

[Your clinic name, logo, and phone number here]

When Caring for Your Pet Feels Like Too Much

Resources for the person behind the patient

Caring for a sick or aging pet is an act of love, and it can also be exhausting. If you are tired, stretched thin, or half-wondering how much longer you can keep this up, you are not failing your pet. You are human. The resources below exist to help you care for your companion *and* yourself. Please ask us about any of them. That is what we are here for.

Taking a Break Is Part of Good Care

You cannot pour from an empty cup. Trusted pet sitting, boarding, or daycare can give you room to attend the wedding, take the trip, or simply sleep. A break is not a lapse in your pet's care. It is part of it.

Options we recommend locally: _____

Understanding Your Pet's Quality of Life

When you are close to the day-to-day, it can be hard to see the bigger picture. These tools give you something concrete to hold onto, so the decisions ahead come from clear information rather than a hard moment at three in the morning.

- **Ohio State's "How Will I Know?" guide** — a gentle walk through the decision and the grief that comes with it. vmc.vet.osu.edu
- **The Quality of Life Scale (HHHHMM)** — a simple scored checklist to track how your pet is doing over time. caringpathways.com
- **IAAHPC resource hub** — quality-of-life scales, pain scales, and support gathered in one place. iaahpc.org

Support for the Grief You Feel Now

Grief often begins before the loss does, and that is normal, not disloyal. Pet-loss support lines and counselors are there for this stretch, not only afterward. You do not have to carry it alone.

Support line or counselor we suggest: _____

Care and Comfort at Home

For families who want their pet's final chapter to happen at home, on the couch, in the sun, in-home hospice and palliative care make that possible. Ask us whether it is a fit for your pet.

In-home providers we work with: _____

Whatever you decide, know this: you brought your pet to us because you care. That was never in question.

Adapted from "The Greatest Gift We Can Give Is Permission" · The Gray Oak Journal · grayoakjournal.com