



Home Modification Walkthrough

A room-by-room checklist for an arthritis-friendly home

PETSLIKEMINE
ARTHRITIS & MSK SPACE

PET NAME

WALKTHROUGH DATE

WALKING WITH

Print this sheet, then actually walk through your home with fresh eyes. Tick what already works. Mark what needs attention. **You're looking at the home from your pet's perspective, not yours.**

1 Floors throughout

- Slippery hard floors are covered or treated where your pet walks regularly
- Rugs or runners are in place along the routes your pet takes daily
- Rugs have non-slip backing so they don't slide under paws
- Transitions between surfaces don't involve sudden grip changes

3 Stairs & steps

- Indoor stairs have grip strips, carpet, or stair runners on every step
- Garden steps are stable, even, and have grip in wet weather
- A ramp or step is available where your pet used to jump comfortably
- Stairs your pet should no longer use are gated off, not left as a temptation

5 Feeding & water

- Food and water bowls are raised to roughly chest height, so they're not bending to the floor
- Water is available in more than one place, so they don't have to travel far to drink
- The eating area has good grip underfoot, not a slippery kitchen floor
- Deep-chested breed? Check raised-bowl bloat risk with your vet first.*

7 For cats — extras worth checking

- Litter tray entry is low — under 5cm — or open on one side
- There's a litter tray on every floor your cat uses, not just one location
- Steps or a ramp lead to favourite high places (windowsills, sofa backs, beds)
- Food, water and resting places are distributed, so your cat doesn't have to travel for each

2 Beds & resting places

- The bed is genuine orthopaedic foam — press down hard; if you feel the floor, so does your dog
- It's big enough to stretch out fully on, with a low entry they don't have to climb over
- It's somewhere warm and away from draughts, but still near the family
- There's a bed in more than one room if you can manage it

4 Getting in & out

- Your pet isn't jumping on and off furniture unassisted — there's a ramp or steps where they need it
- A car ramp is used for the car, long enough for a gentle incline (not a short, steep one)
- Ramps and steps are non-slip, stable, and don't wobble when used
- Everyone in the household encourages the ramp rather than lifting the dog

6 Garden & outdoors

- Decking and paths aren't dangerously slippery when wet (anti-slip strips, swept of wet leaves)
- The route to the toileting area is easy — no awkward steps or slippery patio
- There's outdoor lighting for evening trips
- If there's a dog flap, your pet can use it without a struggle

8 What your pet tells you

- There are places your pet used to go that they now avoid
- There are surfaces they hesitate on, take longer to cross, or pick their way over
- There are movements that now look careful or effortful — sitting, rising, turning
- There are routines that have quietly changed in the last few months

PRIORITY ACTIONS THIS MONTH

If you do nothing else, do these three: runners on the slippery routes, a proper orthopaedic bed, and a ramp or steps for the one access point your dog struggles with most. Be specific — "runner along the hallway" beats "sort the floors".

1 _____

2 _____

3 _____

4 _____

How to use. Don't try to fix things as you go — just observe and tick what's already working. Address the highest-impact items first; flooring and beds usually win. Return to this sheet every six months — your pet's needs change as they age and the disease progresses.

**YOUR HOME WORKING
FOR YOUR DOG.**