




# IS IT TIME

## CHECKLIST

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 UK

 [contact@cloud9vets.co.uk](mailto:contact@cloud9vets.co.uk)

# CHECKLIST

## How Should I Use This Checklist?

Deciding when to say goodbye to a pet can be very hard decisions. If you are already considering euthanasia, this checklist can help you to identify and examine some of the things that might indicate that the time is approaching, or if it has now arrived. As you read through the questions, think about how they apply to your pet and to you as their owner. Not all of the questions may apply to your pet, so you do not have to answer all of them, however, each time there is a tick in the box, you have identified a factor that probably indicates a change in your pet's quality of life.

## Affection or Engagement

- Has the level of their interaction with you changed? Are they less engaged in general than they were before?
- Has their behaviour or demeanour changed for the worse?
- Do they show less enthusiasm for greeting people?
- Are they less affectionate than before?
- Do they seem to want to be alone or hide away?
- Do they pick up their toys less or seem less keen to go for a walk?

# CHECKLIST

## Eating & Drinking

- Are they eating less or more sporadically?
- Do they vomit, retch or appear nauseous?
- Do they refuse even their favourite foods?
- Are they drinking significantly more or less than before?

## Sleeping

- Are they sleeping much more than usual?
- Is their quality of sleep as good as it used to be?
- Does their night time behaviour disturb you or your family's sleep?
- Are they sleeping in places that are not usual for them?

# CHECKLIST

## Toilet Troubles

- Do they have accidents in the house or appear to have forgotten their house-training?
- Do they have any incontinence?
- Does going to the toilet appear painful or distressing?
- Do they produce urine or faeces that looks abnormal?

## Are They in Pain?

- Is reduced eyesight or blindness diminishing their ability to get around?
- Do they seem confused or are they showing simple signs of dementia (anger, anxiety, etc)?
- Has their hearing deteriorated? Are they mostly or completely deaf?
- Are they more restless, pacing or unable to settle?
- Have they lost a lot of weight?
- Do they sometimes shake or tremble while at rest?

# CHECKLIST

## Movement & Getting Around

- Are they as mobile as they used to be (getting up, climbing or descending stairs, etc)?
- Do they still enjoy activity?
- Are they avoiding one physical activity in particular (walking on a certain foot, lying on one side)?
- Do they groom themselves these days as much as they used to?
- Do they limp or appear to be moving more stiffly?

## Mind & Body

- Is reduced eyesight or blindness diminishing their ability to get around?
- Do they seem confused or disorientated?
- Does a reduction in their hearing affect their daily life?
- Are they more restless, pacing or unable to settle?
- Have they lost a lot of weight?

# CHECKLIST

## How Do You Feel?

- Are you constantly worried about your pet?
- Is your pet having more bad days than good?
- Do you genuinely feel that your pet is happy?
- Are you delaying putting your pet to sleep because you are worried about what will happen?
- Is your health affected by your pet's condition?

## Consider Also ...

- Has your pet seen their vet about their current problems?
- Have they been diagnosed with a serious or terminal illness?
- Have they been given a poor prognosis?
- Whilst difficult to think about, can you give the resources, care and support they need in the coming weeks, months or years (both practically and financially)?

*Remember, every pet and every situation is different. Now that you have completed this checklist, it may be useful to discuss your answers with family or friends or with your vet. It may also be useful to complete the checklist again each week so that you can make comparisons and see if things are changing.*

# CLOUD 9 VETS

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The First UK Nationwide Home Euthanasia and Palliative Care Service

It is Cloud 9 Vets' mission to ensure every pet owner in the UK has the option of a dedicated end-of-life veterinary surgeon visiting their home whenever their beloved pets need it most.



#### **At-Home**

The familiar, secure and safe environment of your own home for the comfort of your pet and their family.



#### **At a Time That Suits You**

Kind and caring home visits at your convenience, 24/7, days, evenings and weekends.



#### **Complete Support**

For the dog owner there is complete emotional support throughout the sad process of the loss of a beloved pet.



#### **Certified & Skilled Vets**

All our Vets are professionals and members of the Royal College of Veterinary Surgeons.

**If you have any questions regarding the information here, or think that the time has come to make a decision, please contact one of our Care Coordinators who will be happy to talk and advise you.**

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## AREAS WE COVER

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No obligation advice over  
the phone 24/7

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## CLOUD 9 VETS

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All our Vets are, of course, members of the Royal College of Veterinary Surgeons and work in conjunction with your local veterinary surgery to give you extra peace of mind.



## Meet Dr Jennifer Harrison

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*This checklist had been written by*

**Dr Jennifer Harrison**  
*BVetMed MRCVS, Senior Veterinary Advisor at  
Cloud 9 Vets.*

**SCHEDULE AN APPOINTMENT ONLINE  
OR CALL US**

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