



Senior Wellness Schedule

The twice-yearly senior cadence made practical, with a fill-in year planner

PETSLIKEMINE
SENIOR PETS

PET NAME _____	SPECIES / BREED _____	VET PRACTICE _____
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Our pets live at roughly five to seven times our speed, so a year between check-ups for an older pet is like a person leaving half a decade between doctor visits. The twice-yearly senior check is the gold standard most owners are never shown. The aim is not to medicalise a happy old age, but to keep the good plateau going by catching small drifts early.

WHEN THE SENIOR PLAN STARTS (ASK YOUR VET TO CONFIRM YOUR PET'S AGE)

- Small or toy dog: often around 10 to 12 years
- Large dog: often around 7 to 8 years
- Giant breed: often around 6 to 7 years
- Cat: most from around 10 to 11 years

THE CADENCE

A physical examination **twice a year**, with screening bloods and a urine test roughly every six to twelve months. For the very elderly, or a pet already managing a long-term condition, a check every **three to six months**. The trend over time matters far more than any single result, which is why a baseline taken while your pet is well is worth so much.

WHAT A COMPLETE SENIOR CHECK COVERS

- A hands-on exam, nose to tail, including weight, body condition and muscle condition every visit
- Senior bloods (blood count + biochemistry) and a urine test
- A blood-pressure reading (often skipped, and the one we would least like skipped)
- Total T4 to screen the thyroid, and SDMA, an early-warning marker for the kidneys
- A pain and mobility check: slowing down is a clue, not a diagnosis
- A few gentle questions about the ageing mind, and the whole quality-of-life picture

ASK FOR IT IN ONE SENTENCE

"Can we do a proper senior check, with the bloods, a urine test, a blood pressure and a total T4 or SDMA?" That single line makes sure the high-value senior extras are not left off. Catch a fresh urine sample the morning of the visit and keep it cool.

MY PET'S YEAR PLANNER

DATE	TYPE (EXAM / FULL)	WEIGHT	WHAT WAS CHECKED	NEXT DUE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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

How to use. Book the six-monthly check, ask for it by name, bring a weight trend, a video clip and one medication list, and keep every result. A wellbeing aid, not a substitute for veterinary advice.

TWICE A YEAR; THE TREND MATTERS MORE THAN ANY ONE RESULT