# Feline housesoiling therapy worksheet

**Consultation:** Housecall / Office / Phone

| Owner: __________________________ | Pet: __________________________ | Date: __________________________ |

**Medical**

Medical health issues to address:

Lab tests:

Medication, pheromones, etc.:

**General**

- Reduce anxiety/conflict stress
- Keep a diary
- Avoid punishment (no hit, yell)
- Interrupt in act
- Take or follow to litter and reward
- Remove odor
- Identify soiling cat
- Environmental enrichment
- Reward training
- Play enrich
- Avoid stressors
- 3D space

**Supervision/confinement**

- Length of time: _____ weeks
- Area of house: ______________________
- Cage _____
- Bell on the cat to aid supervision
- Harness on cat to aid supervision
- Prevent access to soiled areas or objects
- Prevent access to stimuli that trigger housesoiling

**Safeguard previously soiled areas**

Change the function of areas:

- Food bowls
- Bedding
- Play area, toys
- Scratching post

Alter desirability of areas:

- Double-stick tape
- Citrus product / deodorant
- Cologne/perfume
- Home-made booby traps
- Motion-activated alarm
- Motion-activated spray
- Cat repellents
- Moth balls

Cover furniture or floors with:

- Upside-down vinyl carpet runner
- Plastic
- Foil

Fill bathtub, sink, other with water, ping pong balls

Prevent access to area:

- Close off frequently soiled rooms
- Take up rugs
- Move furniture
Litterbox

____ Clean frequently ______ Self-cleaning litterbox
____ Increase number to ______ boxes ______ Change locations ______ More locations
____ Use empty litterbox or food tray ______ Use litter on only one side of litterbox
____ Offer different substrate: _____ clumping _____ sand _____ dirt _____ paper _____ sawdust _____ cedar
_____ carpet _____ clay _____ peat moss / leaves _____ wheat ______ litter brand ______ Litter attractants
____ Offer different boxes: _____ covered _____ uncovered _____ low sides _____ higher sides _____ larger

Miscellaneous

____ Prevent access to stimuli: _____ Remove strays _____ Block visual sites _____ Booby trap sites
____ Discourage visiting animals: _____ sprinkler _____ spray device _____ repellent / odor _____ odor removal
____ When stressful situations are anticipated: _____ confine _____ supervise _____ increase playtime

Assessment

Initiating factors ________________________________________________________________
____________________________________________________________________________

Maintaining factors __________________________________________________________
____________________________________________________________________________

Diagnosis/prognosis ____________________________________________________________
____________________________________________________________________________