

Senior and elderly assistance programs

Older Americans, the elderly, and seniors can receive help from a number of assistance programs that specialize in meeting their needs. Resources are offered by the federal government, your state, Area Agency on Aging offices, and other non-profits or social service organizations. With the population of the country continuing to age and more individuals reaching the so called senior “status”, the demand for assistance, information, and advice continues to increase.

The exact type of resources will vary by state, county, and agency. Examples of some of the programs offered for low income senior citizens and the elderly include government benefit programs, Medicare, financial help, and grants for medications or other bills. Other assistance is provided from senior centers, home care programs, employment resources, free meal sites, and much more.

Senior Community Service Employment Program (SCSEP) is a federal government funded program that is administered by many agency on aging offices. Individuals who are unemployed, 55 or older, and who are looking for a new job can look into and sign up for the Senior Community Service Employment Program.

Assessments will be completed by case managers and they will try to obtain information about the participant’s current skills and interests. They will review the employment history, physical capabilities, need for supportive services, potential for transition to a regular job and help them participate in community service assignments.

Enrollees in the SCSEP program will be offered free physical examination and placement into job training opportunities. They will be placed into part time jobs, in which they will gain an income, learn new skills, and have the opportunity to transition into full time employment. [Click here](#) for more information.

Senior food programs

Congregate meals are offered in all states. Individuals can choose from meal sites including churches, senior centers, religious facilities, area on aging offices, and housing facilities. Not only can a senior citizen get a free, nutritious hot meal or lunch, but they can also have the opportunity to socialize with their peers. The process will also allow them to attend workshops and get support from the community.

People who can’t make it to a feeding site and who are homebound can look into **home delivered meals**. Clients will need to be unable to shop for food or prepare meals on their own, and they need to be home bound. There are also income limits in place for this service.

The home delivered meal programs are also commonly referred to as **Meals on Wheels**, however the name can change by local state. Volunteers will bring food and meals to homebound seniors, which can help them to remain in their homes for as long as possible. Some of the volunteers will also bring the client a free, special holiday meal at Thanksgiving or Christmas.

In addition to receiving food and access to the nutrition services, seniors are offered daily contact with staff or program volunteers. This means someone can check up on them as well as provide company. They will provide seniors a link to additional services in their communities. [Read more Meals on Wheels.](#)

Free food is offered to seniors over 60 years of age from the federal government funded **Commodity Supplemental Food Program (CSFP)**. Healthy meals and groceries are offered in partnership with the United States Department of Agriculture (USDA) and your state. Additional nutrition information is also provided in order to help facilitate good health. [Click here.](#)

For seniors struggling to feed their pets, **free dog or cat food** may be available too. Some Meals on Wheels services now provide this for low income elderly and the homebound. It is not yet offered nationwide, but an increasing number of providers are implementing this program for those elderly households that have a very low income.

The free food for a clients pet will free up their often fixed income salaries for other basic needs. In addition, having a healthy pet can really help a senior citizen or disabled person by providing companionship and other benefits. [More.](#)

Meals on Wheels.

Seniors can receive free or low cost meals and food from Meals on Wheels. The service is provided by thousands of volunteer groups and non-profits across the nation. Many local Salvation Army centers, Catholic Charities, community action agencies and other charity type organizations administer the Meals on Wheels program in communities around the country.

The Meals on Wheels program was created to help the elderly and seniors. Top priority is given to the homebound, which generally will be seniors who are unable to get food on their own and who can't prepare their own meals. Some agencies will restrict home delivered meals to individuals with medical conditions, mental impairments, or physical disabilities.

The organizations are geared towards serving food to those with the greatest physical, economic, or social need in the community. Unfortunately the demand for assistance is great, and resources are limited. So some organizations may have a waiting list which fluctuates week by week and the waiting period can be as long as several weeks. Each and every Meals on Wheels program and their volunteers continue to do their best to keep the waiting list to a minimum.

Through the Meals on Wheel program, a volunteer who works for one of the participating organizations will deliver a free or low cost meal directly to the homebound senior citizen's door. All food and ingredients that are served will be prepared fresh at local kitchens. They are then both packaged and delivered to the client on the same day they are made. So the meals are served hot. All meals that are prepared will be planned to meet one-third of the current recommended dietary allowances of a typical senior.

The exact eligibility requirements may vary by county or program, but in general they will include such conditions as follows.

- The applicant must be homebound.
 - The person must not be able to take care of themselves, which usually means the individual applying for Meals on Wheels needs to be at least 60 years of age or older, disabled, or in serious medical condition. Most agencies will also provide free meals to the spouse or partner of a person at least 60 years of age.
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- The person who needs food must be unable to attend a local Senior Center or food pantry because of emotional or physical disabilities.
 - Applicants must be elderly, physically or emotionally unable to obtain food, disabled, or otherwise can't prepare full meals on their own.

While not always required, and again this depends on the local service, many Meals on Wheels program may ask for a very small monetary donation for each meal. All donations will always go directly back into the program to help provide meals and food to others. Some programs just could use a donation, but it may not be required.

Meals on Wheels programs will provide hot, fresh, and nourishing meals to homebound elderly, the sick and disabled persons who can't prepare a meal for themselves and who have no one to do so for them. The home delivered meals, the daily contact by caring volunteers who deliver them and the professional case management allow seniors, homebound persons and the frail to remain in their own home. Some locations may even offer holiday meals for Thanksgiving or Christmas.

Find your local Meals on Wheels program

The non-profit that offers the service will vary by state and county. It may be your local Salvation Army, Catholic Charities, St. Vincent DePaul, or government social service office. Find information on a number of non-profits agencies by state and county that may offer the Meals on Wheels program and much more, such as financial assistance and case management. [Learn more](#).

Additional Meals on Wheels services

Most of the agencies that administer this program also provide professional case management to every client. Meals On Wheels is strongly committed to maintaining a commitment to respond to each of their clients as individuals. They will provide an environment of compassion and caring help. The local agencies will almost always partner with other local resources and coordinate with geriatric health and social services throughout the area. Meals On Wheels staff members, in partnership with other local charities and non-profits, respond to a wide range of issues for seniors and other clients.

Social workers from non-profit organizations and government agencies will conduct regular visits with clients and consult with the drivers and volunteers who deliver food and see clients daily. For those clients in need of additional support, case managers provide referrals, assist with various emergencies and provide ongoing monitoring and support.

For example, many clients are in need of additional in-home help such as cleaning, laundry, and personal care such as dressing and bathing. The agencies may be able to address those needs. Most organizations that run Meals on Wheels programs can also arrange for free or low cost medical care. They can coordinate transportation for doctor's appointments or provide advice and help with medical insurance issues. Social workers also assist with housing issues (such as rental assistance), personal and home safety and cases of domestic abuse.

Another more up coming service available is the **free pet food** that is available in some counties and towns. This will be for seniors, the homebound and disabled that meet low income levels. The reason this delivery service started is that many clients were giving their meals to their cats or dogs, so now many non-profits are trying to fill this gap in service. [Read Meals on Wheels pet food.](#)

Dedicated volunteers will often be able to help senior clients by visiting them in their homes, shopping for them, delivering meals and companionship on holidays or helping at the administrative offices. This system of integrated care provides a link between the meals and other assistance programs that a senior or homebound individual may need to remain independent.

Free pet food from Meals on Wheels programs.

An increasing number of Meals on Wheels programs are helping qualified lower income seniors and the disabled feed their pets, including cats and dogs. While they may not operate in every town yet, a number of partnerships have been formed between the program for the elderly and pet groups across the country.

It all started when many Meals on Wheels volunteers and drivers noticed a growing number of senior or homebound clients giving their food or meals away to their pets. So for example, maybe a driver was delivering a lunch to a member and they learned through the visit that the individual was turning around and giving either a portion or maybe all of their meal to their furry friends. It is all too common for low-income seniors or people with disabilities to feed their cats or dogs instead of themselves.

Once this became more obvious, many of the non-profits and charities that run the Meals on Wheels programs started working with shelters and other pet groups to add free pet food to their meal delivery services. Now the programs have continued to grow in scope and popularity. Since now their pets are getting some type of meal, this has allowed seniors to begin eating better, worrying less about feeding their animals, and staying healthier.

Pets are so important to people, especially the homebound. They can help people smile, combat depression, help them exercise and assist with overcoming grief. Animals provide companionship and love too many people. It is very important for the senior client to be able to take care of and feed their pets, and this is one of the goals on many Meal on Wheels organizations.

While there are income levels in place, those seniors or low income households that qualify for Meals on Wheels or similar programs are in general almost always eligible for a free pet food program. Some of

the key organizations that contribute to the service are LifeCare Alliance, Salvation Army, AniMeals, Catholic Charities, and many others.

While Meals on Wheels is just one of the many organizations that is involved in serving people who are disabled, poor or elderly, it does have extensive reach. The organization has teamed up with and partners with thousands of independently run pet partners in all states.

What happens is that the partner pet groups or animal shelters will take many of the steps to run the program themselves. They will solicit, pick up the pet food, pack and get the chow to either Meals on Wheels or some other agency that donates the food. In some cases, the agencies that are involved in this activity also take pet food to senior centers, nursing homes or local community centers.

The program may have donated dry food, cookies, treats and maybe even cans of wet food for dogs and cats. One of the biggest challenges of these programs is on getting donations from the community.

Some of the shelters and non-profit groups offering free pet food programs nationwide have gotten a boost from Banfield Charitable Trust grants. The agency has given funding to social service departments and works with groups such as LifeSpan Resources. They offer information and assistance to seniors and the disabled and the homebound.

Contact information for pet needs

While the programs are still not available in all states, the number of Meals on Wheels agencies and charities that offer free pet food is expanding. To see if the service is available in your area, there are a few different places to try. Call a local Agency on aging office, which generally have extensive information on many resources for the elderly. Other places to call can include a Salvation Army center, Catholic Charities or a local community action agency. These are some of the non-profits that may have information on free cat or dog food and other supplies.

There are 61 Result(s) found for Pets Allowed for Cincinnati, Ohio

The following senior living communities in Cincinnati, Ohio are pet friendly and encourage you to bring your four-legged friends, or adopt a new one. Some restrictions may apply.

<http://www.seniorsguideonline.com/amenities/pets-allowed-cincinnati>

Need Help? This Questionnaire will guide you! [Click Here](#)

Senior Living Communities by Alphabetical Order

Aldersgate Apartments

Florence, KY 41042

Quiet...Comfortable...Affordable Age restricted 62+

Enjoy living in this affordable, quality community offering a wide variety of amenities. So come join the fun in a place you'll be proud to call home. Rent is based on 30% of income...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Independent Living, Northern Kentucky, Senior Apartments, Senior Apartments

Amelia Court Apartments

Amelia, OH 45102

YOU'LL LOVE THE NEIGHBORHOOD!

It's easy to feel at home in our comfortable, single-story apartments. With no neighbors above or below you and the cushion of double-wall construction, your apartment home is a quiet, private world you enter...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Arden Courts of Anderson

Cincinnati, OH 45244

ARDEN COURTS...WE DO IT DIFFERENT. WHY LOOK ANYWHERE ELSE?

At Arden Courts of Anderson, we take pride in knowing that we are not like any other Alzheimer's and dementia facilities. Arden Courts is special because we do it different. As soon as you...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Arden Courts of Kenwood Memory Care Community

Cincinnati, OH 45236

If you want to make Alzheimer's less difficult, start here.

If you are caring for someone with Alzheimer's, chances are you're frustrated and uncertain about what to expect and how to cope. But there are ways to maximize your loved one's quality of life,...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Asbury Woods Senior Apartments

Anderson Township, OH 45255

GET PRACTICALLY EVERYTHING AT LESS THAN HALF THE COST.

Visit our newly renovated building. All new appliances in the kitchen. Tastefully decorated common areas. Planned activities are a great way to make new friends. Enjoy our complimentary excursions in our 15 passenger van....

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Atria Highland Crossing

Fort Wright, KY 41011

Simply the best in independent and assisted living.

Atria Senior Living Group offers exceptional service and incredible amenities. Residents enjoy delicious dining, a busy activities schedule, local transportation, housekeeping and laundry services, and much more. With four communities in the Northern Kentucky...

[Learn More](#)

This Community Provides:

Assisted Living, Assisted Living, Cincinnati, Independent Living, Independent Living, Kentucky, Northern Kentucky, Ohio, Respite Care, Respite Care

Atria Northgate Park

Cincinnati, OH 45251

Atria Northgate Park is a charming, vibrant senior independent and assisted living community atop a beautiful lawn in a quiet, residential neighborhood. Residents enjoy a full social calendar and some peace and relaxation when...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Independent Living, Ohio, Respite Care

Atria Summit Hills

Crestview Hills, KY 41017

Continue your life in good company

At Atria Summit Hills, we know our residents expect the best in senior living – because they deserve it. Here, seniors discover a place where they can stay true to their roots in their...

[Learn More](#)

This Community Provides:

Assisted Living, Assisted Living, Independent Living, Independent Living, Respite Care, Respite Care

Barrington of Oakley

Cincinnati, OH 45227

Independent and Assisted Living as it was Meant to Be!

Who knew independent and assisted living could be this nice? The Barrington of Oakley is full of amenities including a Master Chef, Social Director, exercise facility, beauty and barber shop, movie theater, and cocktail lounge....

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Ohio, Respite Care

Barrington of West Chester

West Chester, OH 45069

The Barrington of West Chester has 105 apartments dually certified to be both independent and assisted. This means you do not have to move if your level of care changes. Independent living includes a...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Independent Living, Ohio, Respite Care

Birchwood Care Center

Fairfield Township, OH 45011

We care like family Because we are – Hillandale Family Of Communities

We invite you to experience the warm hospitality of Birchwood Care Center. You will see our commitment to providing a positive and caring family community. We believe that each person should have an individualized...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Bridgeway Pointe

Cincinnati, OH 45216

Live Fully - Just 6 miles from Kenwood Towne Centre

At Bridgeway Pointe, we aim for our residents to have vibrant, full lives. With charming gardens and courtyards, an art studio, many social and physical activities and intimate surroundings designed for the greatest comfort....

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Independent Living, Ohio, Rehabilitation Care, Respite Care

Brookdale Edgewood

Edgewood, KY 41017

Our Family is Committed to Yours.

At Brookdale Edgewood, Our staff is here to offer a helping hand. Our full range of personal care services are designed to help you maintain your health. Daily assistance with bathing and dressing Medication...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Alzheimers-Dementia Care, Assisted Living, Assisted Living, Nursing Care, Nursing Care, Rehabilitation Care, Rehabilitation Care, Respite Care, Respite Care

Brookdale Long Cove Pointe

Mason, OH 45040

Brookdale Long Cove Pointe

Offering a home like setting and cheerful smiles from our professional staff who greet you everyday. Our caring staff offers the assistance you need while respecting your independence. Our peaceful setting, restaurant style dining...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Independent Living, Ohio, Rehabilitation Care, Respite Care

Brookwood Retirement Community

Cincinnati, OH 45241

Where Living Continues

Brookwood is like no other Retirement and Health Care Community. We're committed to providing the most fulfilling life style possible in a thoughtfully designed facility. Our experienced and caring staff is dedicated to helping...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Featured, Featured, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Cedar Village Retirement Community

Mason, OH 45040

Life begins at Cedar Village Retirement Community

Cedar Village is a not-for-profit retirement community, located in Mason, Ohio. We offer a wide range of services, and the care of our residents is our first priority. We celebrate the individual and recognize...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Chesterwood Village

West Chester, OH 45069

We care like family Because we are – Hillandale Family Of Communities

Take a walk down our Main Street and you will see why we call it “Living As You’ve Never Seen It Before.” There’s fabulous dining, daily movies, exercise and therapy, ice-cold root beer, live...

[Learn More](#)

This Community Provides:

Active Adult Homes, Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Featured, Featured, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Clifton Place

Cincinnati, OH 45220

AFFORDABLE HIRISE LIVING IN THE GAS LITE DISTRICT OF CLIFTON

Relax in the comfort of our spacious apartments complete with every convenience. Clifton Place has everything you’re looking for. Rent is based on 30% of income Utilities included Free van and shuttle service available...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Colonial Heights and Gardens

Florence, KY 41042

NORTHERN KENTUCKY'S BEST VALUE

Colonial Heights and Gardens is an apartment community for those who desire a large amount of freedom and enjoy the security and social atmosphere that living in a retirement community offers. We also offer...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Alzheimers-Dementia Care, Assisted Living, Assisted Living, Independent Living, Independent Living, Nursing Care, Nursing Care

Colony Apartments

Covington, KY 41015

Location! Location! Location!

Please call us and schedule a visit here at Colony Apartments! We'd love to show you around our large laundry room, expansive community room, and the beautiful courtyard. Lots of fun living at The...

[Learn More](#)

This Community Provides:

Independent Living, Independent Living, Senior Apartments, Senior Apartments

CommuniCare of Clifton

Cincinnati, OH 45220

Caring with purpose, Caring with pride

CommuniCare of Clifton Postacute & Rehabilitation Center is a provider of subacute and long-term care, conveniently located in the heart of Cincinnati and just minutes from five area hospitals. Known for outstanding rehabilitation services,...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Cincinnati, Continuing Care, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Cottingham Retirement Community

Cincinnati, OH 45241

Come Share The Spirit of Cottingham

Everyone who moves to a retirement community has different needs and interests. At Cottingham, we have combined a caring staff with a beautiful community to make you feel right at home and enjoy life. There's...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Country Woods Village

Cleves, OH 45002

Welcome To Your New Home!

Country Woods Village offers spacious 2 & 3 bedroom Town Homes and 2 bedroom Garden Apartments with 2 full baths. Country Woods Village is nestled in the woods and conveniently located 1.5 miles from...

[Learn More](#)

This Community Provides:

Cincinnati, Ohio, Senior Apartments

Covenant Village

Cincinnati, OH 45211

A Revolution in Rehabilitation

Covenant Village, a state-of-the-art Rehab center, is now open! Our facility is devoted to rehabilitation with the goal of getting you home quickly and safely. With 99 private rooms and dedicated staff, our patients...

[Learn More](#)

This Community Provides:

Cincinnati, Featured, Featured, Nursing Care, Ohio, Rehabilitation Care

Doverwood Village

Fairfield Township, OH 45011

We care like family Because we are – Hillandale Family Of Communities

Take a walk down our Main Street and you will see why we call it "Living As You've Never Seen It Before." There's fabulous dining, daily movies, exercise and therapy, ice-cold root beer, live...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Featured, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Eastgate Village

Cincinnati, OH 45245

At Eastgate Village, choose from spacious studio, one bedroom, two bedroom or two bedroom/two bath apartments, each with its own full kitchen. Every apartment, attractively decorated with carpet and blinds, is ready for your...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Independent Living, Ohio, Respite Care

Elmcroft of Florence Senior Living

Florence, KY 41042

When you need a place to live, choose a place where you can really live like Elmcroft of Florence Senior Living. A place that cultivates friendship and inspires an adventurous spirit, where caring isn't...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Alzheimers-Dementia Care, Assisted Living, Assisted Living, Featured, Independent Living, Independent Living, Respite Care, Respite Care

Evergreen Wellspring

Cincinnati, OH 45215

LIVE GRACIOUSLY, LIVE COMFORTABLY, LIVE AFFORDABLY

Evergreen Wellspring has upheld a tradition of offering Cincinnati's senior adults a secure, friendly environment where they can pursue their own lifestyles, yet benefit from the wide range of services readily available. At Evergreen...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Fairfield Pavilion

Fairfield, OH 45014

Affordable Luxury ... Close To Home

Fairfield Pavilion/Tri-County Extended Care is a blended, continuing care retirement community. We offer all levels of care from Independent Living to Skilled Nursing Care, Respite Care and a Memory Impairment Unit for those who...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Heartland of Madeira

Cincinnati, OH 45243

Come see what Peace of Mind actually looks like at Heartland of Madeira! Our upscale Heritage Wing, featuring private terraces, gracious furnishings and concierge services, highlights our Skilled Nursing Care. Heartland of Madeira is...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Cincinnati, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Heartland of Woodridge

Fairfield, OH 45014

Choose A Proven Leader

Come see what Peace of Mind actually looks like at Heartland of Woodridge Amenities include: library, barber/beauty shop, on-premise banking, exercise rooms, billiards room, arts and crafts Stylish, luxury independent apartments and assisted living suites...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Highpoint Apartments

Ludlow, KY 41016

LOOKING FOR AN AFFORDABLE SENIOR COMMUNITY WITH CHARM?

Our goal is to allow you the luxuries of a comfortable, beautiful community, while still maintaining a strong respect for your independence and privacy. Our community offers spacious interior features, manicured grounds and views...

[Learn More](#)

This Community Provides:

Independent Living, Independent Living, Senior Apartments, Senior Apartments

Hillcrest Elderly Apartments

Cincinnati, OH 45237

Apartments for 62 or older Rent Based on 30% of income

A place to call home for anyone 62 and older, Hillcrest Elderly Apartments located in Cincinnati Ohio offers the best in one bedroom apartments for seniors! Rent is based on your income and all...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Hyde Park Health Center

Cincinnati, OH 45209

Celebrating Over 50 Years of Care in the Hyde Park Community

Nestled in the serene Hyde Park/Oakley neighborhood, we provide peace of mind for our guests and their families in assisted living and specialized memory support assisted living. The Terrace offers spacious one and two...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Knolls of Oxford

Oxford, OH 45056

Culture, Stimulation, Security and More!

The Knolls of Oxford is a non-profit continuing care retirement community, owned and operated by Maple Knoll Communities Inc., with a history of more than 160 years of serving older adults. Located on a...

[Learn More](#)

This Community Provides:

Active Adult Homes, Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Llanfair Retirement Community

Cincinnati, OH 45224

Dedicated to help you live successfully!

At Llanfair Retirement Community, we believe that you can continue to grow at any age. We know that its never too late to make positive changes to your life. We call this successful living...

[Learn More](#)

This Community Provides:

Active Adult Homes, Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Madison Villas

Cincinnati, OH 45227

Affordable Living so Close to it all!

Madison Villas senior apartments in Cincinnati Ohio offers independent living for active senior adults. Affordable housing for seniors 55 and over and many amenities, Madison villa is close to it all. Call today. Rent...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Mallard Cove Senior Living

Cincinnati, OH 45246

Come experience MORE and BETTER choices at Mallard Cove Senior Living's Active and Assisted lifestyle!

We've enhanced every aspect of life at Mallard Cove, inside and out. Thanks to an extraordinary management team, we're extremely focused on meeting your needs and making each day better. Give us a call...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Featured, Independent Living, Ohio, Rehabilitation Care

Maple Knoll Village

Cincinnati, OH 45246

Active, Caring and Stimulating Environment!

The moment you step on campus, you realize our residents love to call Maple Knoll Village home. Maple Knoll Village offers carefree living in a secure environment. When selecting a retirement community, it's important...

[Learn More](#)

This Community Provides:

Active Adult Homes, Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Mason Christian Village

Mason, OH 45040

Move into an exciting new life.

At Mason Christian Village, you will find that we live by our mission statement; Serving With Excellence, Reflecting Jesus' Compassion. From the moment you walk in, you will experience quality services and commitment to...

[Learn More](#)

This Community Provides:

Active Adult Homes, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Mount Pleasant Retirement Village

Monroe, OH 45050

Living Life to the Fullest

Mount Pleasant Retirement Village sits on a beautifully landscaped 110-acre campus in Monroe, where you'll find tree-line streets, charming homes, beautiful gardens and a community of friendly neighbors to greet you. We offer an...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Mt. Healthy Christian Village

Cincinnati, OH 45231

5 Star Medicare Rated!

Welcome to the inviting, secure lifestyle of Mt. Healthy Christian Village and Health Center. Mt. Healthy Christian Village is a continuum care Not-for-Profit faith based community offering Assisted Living, Assisted Living Memory Care, Independent...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Assisted Living, Cincinnati, Continuing Care, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

New England Club

Cincinnati, OH 45255

NEW PRICING IS HERE! New England Club is even MORE affordable now!!!! Call us for details!

New England Club specializes in independent retirement living with assistance, combining the convenience, healthcare, and security of community living with the freedom and comfort of your private apartment. We offer home care services, via Superior...

[Learn More](#)

This Community Provides:

Alzheimers-Dementia Care, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Panorama Apartments

Covington, KY 41011

Where Seniors Thrive!

We are a private, affordable, and independent community which first opened to serve older adults in 1967. Panorama provides attractive and affordable apartments for persons age 62 and older. Our familiar twin towers are...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Independent Living, Kentucky, Northern Kentucky, Ohio, Senior Apartments, Senior Apartments

Ridgewood Senior Apartments

Cincinnati, OH 45231

Affordable for Low income Seniors. You'll feel at home the moment you arrive at Ridgewood Apartments. Rent is based on income Secured Building Inter-com Access Emergency Call System Fully Equipped Kitchen Elevators Laundry Facility...

[Learn More](#)

This Community Provides:

Cincinnati, Featured, Independent Living, Ohio, Senior Apartments

Royal Hills Village

Milford, OH 45150

SO CLOSE TO IT ALL!

Royal Hills Village, LLC is the ideal place for active seniors 55 and better. This beautiful manufactured home community is close to everything yet you're surrounded by nature's splendor. Prices Range from the \$40's...

[Learn More](#)

This Community Provides:

Active Adult Homes, Cincinnati, Independent Living, Ohio

Scarlet Oaks Retirement Community

Cincinnati, OH 45220

Beautiful Life on a Beautiful Property!

Serving the Cincinnati Community for 105 years, Scarlet Oaks is where rich history and comfort meet modern medical technology and care. Located on a beautiful 40 acre campus in the historic Gaslight District of Clifton,...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Seasons In Kenwood

Cincinnati, OH 45236

Seasons Retirement Community is Cincinnati's Premier Retirement Community.

Life at SEASONS radiates from the spectacular four-story atrium which is the social and activity hub of our community. It will remind you of a grand resort hotel, and you'll be proud to show...

[Learn More](#)

This Community Provides:

Assisted Living, Cincinnati, Continuing Care, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

SEM Laurels Senior Apartments

Milford, OH 45150

Affordable senior apartments

SEM Laurels Senior Apartments offers the unique opportunity to combine your active lifestyle with the enjoyment of carefree apartment living. Spacious efficiency, one and two bedroom apartments at affordable rates. Secured access and on site...

[Learn More](#)

This Community Provides:

Cincinnati, Continuing Care, Independent Living, Ohio, Senior Apartments

SEM Manor Retirement

Cincinnati, OH 45255

Anderson Townships Best Kept Secret!

Senior living located in the heart of Anderson Township. We have subsidy available for those who qualify. There is some type of activity always going on here at SEM Manor Retirement. We have weekly...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio

SEM Terrace Retirement

Milford, OH 45150

Your Retirement. Your Lifestyle. Your Choice.

Enjoy the freedom and beauty of our picturesque grounds and stately trees from your patio door... and on leisurely walks through 55 wooded acres. You will have companionship at mealtimes in our bright dining...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio

SEM Villa Retirement

Milford, OH 45150

SEM Villa provides comfortable senior living. Hidden away in historical Milford, SEM Villa has many amenities to offer such as chapel services, activities, transportation, garden areas, pharmacy, on-site laundry facilities, and on-site managers. All...

[Learn More](#)

This Community Provides:

Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Senior Apartments

Senior Chateau

Cincinnati, OH 45205

Affordable Highrise Living Minutes from Downtown!

At Senior Chateau Apartments, it doesn't get any better for active seniors 55 and older! For more information call our helpful, experienced office staff today! • Fully equipped kitchens • Spacious closets • Emergency...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Town Square Apartments

Cincinnati, OH 45242

THE GOOD LIFE DOESN'T HAVE TO BE EXPENSIVE! Visit our newly renovated building. All new kitchens and tastefully decorated common areas. Planned activities are a great way to make new friends. Enjoy complimentary excursions...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Triple Creek Retirement Community

Cincinnati, Oh 45231

We strive to provide exceptional service experience with luxurious living, and hometown care, for our residents and families

We know that selecting the right healthcare option to meet your individual needs is important. That's why with Triple Creek Retirement Community, you'll find a complete continuum of care and services so you can...

[Learn More](#)

This Community Provides:

Active Adult Homes, Assisted Living, Cincinnati, Continuing Care, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care, Senior Apartments

Twin Towers Senior Living Community

Cincinnati, OH 45224

This historic, award-winning community is more than just a place to live, it's a place to stay engaged in life, in your community, in your future. Whether you enjoy neighborhood living or apartment living, Twin...

[Learn More](#)

This Community Provides:

Active Adult Homes, Assisted Living, Cincinnati, Continuing Care, Featured, Featured, Featured, Independent Living, Nursing Care, Ohio, Rehabilitation Care, Respite Care

Village Care Center

Erlanger, KY 41018

Enhancing the Quality of Life for Seniors

The Long House at Village Care Center is the center point for our Erlanger campus. It is elegantly appointed in the style and manner of Georgian Colonial reminiscent of a southern plantation. Residents have access...

[Learn More](#)

This Community Provides:

Independent Living, Independent Living, Nursing Care, Nursing Care

Waterford at Fairfield

Fairfield, OH 45014

Waterford at Fairfield senior living community offers senior citizen housing for those looking for elegance and affordability. This active adult community offers independent living with spacious studios , 1 and 2 bedroom ecpt_floorplans with...

[Learn More](#)

This Community Provides:

Cincinnati, Featured, Independent Living, Ohio

White Cliff Apartments

Cincinnati, OH 45215

All this in a friendly environment that is perfect for seniors!

White Cliff offers attractive and comfortable 1 bedroom apartments. Spacious Community areas Personalized Services All this in a friendly environment that is perfect for seniors! Apartment Features Refrigerator Electric Range Air Conditioning Kitchen Exhaust...

[Learn More](#)

This Community Provides:

Cincinnati, Independent Living, Ohio, Senior Apartments

Woodlands

Middletown, OH 45044

One of Middletown's Best 55+ Communities!

The Woodlands Apartments is an Independent Apartment Community for low income individuals who are 55 Years and Older. We are located in Middletown, OH. While we are not subsidized housing, we do accept Housing...

[Learn More](#)

This Community Provides:

Cincinnati, Dayton, Ohio, Senior Apartments, Senior Apartments

Woodlands of Hamilton

Hamilton, OH 45013

Discover the Difference.


The Woodlands of Hamilton provides all of the comfort and privacy of home within a supportive and nurturing environment. Three delicious meals are served daily in our restaurant-style dining room complete with a Chef's...


[Learn More](#)


This Community Provides:


Alzheimers-Dementia Care, Assisted Living, Cincinnati, Independent Living, Ohio, Respite Care

Locations of Ohio Aging offices


To find an office near you in Ohio, dial 1-866-243-5678  1-866-243-5678 FREE. Or use the list below.


Council on Aging of Southwestern Ohio helps people in Butler, Clermont, Clinton, Hamilton and Warren counties. Address is 175 Tri County Parkway, Cincinnati, OH 45246, call 1-800-252-0155  1-800-252-0155 FREE


Area Agency on Aging, PSA 2 is for the regions of Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble & Shelby. 40 W. Second Street, Suite 400, Dayton, Ohio 45402, dial 1-800-258-7277  1-800-258-7277 FREE


Area Agency on Aging 3 offers senior programs in Allen, Auglaize, Hancock, Hardin, Mercer, Putnam and Van Wert counties. Location is 200 E. High St./2nd Fl., Lima, OH 45801, 1-800-653-7723  1-800-653-7723 FREE


Area Office on Aging of Northwestern Ohio, Inc. Counties covered are Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams & Wood counties. Address is 2155 Arlington Avenue Toledo, OH 43609-0624, call 1-800-472-7277  1-800-472-7277 FREE


Ohio District 5 Area Agency on Aging, Inc. serves Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca and Wyandot county. 780 Park Avenue West, Mansfield, OH 44906, phone 1-800-860-5799  1-800-860-5799 FREE


Central Ohio Area Agency on Aging is for the counties of Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway & Union. Address: 174 East Long Street, Columbus, Ohio 43215, telephone number is 1-800-589-7277  1-800-589-7277 FREE


Area Agency on Aging District 7, Inc. is for Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto & Vinton counties. University of Rio Grande/F32, 160 Dorsey Drive, P.O. Box 500 Rio Grande, OH 45674-0500, dial 1-800-582-7277  1-800-582-7277 FREE

Area Agency on Aging 8 is for Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry & Washington counties. 1400 Pike Street, Marietta, OH 45750, call 1-800-331-2644  1-800-331-2644 FREE

Area Agency on Aging Region 9, Inc. supports the elderly and seniors in Belmont, Carroll, Coshocton, Guernsey, Harrison, Holmes, Jefferson, Muskingum & Tuscarawas county. 60788 Southgate Road Byesville, OH 43723, phone 1-800-945-4250  1-800-945-4250 FREE

Western Reserve Area Agency on Aging. Cuyahoga, Geauga, Lake, Lorain & Medina counties. Address is 925 Euclid Avenue/#600, Cleveland, OH 44115, phone 1-800-626-7277  1-800-626-7277 FREE

Area Agency on Aging 10B, Inc. covers Portage, Stark, Summit & Wayne counties. Location is 1550 Corporate Woods Parkway, Suite 100, Uniontown, OH 44685, telephone 1-800-421-7277  1-800-421-7277 FREE

Area Agency on Aging 11, Inc. is for Ashtabula, Columbiana, Mahoning & Trumbull counties. Location is 5555 Youngstown-Warren Road, Suite 2685 Second Floor, Niles, Ohio 44446. Phone number is 1-800-686-7367  1-800-686-7367 FREE

Resources to Help Senior Pet Owners Including Services to Help Care and Pay for Pet Services

Date: March 18, 2009

Author: David Smidt, SeniorDiscounts

National Help Services:

PetsnPatients

PetsnPatients generates a greater national awareness of the positive healing nature of companion animals for patients enduring health crises to wellness. They seek to help maintain relationships between patients and their pets during health crises and are working to develop additional options for pets of newly disabled patients. Interested volunteers can sign up on their website or on www.volunteermatch.com.

They seek to become a national network for recruiting additional volunteer foster homes by partnering with existing pet rescues and social service organizations and seek to preserve companion pet bonds to help a patient recover when faced with the most severe health crises by providing temporary foster care. You can support their mission by purchasing the Limited Edition 2008 PetsnPatients "Year of Celebration" Calendar. Or consider a Gemteck Personal GPS unit designed to give caregivers and family peace of mind and increase patient independence with first responder access while outdoors.

www.petsnpatients.com

PETS911.com

This free network, which is a collaborative effort of all the animal rescue organizations and services across the country, is easily accessible through both a toll-free phone number and website, which promises easy access to all the local pet information necessary to instill responsible pet ownership and overcome the issue of animal homelessness.

www.pets911.com

Pet-Abuse.com

Pet-Abuse.com is a national animal protection organization that researches and tracks incidents of criminal animal cruelty. They offer a wide range of service and tools for animal advocates, humane law enforcement, researchers and prosecutors.

www.pet-abuse.com

Help-A-Pet

A nonprofit organization which provides financial assistance for the medical care of pets whose guardians are unable to afford the expense.

www.help-a-pet.org

IMOM

Has many different programs to help people with special needs dog, such as blind or diabetic dogs.

www.imom.org

Pets In Need

Provides assistance to low-income individuals for veterinary care, including spaying and neutering for their dogs and cats, on a funds-available basis. Also assists senior citizens with veterinary care. Regular clinics are held at Senior Centers throughout the area. Senior citizens can bring their companion pets for an examination by a veterinarian and vaccinations for only \$10. Low-income seniors can also obtain assistance for other more comprehensive veterinary care through the Crockett Memorial Fund.

www.petsinneed.org

PAWS (Progressive Animal Welfare Society)

PAWS (Progressive Animal Welfare Society) provides a "Seniors for Seniors" program where mature cats and dogs (typically over 7 years of age) are placed with qualified senior citizens who are 60 years of age or older. The PAWS "Seniors for Seniors" program offers a special reduced adoption fee of \$35, and includes many benefits to help seniors who are living on a fixed income. New pets will be spayed or neutered and will receive their first set of vaccinations. Participants will also receive a certificate for a free health examination by a veterinarian of the participant's choice.

<http://www.paws.org/cas/adopt/seniors.php>

Senior Dog Project

Senior Dogs Project: (1) promotes the adoption of older dogs; (2) provides current information on the special care that older dogs need so that they and their human companions may fully enjoy their golden years; and (3) documents the strong, loving bonds that people have with their older dogs. <http://www.srdogs.com/Pages/misty.html#Services>

Listing of Shelters, Rescue and Placement Agencies, Sanctuaries

The Senior Dogs Project site presents a broad listing of various agencies that help to rehome senior dogs (over the age of five). You can find a dog to adopt or seek help in placing a dog through these agencies. See the [state listings pages](#). For specific breeds of dogs, see the [Breed Agencies](#) page. For agencies specializing in seniors, see the [Senior Agencies](#) page. There is also a listing of [Sanctuaries](#).

Senior Dog Health Care Information

[Health care information](#) on [srdogs](#) is updated frequently and, although it is limited in scope, addresses the main conditions, diseases, medicines, and therapies that are relevant to senior dogs. In the case of the controversial drug [Rimadyl](#), the site has served as a forum for the discussion of the drug's pros and cons.

Unfortunately, we do not have the staff to answer specific questions about an individual dog's health problems. It is also always best to have a veterinarian do a "hands-on" examination of any dog with symptoms or conditions that are of concern.

PETSMART

PetSmart is the leading chain of retail stores doing business in the United States engaged in the sale of specialty pet supplies and services such as grooming and dog training, PetSmart PetsHotel dog and cat boarding facilities, and Doggie Day Care.

Discount: Receive \$10 off any online order of \$50 or more. Enter coupon code NEXTTEN at [Petsmart.com](http://petsmart.com) to redeem this offer.

Discount Restrictions: Available only at www.petsmart.com and for a limited time. Visit web site for details and any restrictions.

Age Requirement: 50+

Discount Available Nationwide: Yes

Website: <http://www.petsmart.com> **Toll Free:** (888) 839-9638  (888) 839-9638 FREE

Senior Pet Care (FAQ)



February 2009

Due to improved veterinary care and dietary habits, pets are living longer now than they ever have before. One consequence of this is that pets, along with their owners and veterinarians, are faced with a whole new set of age-related conditions. In recent years there has been extensive research on the problems facing older pets and how their owners and veterinarians can best handle their special needs.

Q: When does a pet become "old"?

A: It varies, but cats and small dogs are generally considered geriatric at the age of 7. Larger breed dogs tend to have shorter life spans and are considered geriatric when they are approximately 6 years of age. Owners tend to want to think of their pet's age in human terms. While it is not as simple as "1 human year = X cat/dog years", there are calculations that can help put a pet's age in human terms:

Age: Human Equivalent for Older Pets

Cat years	Human years
7	45
10	58
15	75
20	98

Dog years	Human years (*dog size lbs)
7	Small – Medium: 44-47
	Large – Very large: 50-56
10	Small – Medium: 56-60
	Large – Very large: 66-78
15	Small – Medium: 76-83
	Large – Very large: 93-115
20	Small – Medium: 96-105
	Large: 120

*Small: 0-20 lbs; Medium: 21-50 lbs; Large: 51-90 lbs; Very large: >90 lbs

The oldest recorded age of a cat is 34 years. The oldest recorded age of a dog is 29 years.

Q: What kinds of health problems can affect older pets?

A: Geriatric pets can develop many of the same problems seen in older people, such as

1. cancer
2. heart disease
3. kidney/urinary tract disease
4. liver disease
5. diabetes
6. joint or bone disease
7. senility
8. weakness

Q: I know my pet is getting older. How do I help them stay happy and healthy for as long as possible?

A: Talk to your veterinarian about how to care for your older pet and be prepared for possible age-related health issues. Senior pets require increased attention, including more frequent visits to the veterinarian, possible changes in diet, and in some cases alterations to their home environment. Here are some basic considerations when caring for older pets:

Older Pet Care Considerations

Area of concern	Description
Increased veterinary care	Geriatric pets should have semi-annual veterinary visits instead of annual visits so signs of illness or other problems can be detected early and treated. Senior pet exams are similar to those for younger pets, but are more in depth, and may include dental care, possible bloodwork, and specific checks for physical signs of diseases that are more likely in older pets.
Diet and nutrition	Geriatric pets often need foods that are more readily digested, and have different calorie levels and ingredients, and anti-aging nutrients
Weight control	Weight gain in geriatric dogs increases the risk of health problems,

Area of concern	Description
	whereas weight loss is a bigger concern for geriatric cats.
Parasite control	Older pets' immune systems are not as healthy as those of younger animals; as a result, they can't fight off diseases or heal as fast as younger pets
Maintaining mobility	As with older people, keeping older pets mobile through appropriate exercise helps keep them healthier and more mobile.
Vaccination	Your pet's vaccination needs may change with age. Talk to your veterinarian about a vaccination program for your geriatric pet.
Mental health	Pets can show signs of senility. Stimulating them through interactions can help keep them mentally active. If any changes in your pet's behavior are noticed, please consult your veterinarian.
Environmental considerations	Older pets may need changes in their lifestyle, such as sleeping areas to avoid stairs, more time indoors, etc. Disabled pets have special needs which can be discussed with your veterinarian
Reproductive diseases	Non-neutered/non-spayed geriatric pets are at higher risk of mammary, testicular, and prostate cancers.

Q: My older pet is exhibiting changes in behavior. What's going on?

A: Before any medical signs become apparent, behavioral changes can serve as important indicators that something is changing in an older pet, which may be due to medical or other reasons. As your pet's owner, you serve a critical role in detecting early signs of disease because you interact and care for your pet on a daily basis and are familiar with your pet's behavior and routines. If your pet is showing any change in behavior or other warning signs of disease, contact your veterinarian and provide them with a list of the

changes you have observed in your pet. Sometimes, the changes may seem contradictory - such as an older pet that has symptoms of hearing loss but also seems more sensitive to strange sounds.

Possible Behavior Changes in Older Pets

- Increased reaction to sounds
- Increased vocalization
- Confusion
- Disorientation
- Decreased interaction w/humans
- Increased irritability
- Decreased response to commands
- Increased aggressive/protective behavior
- Increased anxiety
- House soiling
- Decreased self-hygiene/grooming
- Repetitive activity
- Increased wandering
- Change in sleep cycles

Q: Is my pet becoming senile?

A: Possibly. Once any underlying or other disease causes have been ruled out, there is a chance your pet may be experiencing [cognitive dysfunction](#). Studies conducted in the early 1990s were the first to identify brain changes in older dogs that were similar to brain changes seen in humans with Alzheimer's disease (ie, β -amyloid deposits). Laboratory tests were also developed in the 1990s to detect learning and memory deficits in older dogs. Recently these studies have started on younger dogs in order to fully understand the effect of aging on the canine brain. Similar studies in young and older cats are also ongoing.

While researchers are still not able to identify any genetic cause of why certain animals develop cognitive dysfunction, there are drugs and specific diets available that can help manage cognitive dysfunction in dogs. If you think your pet is becoming senile, discuss it with your veterinarian.

Q: What are the common signs of disease in an older pet?

A: The signs you might see will vary with the disease or problem affecting your pet, and some signs can be seen with more than one problem. As the pet's owner, you can provide your veterinarian with valuable information that can help them determine what is going on with your pet.

Common Warning Signs of Disease in Older Pets

Kidney disease	Urinary tract disease	Heart disease
Decreased appetite	Increased urination/spotting or "accidents" in the house	Coughing
Increased thirst	Straining to urinate	Difficulty breathing
Increased urination	Blood in urine	Decreased tolerance of exercise
Decreased or no urination	Weakness	
Poor hair coat		Decreased appetite
Vomiting		Vomiting
Sore mouth		

Q: How common is cancer in older pets?

A: In pets the rate of cancer increases with age. Cancer is responsible for approximately half the deaths of pets over 10 years of age. Dogs get cancer at roughly the same rate as humans, while cats tend to have lower rates of cancer. Some cancers, such as breast or testicular cancer, are largely preventable by spaying and neutering. A diagnosis of cancer may be based on x-rays, blood tests, physical appearance of tumors, and other physical signs. The ultimate test for cancer is through confirmation via a biopsy. You can read more in the AVMA's [What you should know about cancer in animals](#)

Top 10 Common Signs of Cancer in Pets

- Abnormal swellings that persist or continue to grow
- Sores that do not heal
- Weight loss
- Loss of appetite
- Bleeding or discharge from any body opening
- Offensive mouth odor
- Difficulty eating/swallowing
- Hesitation to exercise/loss of stamina
- Persistent lameness/stiffness
- Difficulty breathing, urinating, or defecating

Q: My pet seems to be in pain, and isn't as active as they should be. What should I do?

A: First, talk to your veterinarian and have them examine your pet. Your pet might have arthritis. Older pets, especially large dogs, are vulnerable to arthritis and other joint diseases, and the signs you see can vary. This chart provides the basic signs you might see if your pet has arthritis; you might see one or more of these signs in your pet.

Signs of Arthritis in Pets

- Favoring a limb
- Difficulty sitting or standing

- Sleeping more
- Seeming to have stiff or sore joints
- Hesitancy to jump, run or climb stairs
- Weight gain
- Decreased activity or interest in play
- Attitude or behavior changes (including increased irritability)
- Being less alert

Signs of arthritis often are similar to signs of normal aging, so if your pet seems to have any of these symptoms for more than two weeks, the best thing to do is to have your veterinarian examine them, and then advise you as to what treatment plan would be best to help your pet deal with the pain. Arthritis treatments for pets are similar to those for humans, and may include:

- Healthy diet and exercise to help maintain proper weight.
- Working with your veterinarian to find a drug treatment that helps relieve the pain.
- Nonsteroidal anti-inflammatory drugs (NSAIDs): the most common treatment for arthritis in dogs. These drugs are similar to ibuprofen, aspirin, and other human pain relievers.
- Over-the-counter pet treatments, such as pills or food containing either glucosamine and chondroitin sulfate or Omega fatty acids. Both have shown to help relieve the symptoms of arthritis in dogs.
- Over-the-counter pet treatments, such as pills or food containing either glucosamine and chondroitin sulfate or Omega fatty acids. Both have shown to help relieve the symptoms of arthritis in dogs.
- A veterinarian-prescribed NSAID and an over-the-counter treatment that together may help decrease pain and disease progression.
- Diets with special supplements may also help decrease the discomfort and increase the joint mobility

Do not give human pain medications to your pet without first consulting your veterinarian. Some human products, including over-the-counter medications, can be fatal for pets.

Changes in the home environment may also help you deal with an older pet who is experiencing stiffness and/or pain. Orthopedic beds, stair steps to help an animal up to higher places (so they don't have to jump), raised feeding platforms, etc. can help make your arthritic pet's life more comfortable.

Q: When should we euthanize a pet? How will we know it's the right time?

A: This can be an incredibly difficult question for both the owner and the veterinarian, and is often a very tough decision to make. Sometimes, euthanasia is obviously the best thing to do for your pet. At other times, however, it can be less clear. An open discussion with your veterinarian, including an honest evaluation of your pet's quality of life, should help you make the decision.

One way to determine if your aging pet is still enjoying life and can remain with us a little longer is by using a "Quality of Life" scale to determine if the animal's basic needs are being met. This scale can be very helpful for the veterinarian and pet owner when deciding what is best for your pet. In this scale, pets are scored on a scale of 1 through 10 in each category, with 10 being the highest score for quality of life. Again, only an honest evaluation of each category will help with the decision.

Quality of Life (HHHHMM Scale)

Score	Criterion
0-10	HURT Adequate pain control (including breathing ability)
0-10	HUNGER Is the pet eating enough? Does the pet require hand-feeding or a feeding tube?
0-10	HYDRATION Is the pet dehydrated? Does it need subcutaneous fluids?
0-10	HYGIENE Pet needs to be brushed and clean, especially after elimination
0-10	HAPPINESS Does the pet express joy/interest? Does it respond to its environment? Does the pet show signs of boredom/loneliness/anxiety/fear?

Score	Criterion
0-10	MOBILITY Can the pet get up without assistance does the pet want to go for a walk? Is the pet experiencing seizures/stumbling?
0-10	MORE GOOD THAN BAD When <i>bad</i> days start to outnumber <i>good</i> days, the quality of life becomes compromised and euthanasia needs to be considered
Total	A total of 35 points is considered acceptable for a quality of life score.

The AVMA offers several additional resources for pet owners, including brochures that are available online and can be downloaded and printed at no charge.

- [How do I know its time? Pet Euthanasia](#)
- [Understanding Your Feelings of Loss When Your Animal Dies](#)

Links to More Information about Caring For an Older Pet:

[The Geriatric Issue](#)

[Treating Pain in Your Dog: Keeping your pet, active, safe and pain-free](#)

[Arthritis and Pets](#)

[Guidelines for Veterinary Hospice Care](#)

[Senior Pet Care](#)

[What You Should Know about Your Pet's Pain Medication](#)

[Veterinary Q & A: Caring for Geriatric Dogs](#)

[Veterinary Q & A: Caring for Geriatric Cats](#)

[Pet Diabetes Month](#)

Podcasts:

[Caring For Your Geriatric Dog](#)

[Hospice Care For Pets](#)

[Is My Pet Stressed?](#)


[Arthritis in Animals](#)

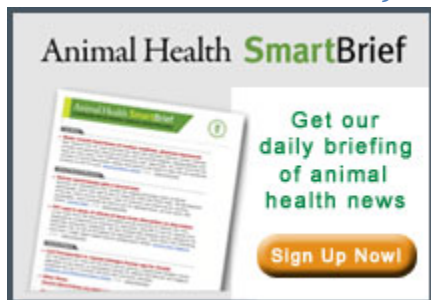
[Behavioral Preventative Health Programs for Pets](#)

[The Perils of Pudgy Pets](#)

[Exercising with Your Pet](#)

[Weight Loss Tips for Cats](#)

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