



**Northside Veterinary Centre**

2/51 Mort Street  
Braddon ACT 2612  
Call (02) 6182 0111  
info@northsidevet.com.au  
www.northsidevet.com.au

## **Supporting Brain Function in Senior Dogs**

As dogs age, we can see changes in their behaviour. Common behaviour changes seen in senior dogs include:

1. Increased anxiety + separation anxiety
2. Whining or vocalising out of context
3. Restless nights/poor sleep cycle
4. Getting “lost” in familiar surroundings
5. Incontinence in previously toilet trained dogs
6. Changes in eating behaviours

If you notice any of the above behaviours, or any other changes in your dog’s behaviour, let us know – there may be a reason for these behaviour changes and we can work with you to help your pet.

### **What can I do at home to help promote healthy brain function in my senior dog?**

1. Keep to a routine – This helps your dog predict what will happen in their day, and can help to reduce anxiety.
2. Take your dog for shorter but more frequent walks, and allow them to sniff and explore their environment – This will provide your dog with valuable mental stimulation, and the physical exercise can help them to sleep better at night.
3. Have short training and play sessions – This will help exercise their mind and get them to concentrate for short periods of time which can help with their memory.
4. Hide food/treats in activity feeders – This also provides a fun way to get your dog thinking, and can prevent gorging on food which can upset sensitive tummies.
5. *Adaptil* pheromone diffusers and/or collars - These can be a great way to soothe anxiety in older dogs. The less time your dog is spending stressing, the more brain power they will have for concentrating on other tasks.
6. Consider diet changes or supplements to promote healthy brain function – speak to your vet about this at your next visit for advice specific to your pet and situation.