failing. There is rarely a single neon sign, and "you will just know" is one of the cruellest myths. So instead of one impossible question, this guide offers a handful of answerable ones, to look at honestly and to take to your vet.

## A GOOD-DAY, BAD-DAY DIARY (A DOT OR G/B EACH DAY)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

A single day, good or bad, will mislead you. Mark each day and watch which begins to outnumber the other: the truth lives in the trend, not the snapshot.

## THE THINGS THEY STILL ENJOY

### THREE THINGS THEY LOVE

Write down three to five things your pet most loves to do: the walk, the lap, the sunny windowsill, the particular game, dinner at six. You are the world expert on this. When they are consistently unable to enjoy these things, it may be the moment to talk it through with your vet.

## GENTLE QUESTIONS TO SIT WITH

- Are they still eating, drinking, and showing genuine interest?
- Can they get about and stay clean, with the help you can give?
- Do they still greet you and seek the contact they once craved?
- Is there pain or distress, even quiet and hidden, that we cannot control?
- If I picture what I would truly want for them, what does it tell me?

### YOUR VET IS A PARTNER IN THIS, NEVER THE JUDGE

No one can make this decision for you, but you do not have to make it alone. A good vet brings the honest medical read you cannot get from inside the fog. Three questions cut through it: What is the best case and the worst case from here? Is my pet suffering, or in pain we cannot control? Roughly how much time are we likely talking about? Both your fears, too soon and too late, are normal, and there is no wrong decision here, only kindnesses.

### IF YOUR PET IS IN CRISIS TONIGHT

Breathless, collapsed, or in pain that will not settle: ring your vet or an emergency clinic now. Sometimes there is not time to plan and that is no one's fault.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVMS MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

**How to use.** Keep the diary however suits you, ask the answerable questions week by week, and decide together with your vet. If the weight ever feels too much, the Samaritans are there day or night on 116 123. A wellbeing aid, not a substitute for veterinary advice.

**MORE GOOD DAYS THAN BAD; DECIDE TOGETHER, NOT ALONE**