



THE GOLDEN YEARS GUIDE

A Thoughtful Guide To Supporting Your Dog Through Their Golden Years

by Helena,
♥ Loving Tails Pet Care



Welcome To The Golden Years

Growing older is a privilege not every dog receives.

Whilst ageing may bring changes to mobility, energy levels and daily routines, it can also be one of the most rewarding stages of your dog's life. Our senior dogs continue to learn, explore and enjoy meaningful experiences. They simply need a little extra support along the way. This guide has been thoughtfully created to help you understand some of the common changes associated with ageing and provide practical ways to support your dog through their golden years.

Most importantly, remember:

- ♥ Ageing is not a disease.
- ♥ Small changes can make a big difference.
- ♥ Comfort matters.
- ♥ Quality of life should always come first.

♥ Helena

Senior Dog Care Certified

Loving Tails Pet Care



WHEN IS A DOG CONSIDERED A SENIOR?

Every dog ages differently.

Generally:

- 🐾 Small breeds: 8–10+ years
- 🐾 Medium breeds: 7–9+ years
- 🐾 Large breeds: 6–8+ years
- 🐾 Giant breeds: 5–7+ years

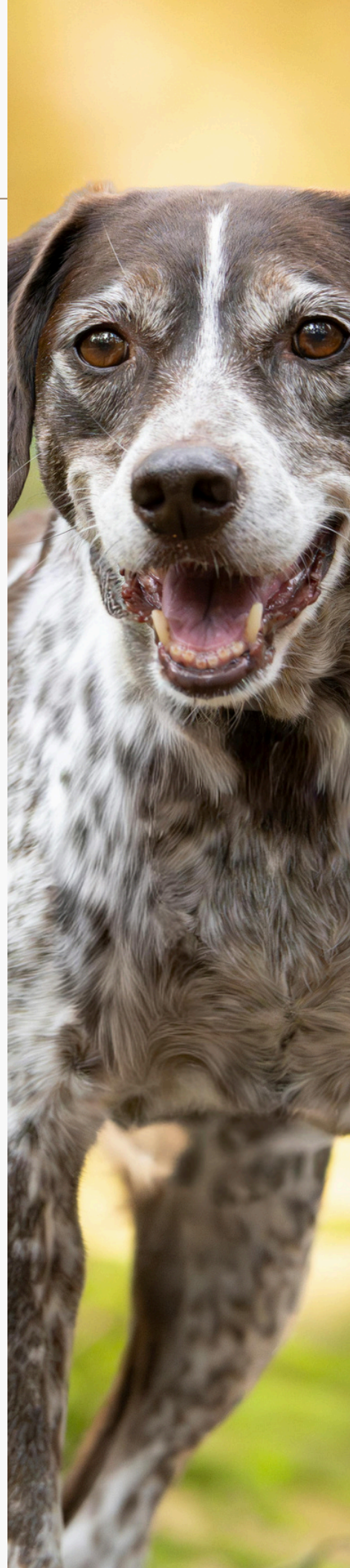
COMMON CHANGES YOU MAY NOTICE

- 🐾 Sleeping more
- 🐾 Reduced stamina
- 🐾 Stiffness after resting
- 🐾 Slower movement
- 🐾 Changes in hearing or vision
- 🐾 Grey hairs around the face
- 🐾 Changes in behaviour

REMEMBER...

Ageing is a natural process.

Many senior dogs continue to enjoy happy, fulfilling lives for many years.





SUPPORTING MOBILITY & COMFORT

*As dogs age, movement can become more challenging.
Simple adjustments can make a huge difference.*

Consider

- ✓ Orthopaedic bedding
- ✓ Non-slip flooring
- ✓ Ramps where appropriate
- ✓ Gentle exercise
- ✓ Weight management
- ✓ Regular veterinary checks

Loving Tails Tip

Little changes around the home can help your dog remain comfortable and confident.



THE IMPORTANCE OF ENRICHMENT

Older dogs still need opportunities to engage with the world around them.

Mental stimulation can help support emotional wellbeing and confidence.

Ideas Include

Sniffari walks

Food puzzles

Gentle exploration

Safe chewing activities

Lick mats

Simple training games

Remember...

**Enrichment should be adapted to your
dog's individual needs and abilities.**



UNDERSTANDING COGNITIVE CHANGES

Some senior dogs experience changes in memory, learning and awareness.

These changes are sometimes referred to as Canine Cognitive Dysfunction (CCD).

Signs May Include

- 🐾 Increased confusion
- 🐾 Altered sleep patterns
- 🐾 House-training accidents
- 🐾 Changes in interaction
- 🐾 Getting stuck in corners
- 🐾 Increased anxiety

If You Notice Changes

Speak with your veterinary professional for advice and support.



NUTRITION & WELLNESS



A balanced diet plays an important role throughout your dog's life.

As dogs age, nutritional needs may change.

Consider

- ✓ Maintaining a healthy weight
- ✓ Regular body condition checks
- ✓ Access to fresh water
- ✓ Veterinary advice regarding supplements
- ✓ Tailored nutrition plans where appropriate

Remember

Every dog is an individual.

What works for one dog may not be suitable for another.





QUALITY OF LIFE CHECK-IN

Ask yourself:

- ✓ Is my dog comfortable?
- ✓ Are they eating and drinking well?
- ✓ Do they still enjoy activities?
- ✓ Are they able to move comfortably?
- ✓ Are they sleeping well?
- ✓ Are they engaging with family members?



Loving Tails Tip

Keeping a simple journal can help you notice gradual changes over time.



COMMON MISTAKES TO AVOID

Instead, Focus On:

- Providing comfort and support
- Adapting activities where needed
- Regular veterinary care
- Encouraging gentle movement
- Supporting emotional wellbeing
- Monitoring changes early
- Making small adjustments to daily life
- Enjoying every stage together

♥ Growing older doesn't mean life stops being enjoyable.



HOW LOVING TAILS CAN HELP

The Golden Years service has been created specifically with older pets in mind.

Support may include:

- 🐾 Gentle walks
- 🐾 Home visits
- 🐾 Medication support
- 🐾 Enrichment activities
- 🐾 Comfort-focused care
- 🐾 Individualised routines
- 🐾 Compassionate companionship

Thoughtful Care For Every Tail

Because every senior pet deserves comfort, dignity and kindness.

Questions?

NEED A LITTLE MORE SUPPORT?



Every senior dog is unique.

If you'd like personalised support for your dog's golden years, Loving Tails offers tailored care designed around their individual needs.

CONTACT LOVING TAILS

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Thank you!

♥ THOUGHTFUL CARE FOR
EVERY TAIL

