



Veterinary Hospital Scavenger Hunt **FELINE**

First and Last Name: _____

Date: _____ Phone: _____ Email: _____

Cat's Name: _____

As part of promoting Fear FreeSM veterinary visits, our hospital encourages you to visit us with your feline companion just for fun. We have put together a scavenger hunt of activities to help create a successful fun visit. Once you complete the card, turn it in at the hospital to be entered into our monthly drawing for a prize. To build positive memories with the veterinary hospital, we recommend frequent fun visits. You may complete a fun visit and enter the drawing as often as once a day.

As long as your cat does not already have an existing fear of the veterinary hospital, this will be a fun and appropriate game for you to play together.

The scavenger hunt starts with at home preparation. Make sure your cat is relaxed and comfortable in his/her carrier. Keep the carrier out at all times and incorporate some of these techniques to create a carrier oasis: put the cat's favorite things around the carrier, play with the cat around the carrier, place a pheromone infused towel or bed and/or an object of clothing permeated with your scent inside the carrier, place treats, catnip, and toys inside, feed the cat in or near the carrier. Let your cat enter the carrier on his/her own. You can teach your cat to enter the carrier on cue to earn a food reinforcer or toss a treat or toy into the carrier. During transport, a non-slip surface should be in the carrier and under it to prevent the cat or carrier from sliding. The floorboard behind the passenger seat is the most secure location for your cat's carrier. When carrying your cat in the carrier, be sure to minimize movement. Try to keep it still. If possible, rather than holding it by the handle, carry it from the bottom. Bring your cat's favorite treats, toys, and grooming brush (if your cat enjoys being brushed). Prepare the car so it promotes a calming environment; calming familiar music, calming scents, and cool or warm the car to room temperature before putting your cat in the car.

Preparing for the visit:

- Cat is hungry
- Favorite treats, toys, and/or grooming brush are packed
- Your cat is acclimated to a carrier and will enter on his/her own

- Carrier is properly prepared (non-slip surface, calming scents, secured in car)
- Minimize carrier movement by holding the carrier by the bottom instead of handle if possible
- Prepare the car; calming familiar music, calming scents, appropriate temperature

When you arrive:

- Check with front office team members before coming into the hospital with your cat
- Verify your cat is relaxed

List 3 to 4 indicators that your cat is relaxed:

1. _____
2. _____
3. _____
4. _____

In the exam room:

The goal is to make the exam room a fun place for your cat to be. Engage your cat in some of his/her favorite activities. Offer your cat special treats to help create a pleasant association with the exam room. Work at your cat's pace.

- Allow your cat to come out of the carrier on his/her own. Open the door and have a non-slip surface for the cat to step onto. If your cat prefers to stay in the carrier, that is fine. Give some treats to your cat in the carrier.
- Allow your cat to explore the room at his/her own pace
- Offer treats, toys, and brushing with calm and relaxed attention from you

Have questions or unable to find something? We are here to help. A team member would be more than happy to help you!

Find the following Fear FreeSM environmental enhancements we have made in our hospital waiting area and/or exam room to create a pleasant experience for you and your cat:

What type of music do you hear? _____

A slow tempo of piano music may have a calming effect on you and your cat

We utilize calming scents in our hospital. Identify and list a calming scent and/or pheromone you see being used in our hospital.

Scent/pheromone: _____

Location: _____

What type of lighting are we using to create a more relaxed and calm atmosphere?

Lighting type: _____

Location: _____

We try to provide your cat with non-slip surfaces in our hospital. Identify one that you see in the exam room.

Team Member Interactions

Our team is specially trained to make our interactions with your cat as pleasant as possible. When meeting a cat, it is best to let them make the first move. Playing hard to get, will indicate to your cat that we are not threatening. Here are some things you should see us do when interacting with animals in the hospital. Cross off each interaction you see and include the team members name or initials.

_____ Avoid direct eye contact

_____ Turn sideways to appear smaller and less threatening

_____ Allow the pet to approach rather than approaching the pet

_____ Move smoothly and calmly

_____ Talk slowly and softly (spa like tone)

_____ Use treats with interactions

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