

Mental enrichment for senior dogs is such an important component of their daily routine. Start with a challenge 5 minutes twice a day and work your way up to 15 to 20 minutes twice a day as tolerated by your dog.

Included in our handout is a list of multiple game types to play with your senior. We want to start off with easy puzzles that keep them motivated and work our way gradually up to more difficult ones which will differ by dog.

Please keep in mind, we do not want to challenge them so much that they are frustrated but rather find a balance with challenge and fun for them.

Tip: Utilizing food puzzles for mealtimes can be one of the simplest ways to start!

Great for Feeding Time (Kibble or Treats)

- 1) Lickimat Wobble Bowl (smear their favorite canned food into 'nubs' and add their dog food mixed on top)
- 2) Brain Bowl by Pawtology
- 3) Snuffle ball or snuffle mat
- 4) Ruffwear Gnawt a rock (for feeding)
- 5) West paw Toppl feeder (great for feeding)
- 6) Kong (great for frozen canned food alone or mixed with kibble)
- 7) Towel roll up (homemade, use a kitchen towel and hide pieces of kibble in it at different layers while rolling up)
- 8) Kong Gyro
- 9) Nina ottoman dog hide and slide
- 10) Nina ottoman dog brick (level 2)
- 11) Challenge slider outward hound
- 12) Outward hound dog tornado (for toothless dogs, we will do canned food with this bc its easy to clean)
- 13) Bob a lot interactive toy

DOG PUZZLES FOR SENIOR DOGS

by category
(links included)

Feeders/Puzzles to Start With

- 1) West Paw Toppl Feeder
- 2) Snuffle mat
- 3) Snuffle ball
- 4) Towel roll up
- 5) Nina Ottosan Tornado
- 6) Ruff wear Gnawt a rock
- 7) Kong Gyro

Dogs with Few Teeth

- 1) West Paw Toppl
- 2) Snuffle mats
- 3) Kongs - all sizes
- 4) Snuffle ball
- 5) Hide and Seek with Toppls around the house or small shallow plastic cups
- 6) Towel roll up
- 7) Muffin pan with plastic cover-ups or soft kitchen towels you don't mind rinsing

Soft Plush Puzzles/Toys

(great for kibble or treats)

- 1) Snuffle mat
- 2) Snuffle ball
- 3) Towel Roll Up (homemade)
- 4) Soft Plush Duck (our dogs love to carry this around)
- 5) Outward Hound Hide a Squirrel Dog Toy

COGNITIVE ENRICHMENT FOR SENIOR DOGS ASIDE FROM FOOD PUZZLES

Games with Senior Dogs

- 1) Treasure Hunt
- 2) Training session for 5-10 minutes
- 3) Busy box (homemade- get a shoebox or amazon box and hide treats amongst dog toys, kitchen towels, etc.)-
- 4) Muffin pan dog puzzle (homemade- use tennis balls or pieces of cloth to cover up food inside of each spot in a muffin pan)
- 5) Find the Toy
- 6) Hide and Seek
- 7) 'Which Hand Game' or the 'Shell Game' (use 3 cups and hide a treat under one and see if they can figure out which)