

Pet Hospice Home Care Kit

A Daily Tracking and Reference Tool for Families

Print this kit and keep it where you care for your pet.
Use it every day. It will help you see clearly when clarity is hardest.

What This Kit Contains

- Page 2:** Emergency Contacts and Medication Log
- Page 3:** 14-Day HHHHHMM Quality of Life Tracker
- Page 4:** Home Setup Checklist and Red Flag Reference
- Page 5:** Final 72 Hours Reference and Aftercare Decisions

How to Use This Kit

- 1 Print all five pages and keep them together near your pet's resting area.
- 2 Fill in the Emergency Contacts card first, before you need it.
- 3 Log medications daily. Bring this log to every vet visit.
- 4 Score your pet on the HHHHHMM scale once per day, same time each day.
- 5 Watch the pattern across a full week, not any single day's score.
- 6 Use the Red Flag card to know when to call your vet immediately.
- 7 When the time comes, the Final 72 Hours page will tell you what to expect.

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This document is for informational and educational purposes only. It is not a substitute for professional veterinary advice, diagnosis, or treatment. Always consult a licensed veterinarian when making decisions about your pet's health, comfort, and end-of-life care.

Emergency Contacts and Medication Log

Pet's Name: _____ Species/Breed: _____ Age: _____
Weight: _____ Diagnosis: _____ Date Started: _____

Emergency Contacts

	Name	Phone	Notes
Primary Veterinarian			
After-Hours/Emergency Vet			
Mobile Euthanasia Provider			
ASPCA Poison Control		(888) 426-4435	\$95 consultation fee
Pet Poison Helpline		(855) 764-7661	\$85 consultation fee

Medication and Treatment Log

Update this log whenever medications change. Bring it to every vet appointment.

Medication/Treatment	Dose	Frequency	Time(s)	Started	Notes

Three Questions to Ask Your Vet Before Starting Pain Management

1. What does breakthrough pain look like in my pet, and what do I do if I see it between doses?
2. What is the maximum safe dose, and at what point does increasing medication stop helping?
3. How will I know the difference between comfortable sedation and a pet who has stopped engaging with life?

14-Day HHHHMM Quality of Life Tracker

Score each category 0 to 10 daily (0 = worst, 10 = best). A total of 35 or below often signals poor quality of life. The pattern across a full week matters more than any single day. Score at the same time each day for consistency.

Category	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14
Date:	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
Hurt (Pain)														
Hunger														
Hydration														
Hygiene														
Happiness														
Mobility														
More Good Than Bad														
TOTAL														

Reading the Score

- Above 35: Quality of life is acceptable. Continue care and reassess daily.
- 35 or below: Quality of life is declining. Have an honest conversation with your veterinarian about next steps.
- Below 20: Suffering is likely outweighing remaining quality of life. Contact your vet or mobile euthanasia provider.

Daily Observations

Note anything unusual: appetite changes, new symptoms, lucid moments, comfort behaviors. Bring these notes to your vet.

Home Setup Checklist and Red Flag Reference

Home Comfort Setup

Complete before or on the first day of hospice. Check each item as you go.

Resting Area

- Low-sided bed or padded surface at floor level (no jumping required)
- Waterproof liner beneath bedding for easy cleaning
- Extra blankets and towels within reach
- Bed positioned away from drafts but near family activity

Food and Water

- Elevated bowls if your pet has trouble bending (neck or joint pain)
- Non-slip mat beneath bowls
- Syringe or turkey baster for assisted hydration if needed
- High-value foods on hand (plain chicken, bone broth, baby food)

Mobility and Safety

- Non-slip rugs or yoga mats on hard floors along pet's path
- Baby gates to block stairs
- Support harness or towel sling if pet needs walking assistance
- Nightlights along the path to water and resting area

Comfort and Hygiene

- Puppy pads or incontinence pads at resting area
- Gentle, unscented pet wipes for cleaning
- Barrier cream if skin irritation from incontinence develops
- Low-stress background sound if pet is anxious (classical or reggae tested lowest stress in dogs)

Your Station

- Medications organized with written schedule (see Page 2)
- Vet and emergency numbers posted visibly (see Page 2)
- Notebook or this kit for daily scoring
- Comfort items for yourself (this is hard on you too)

Red Flags: Call Your Vet Immediately

- Uncontrolled pain that does not respond to prescribed medication within the expected window
- Seizures lasting more than 2 minutes, or clusters of seizures
- Complete refusal of food and water for more than 24 hours
- Labored breathing, open-mouth breathing, or blue/gray gums
- Sudden inability to stand or walk when they could earlier that day
- Continuous vomiting or bloody stool
- Crying or vocalizing that you cannot soothe with repositioning or medication
- Sudden collapse or loss of consciousness
- A score of 20 or below on the HHHHMM scale for two consecutive days

If your regular vet is closed, go to the emergency number on Page 2. Do not wait until morning.

The Final 72 Hours and Aftercare Decisions

What to Expect in the Final Days

Not every pet will show all of these signs. This is a general reference, not a checklist. Your vet can help you interpret what you are seeing.

48 to 72 Hours Before

- Appetite drops significantly or stops entirely
- Increased sleeping, less interest in surroundings
- May seek solitude or, conversely, stay unusually close to you
- Bowel and bladder control may weaken

24 to 48 Hours Before

- Breathing pattern changes: slower, with longer pauses between breaths
- Body temperature drops (ears and paws feel cool)
- May stop drinking water
- Eyes may appear glassy or unfocused
- Some pets have a brief surge of energy or alertness (the "rally")

Final Hours

- Breathing becomes irregular: long pauses, then shallow breaths
- Gums and tongue may pale or turn grayish
- Muscle twitching or involuntary movement is normal and not painful
- They can still hear you. Talk to them. Your voice is a comfort.

Aftercare Decisions to Make Before You Need To

Making these decisions now, while you can think clearly, protects you from having to decide in the worst moment.

Cremation, burial, or aquamation?

Ask your vet or mobile provider what they offer and what the costs are before the day arrives.

Do you want ashes returned?

Private/individual cremation returns your pet's ashes. Communal does not. Confirm which you are choosing.

Keepsakes to request:

Paw print (clay or ink), nose print, fur clipping, whisker. Ask your provider what they offer. Request before they leave.

Where will they rest?

Home burial (check local regulations), urn, memorial garden, scattering. Decide now so it is not a crisis decision.

Who needs to say goodbye?

If family members or other pets need time, plan for that before scheduling euthanasia.

You are doing the hardest thing love asks of us.

The fact that you are tracking, planning, and showing up every day means your pet is not going through this alone.

That is enough. You are enough.

Find Quality and Affordable Pet Insurance

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or future pets.

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