

## *The Bucket List*

Creating a bucket list is a great way to honour your pet before they pass.

- Think about things that are meaningful to you, such as your favourite place to visit with your pet. Are you adventurers or couch potatoes? Is it possible to relive any fond memories?
- Consider letting your pet do things that you wouldn't usually allow: may they sit on the couch? Could they partake in pizza night? Are they allowed to sleep in bed with you?
- No item is too small or too large. Examples include:

*Where is his/her favourite place to walk?*

*Who is their favourite friend? Have they visited recently?*

*Has your pet ever had a dip in the ocean? Or been to a picnic?*

*Have you ever had a party for your pet?*

*Have you ever been on a pet friendly holiday together? Where would you go?*

*What would you do?*



## *Questions to Ponder*

What are your thoughts around euthanasia?

Will this condition only worsen with time?

Has palliative care been exhausted, if an option?

Do financial limitations prohibit treatment?

Do you have a supportive veterinary team who can help you to navigate this decision?

If you decide that the time has come, what arrangements would you like to make for your pet following euthanasia?

Have you looked in to options for cremation or burial?

What support will you need during and following this decision? What self-care strategies might you need to implement?



# **NAVIGATING** *end of life* **DECISIONS**

Swan Valley Vet Centre

9296 4206

[www.swanvalleyvet.com.au](http://www.swanvalleyvet.com.au)

# How Do I Know When It's Time?

Deciding when it's "time" for your pet might be one of the most difficult decisions you'll have to make. Because of the incredible advances in veterinary medicine, we have the ability to extend the lives of our pets, and optimise their health and well-being for as long as possible; but this also means that eventually we are faced with an inevitable question – when do we let them go?

Assessing the quality of life for your pet may be helpful in the decision making process. It is also very important to make a decision that feels right for you, your pet, and your family.

It can be challenging to contemplate. We are hoping that this resource will offer support and guidance as you navigate that decision for your much loved pet.

<b>My pet...</b>	<b>Strongly Agree All the Time Severe</b>	<b>Agree Most of the Time Significant</b>	<b>Neutral Sometimes Mild</b>	<b>Disagree Occasionally Slight</b>	<b>Strongly Disagree Never None</b>
Does not want to play	1	2	3	4	5
Does not interact with me in the same way as before	1	2	3	4	5
Does not enjoy the same activities as before	1	2	3	4	5
Is hiding	1	2	3	4	5
Demeanour/behaviour is not the same as it was prior to diagnosis/illness	1	2	3	4	5
Has more bad days than good days	1	2	3	4	5
Is sleeping more than usual	1	2	3	4	5
Seems dull and depressed	1	2	3	4	5
Seems to be or is experiencing pain	1	2	3	4	5
Is panting (even while resting)	1	2	3	4	5
Is trembling or shaking	1	2	3	4	5
Is vomiting and/or seems nauseous	1	2	3	4	5
Is not eating well (may only be eating treats or only if fed by hand)	1	2	3	4	5
Is not drinking well	1	2	3	4	5
Is losing weight	1	2	3	4	5
Is having diarrhea often	1	2	3	4	5
Is not urinating well	1	2	3	4	5
Is not moving normally	1	2	3	4	5
Is not as active as normal	1	2	3	4	5
Does not move around as needed	1	2	3	4	5
Is unable to self-clean	1	2	3	4	5
Has coat that is greasy, matted or rough looking	1	2	3	4	5
How is my pet's overall health compared to the initial diagnosis/illness?	1 Worse	2	3 Same	4	5 Better

Poor Quality of Life

Good Quality of Life

