

Feline Enrichment and Stress Reduction (sample schedule below)

Before planning your enrichment program, use the MAKE A PLAN process on the shelterhealthpro website. The cat must be assessed for personality to determine what types of enrichment, activities, or games will benefit the individual cat. (See the assessment sheet on Feline-ality).

Enrichment is:

- An ongoing process, not a single object or event
- Only enriching if the animal chooses to interact with it or is affected positively by it
- Specific to the cat based on its assessment (See Animal Assessment).

A daily enrichment schedule includes all opportunities for enriching the animal's life. It incorporates a combination of sensory, physical, environmental, cognitive and social activities. A planned, somewhat repetitive schedule of enrichment activities will be more beneficial to the cat than random acts of interaction. You can find a wide variety of options in Enrichment for Cats and Kittens.

- Use a designated enrichment cart or container such as a tote or plastic carryall that contains the various enrichment items for the cats, as well as a copy of your enrichment schedule
- Record individual preferences and needs of each individual cat
- Introduce a different scent or toy as part of your daily kennel cleaning
- CD Players can be placed in the room to play appropriate music or audio books (It is important to choose music that is soothing and calming to cats)

On the sample schedule below:

- The top row designates items that are consistently provided everyday day for every cat: Cat Cabin, Feliway Infuser, Music, Bubbles
- On each row beside the cats name, list additional daily items for the individual cat
- Items that need to be excluded for the individual cat can be listed with their name

