

Wendy Diamond's Tips for Keeping a Senior Cat Feeling Young

Watching our pets grow old is never easy, but *Today* pet lifestyle contributor and *Animal Fair* editor-in-chief Wendy Diamond knows how to make your pet's twilight years golden rather than grim. Cats are considered seniors at the ripe age of 11, but that doesn't mean they have to lose their spark!

1. Assess Your Cat's Age

Wendy has partnered with Hill's Science Diet to find out how old cats really *feel* with the launch of the new [Science Diet CatAge Quiz](#). By answering a handful of few simple questions you can determine your cat's real age and pick up some tips to help your feline friend retain their youthful vigor. You can take the quiz by visiting [HillsPet.com/DefyAge](#). And once you have assessed your cat's true age, you can start focusing on how to work against the clock and keep your cat feeling young and healthy as they turn 11+!

2. A healthy body is nothing without a healthy mind to match!

Aging sooner or later always affects the mind, regardless of species. Older cats may become bored or disinterested in activity and thus it is imperative to keep their minds active and engaged in order to stave off the trappings of old age like senility, or depression. Incorporating exploration and problem solving into your cat's daily routine will keep your cats intellect as sharp as their claws! Use *Hagen's Cat Design Senses Food Maze*. This incredible product makes your cat have to sharpen its mind as much as its claws as it figures out how to retrieve tasty morsels from this ever changing contraption. The food maze is affixed atop a food bowl like a tower with multiple chambers and openings that all spin and rotate for your cat to explore.

3. Skin Care is Essential

As any organism ages, the functions of life begin to slow down, which is why you need to stimulate your cat's skin to keep them feeling like a kitten and to release their natural oils. These oils promote healthy skin and fur and are essential to your cats comfort. These natural oils benefit skin elasticity, which is a quality of youthful skin that depletes with age. By keeping your cat's skin youthful you build their protection against the cuts and scratches that can plague dry, brittle skin. The [Cat Spa](#) and [Cat-Comb](#) products are two excellent ways to encourage your cat to get the natural oils flowing on their own.

4. You Are What You Eat

The saying "You are what you eat" applies to animals just as much as it does to humans! That's why it's so important to be mindful of what is going into your cat's stomach. Older cats have delicate digestive systems, and their ability to extract nutrition from their food begins to diminish. Pet parents need to make sure that the food that their aging feline consumes is composed of quality ingredients, bursting with nutrition. Feed your senior cat Hill's Science Diet Senior 11+ Age Defying Cat Food. Their breakthrough formula of antioxidants and omega 6 fatty acids, alongside wholesome ingredients that address the four signs of aging, help senior cats feel younger in just 30 days. The special formula includes fish oil for healthy brain function, small, easily chewed and digested, kibble, L-Carnitine to increase lean muscle development and agility, Phosphorus for bladder health, and Amino Acids to maintain healthy organs.

5. Visit Your Vet

This may seem like obvious advice but frequent trips to the veterinarian's office can keep your cat feeling young and vibrant, and could possibly save their lives. Many people attribute behavioral changes in older cats exclusively to the aging process, and while some elderly cats will naturally slow down, this isn't always the case. Always consult a medical professional when your cat acts odd and never assume that new, altered, or strange behavior is something that a pet parent can turn a blind eye towards. By staying on top of your cat's health you are infinitely more likely to catch a potential problem before your cat has the worst of it!

6. Increase Agility

Consider how you can rearrange your home to suit your cats needs. Place [ramps](#) leading to your cat's favorite places and treat your cat to a daily massage (it will make for excellent quality time anyway) to stimulate healthy musculature without putting too much pressure on their paws! This gentle approach to feline fitness will leave your cat agile and amiable.