### PRESCRIPTION FOR YOUR CAT'S HAPPINESS (SOLO CAT)

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Pet cats retain many behaviors of their wild ancestor, *Felis lybica*, a solitary hunter of African and Arabian savannas and grasslands. As a small cat, they evolved as both predator and prey, and most feline behavior is designed to enable the cat to hunt safely (eating up to 10-20 small prey per day) and to protect itself (from other larger predators). As solitary hunters, they rely on watchfulness, familiar territory and routine to feel safe.

This need for a familiar and safe environment is critical for addressing your cat's behavioral *and* physical health problems; bladder disease, overgrooming, vomiting, and obesity can all result from stress. Below is the current plan to help fulfill your cat's needs in your home.

### Safe Place

#### **Key principles:**

- A safe space is a private and secure area, often in a raised location. For cats with limited mobility, accommodations to reach higher locations should be made.
- Cats seek a sense of enclosure, isolation and/or seclusion.

1) Where can your cat go to avoid noises and/or unwanted human or animal interactions?						
Room		Enclosed po	ch Closet	Basement	Other	
2) What will se	parate your c	at from a stressor?				
Closed door	Baby gate	White noise High	gh perch Sta	irs Other_		
3) While in its s	safe place, wh	at can you provid	e for comfort c	ınd mental sti	mulation?	
Lastina food to	ov Window	Interesting scen	ts High perch	n/bed Othe	er	







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# **Play & Predatory Behavior**

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Key princip	le: Cats should be able to engage in predatory play and feeding behaviors.
1) How will catching)?	you provide outlets for important hunting behaviors (searching, stalking, chasing,
Stuffed anir	mal(s) Electronic toy Laser toy Food puzzles Other
2) How ofte	en will you rotate your cat's toys?
3) When wil	Il you commit to playing with your cat for 3-5 minutes (cats are dawn and dusk hunters)?
When I wak	ke up After breakfast/dinner Before bedtime When I brush my teeth
4) Can you	provide your cat with safe outdoor time?
Resourc	e Locations
anot	cat should be able to reach all key resources without having undesirable interactions with ther pet or human, and without pain (e.g. arthritic pain from walking up/down stairs). In resource should be separated by a wall or 5 feet of space, and there should be 2 of
	poxes are large/easy access, located in a quiet location. They will be located: and
[ ] Litter	is soft to the touch (e.g. sand, clay, grass-based) and unscented.
	coxes will be scooped of soiled clumps at least once a day and litter completely changed dy Bi-monthly Monthly
	ng places are available up high and semi-hidden, located:
[ ] Nail s	cratching posts/boards will be placed and
[ ] Water	r will be placed and
[ ] Food	will be provided and As interactive puzzles?
Appreci	iating the Sensory World of Cats
• Ca env	ts rely heavily on their sense of smell. ts feel threated by strong smells and comforted by scents they deposit in their own vironment. In you remove from your cat's space that is harsh or strong smelling?
Essential oi	ils Scented litter Air freshener Strong cleaner Potpourri
2) What ca	an you add to your cats' spaces that increases comforting smells?
	edding Pheromone products Rub new items w/ cat's scent

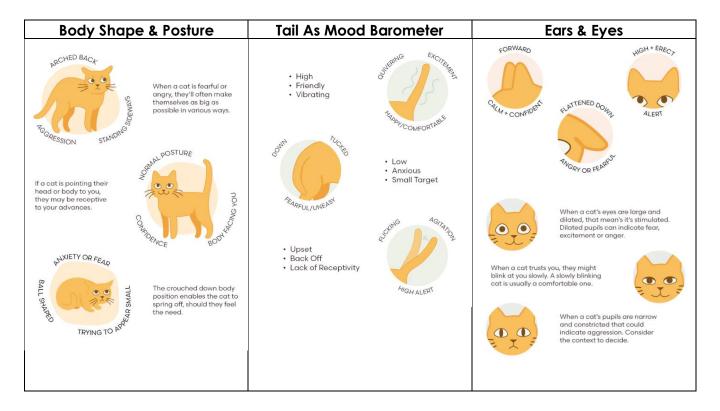
## **Appropriate Social Interactions**

#### **Key principles:**

- Many cats prefer a high frequency, low intensity level of social contact with humans.
- Cats should be able to initiate, moderate and end their interactions with humans (and other pets).
- Cats need escape routes from young children.

#### How can your cat feel like s/he has the choice to interact with people and other pets?

- [ ] All people understand my cat should consent to any touch by showing behaviors like approaching with tail raised, relaxed/almond-shaped eyes and slow blinking. My cat should not be picked up without these behaviors.
- [ ] I will try to provide multiple entrances/exits from resting spots, litter boxes & other key resources.



## **Useful Links & Resources**

- Food Puzzles for Cats (never feed from a bowl again): http://foodpuzzlesforcats.com
- Smart Cat Litter from Pioneer (grass-based unscented litter): <a href="https://pioneerpet.com/smart-cat-litter">https://pioneerpet.com/smart-cat-litter</a>
- Indoor Pet Initiative from Ohio State University: <a href="https://indoorpet.osu.edu/cats">https://indoorpet.osu.edu/cats</a>
- Feline Environmental Needs Guidelines (from American Association of Feline Practitioners): https://journals.sagepub.com/doi/pdf/10.1177/1098612X13477537
- Interactive Cat Play (how to move those toys to stimulate your cat):
   <a href="http://whatyourcatwants.com/wp-content/uploads/2021/04/Interactive-Cat-Play-2-22-2021.pdf">http://whatyourcatwants.com/wp-content/uploads/2021/04/Interactive-Cat-Play-2-22-2021.pdf</a>
- Videos from Fundamentally Feline: https://www.fundamentallyfeline.com/videos