



The Benefit of an Indoor Cat

If you want your cat to live a long and healthy life, keep them inside.

On average, indoor-only cats live ten to fifteen years longer than cats who go outdoors. In addition, indoor cats have better daily health, suffer drastically fewer illnesses, infections and injuries, and avoid the risk of predators, poisons, or becoming lost or stolen.

You'll also benefit from having an indoor-only cat: a healthier cat with fewer visits to the vet; reduced risk of transmittable diseases; a flea-free zone; appreciative neighbors; and the peace of mind knowing that your cat is safe and comfortable.

With a little work, you can give your cat an interesting environment that can provide all the stimulation of outdoors in a safe, fun, indoor setting:

- **Resting perches**

Indoor cats love to look outdoors. Make a resting shelf, or high perch, by a window, so your cat can see outside. You can also find commercially available shelves, made to attach to window frames, at your local pet store.

- **Toys**

Keep lots of different kinds of toys to intrigue different parts of your cat's brain, and play games that appeal to their instinct. Include bags and boxes, 'chase' toys (balls, small objects, etc.) and 'kill' toys (catnip animals such as stuffed mice). Get lots of interactive toys, like fishing poles with toys attached or feather toys, and play with your cat regularly. Use these tips to keep things interesting (for both of you!):

- Rotate the toys. Store 'out of play' toys in a large jar with some loose catnip.
- Hide toys and treats around the house.
- Suspend toys from tables or door handles.

- **Open a screened window**

Access to the smells and sounds of the great outdoors can provide hours of enjoyment for your cat. Make sure the screen is secure and never leave your cat unattended near an open window.

- **A clean litter box**

Scoop your cat's litter daily to provide a clean 'bathroom'.

- **Supervised outdoor visits**

Train your cat to use a leash and harness for supervised trips outdoors, where they can feel the dirt and grass on their paws and the sunshine on their fur. If you're the handy type, build a secure outdoor enclosure for your cat. Attach it to a window or door for access to the litter box and the safety and security of indoors.

- **Adopt a friend**

If your cat needs a friend, visit your local shelter to adopt another cat that's healthy and disease-free.

As a responsible cat owner, you know that cats need a caring home to be healthy and happy. Keeping them indoors, and providing a rich indoor environment, is a critical part of providing that caring home.