



Equipping Your Foster Network for Fear Free Medical Fostering

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Learning Objectives

- How to prepare before your foster comes home
- Decreasing the stress associated with travel and administering medications
- Signs of stress transition to the new environments
- How to prevent the spread of disease in foster homes
- Tips to transition them into new environments



Congrats on your new
foster

How to prepare before your foster comes home



What supplies you will need


Discuss your foster animal's disposition and any special needs

Any likes or dislikes

Policies for handling medical, behavior, and/or emergency situations

Create a safe haven

EMR-EMOTIONAL MEDICAL RECORDS



My name is:

Intake date: Shelter ID Number:

My favorite treats are: Chose one:
 I have favorite people.
 I love everyone.

My favorite toys are: List names here:

My favorite thing to do is:

Things that work best for me here include:

FAS	Day/Date	Notes on how I am feeling and behaving in the shelter
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www.fearfreehappyhomes.com Helping pets live happy, healthy, full lives



The Safe Haven

Clean and disinfect the area

Set up the room with everything the animal needs

Create a calm and comfy environment

Quiet and separate room away from other pets

Cat/dog proof

Meet individual animals needs (senior, mobility, medical, etc)



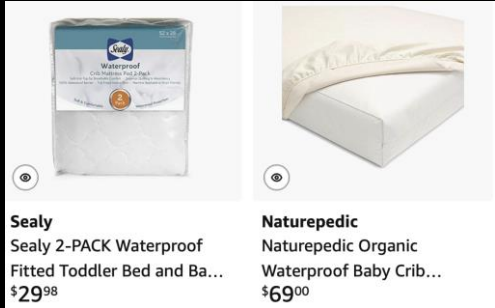


<https://www.preventivet.com/cats/setting-up-your-foster-cat-space>



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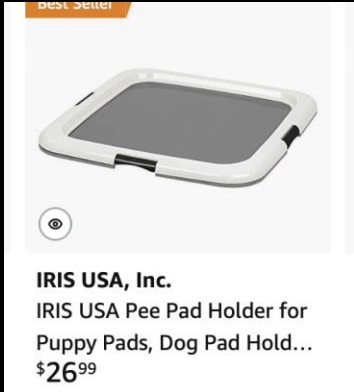




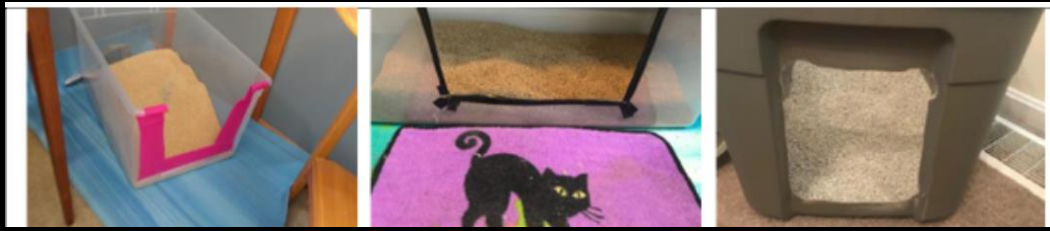
Sealy
Sealy 2-PACK Waterproof Fitted Toddler Bed and Ba...
\$29⁹⁸

Naturepedic
Naturepedic Organic Waterproof Baby Crib...
\$69⁰⁰

Amazon.com



IRIS USA, Inc.
IRIS USA Pee Pad Holder for Puppy Pads, Dog Pad Hold...
\$26⁹⁹



Meet individual animals needs



The trip home

Safe, secure, & comfortable resting area
-non-slip surfaces, cover crate/carrier, right size carrier/crate

Comfortable temperature

Play classical music

Avoid feeling rushed

Prevent carsickness

Utilize calming aids

-thundershirt, pheromones (thunderease),
calming cap, nutraceuticals etc)



The first day at home

- Allowing them to slowly acclimate and explore your new home at their own pace
- Give the animal time and space
- Interact with them on their own terms
- Take dogs outside to go potty and explore the backyard first
- Do not introduce them to other animals or visitors as they are settling in
- Listen and respect body language



Adjusting to new environment

- Calm and consistent environment
- Routine: create structure and stability
- Provide positive and consistent human interactions
- Respect for sense of smell
- Enrichment
- Watch for changes in their health
- May note signs of stress





FEAR FREE
Taking the pet out of petrified.

HOW TO GREET A CAT

Using Proper Cat Etiquette
#ASKFIRST

Assess the cat's
body language

Present your finger
or soft hand
(not extending out
into their space)

If the cat rubs/leans
into you, that is them
saying, "please pet
me"

If the cat sniffs and
walks away, no insult to
you, but they do not
want to be petted right
now

Most cats prefer gentle
strokes under the chin,
cheeks, and forehead

Let the cat initiate,
choose, and control
the type of human
contact

When the cat ends
the interaction, do
not pursue more



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HOW TO GREET A DOG

Using Proper Dog Etiquette
#ASKFIRST

Assess the dog's
body language

Avoid direct eye
contact (staring) rushing
up, looming over, or
reaching towards or
over the dog

Let the dog initiate,
choose, and control
the type of human
contact

If the dog rubs/leans into
you with relaxed body
language, they are saying
"I'm comfortable w/ petting"

Gently pet the shoulders,
chest, and base of neck
as most dogs prefer this

After stroking for a few
seconds, gently remove
hand. If dog wants more,
they will nudge or lean in
for more

When the dog ends
the interaction, do
not pursue more



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Respect for sense of smell

- Rescue
- Familiar bedding
- Scratching areas
- Facial marking
- Avoid aversive scents
- Pheromones
- Scent enrichment





Signs of stress transition to the new environments



Hiding

Destructive behaviors

Housoiling

Lack of appetite

Less active

Increase in vocalization

Important to be able to identify signs of stress



Introductions

Separate

Guide the interactions

Safety and management

Pay attention to body language

Keep it positive

Never force an introduction

Meet physical and mental needs

Provide multiple and separated key environmental resources



Enrichment

Animals have natural behaviors and needs, and they must have opportunities to express those behaviors.

This is where enrichment comes in, providing enrichment for cats and dogs allows them to express these behaviors. An enriched environment provides an environment in which an animal has variety, choice, and control over their daily activities.

Providing for cats and dogs mental well-being is just as important as providing for their physical well-being.



Provide opportunities for play behavior

Play is crucial in keeping animals happy and healthy.

Play behavior is a way for cats to exercise their hunting instinct. Toys that mimic predatory behavior, such as interactive wand toys, are a great way to not only encourage play, but for cat and human to bond.

Flirt poles for dogs

Puzzle toys

Self Play: provide a variety of toys



Scratching surfaces

Scratching is a normal behavior that serves many functions

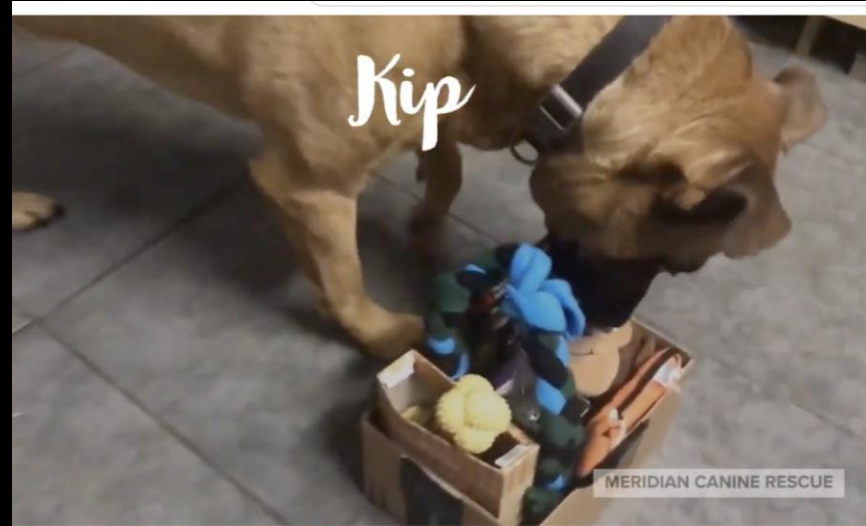
Carpet remnants : Use hole punch to make a hole at the top and bottom and attach to cages with plastic shower hooks or zip ties

Stretch and Scratch: cardboard scratchers made to fit cages (stretchandscratch.com)



Box Enrichment

MERIDIAN CANINE RESCUE



Box Enrichment

MERIDIAN CANINE RESCUE



Olfactory (smell)

Helps to encourage exploration and play and relieves stress

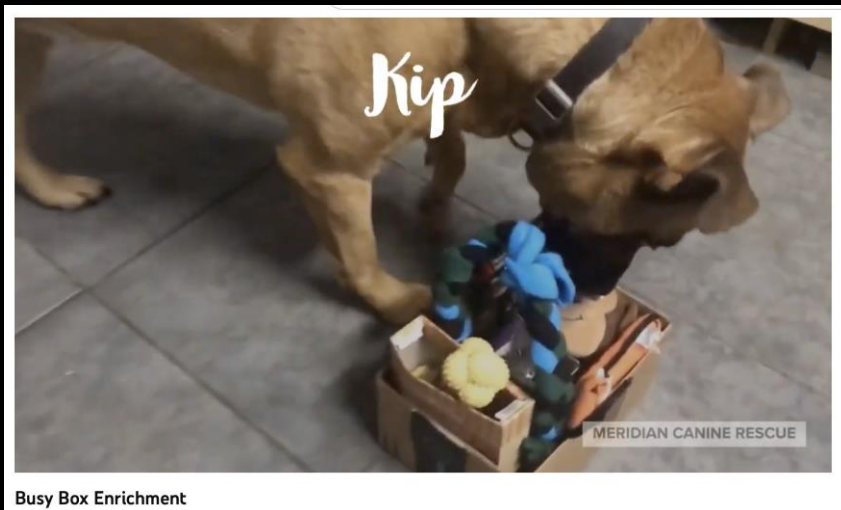
Use pheromones to create calm environment (Feliway)

Place a small amount of a scent in a sock, paper ball toys, boxes, bags, etc

Catnip, silvervine, valerian root, honey suckle, cat grasses

Scratching





Olfactory (smell)

Use pheromones to create calm environment (ThunderEase prev. Adaptil)

Find it/Nose work: place a small amount of a scent in a box, bag, paper towel roll

Pick a new scent or “scent of the day” to add to the kennel

Animal scents(duck, squirrel, etc), Lavender, almond ,chamomile, vanilla, cedar, diluted in a spray bottle

Scent walks in nearby different areas





Sight

- Interactive cat toys
- birdfeeder in window
- Cat/dog videos * only play for short intervals
- perpetual motion cat toy (panic mouse, flingamastring)
- blowing bubbles (catnip, liver or PB scented)
- Pinwheels
- Fluttery and reflective mobiles
- Visual barriers
- Change of scenery
- Windchimes
- Toy Rotation



Taste

Provide various treats

Food puzzle toys

Divide daily food amounts into multiple portions

Give food for training and behavior modification sessions

Food Puzzle Toys

Paper towel roll puzzle toys: cut paper towel roll in half, fold in ends and cut a few small to large holes, place in treats. As cats begin to use these more, cut smaller holes to make it more fun for the cats!

Water bottles/Milk jug puzzle toys: Take empty water bottles, remove wrapper, cut a few small to large holes, can leave lid on or off for increasing difficulty for the puzzle toys

Bottle cap “kongs”- Take caps of bottles and filled with liver paste and chicken baby food and freeze.

Kongs

Provide treats or dehydrated meat hide under rug or towel for them to find

Busy Box: Spread delicious treat over inside of box, throw in kibble, interlock box and shake the box to stick food to a delicious treat

Egg carton

Muffin tin (add tennis balls to increase the challenge)



Tactile



Provide adequate traction on floors

Nonslip surfaces in cage

Provide options for soft resting places

Elevated areas

Hiding areas

Scratching surfaces

Toys

Provide positive, consistent, and predictable human-animal interaction

Touch

Regular access to different toys for a varied tactile experience

Brushing and Petting

Provide positive, consistent and predictable human-animal interaction

Fear Free/ Low Stress Handling

Make sure to identify the kind of touch the animal appreciates



HOW TO:
**SMART X 50
DOG TRAINING
METHOD**

STEP 1:



Get 50 low calorie treats ready.
Place treats in a bowl in a
central location in your home.

STEP 2:



See positive behaviors. Actively
look for instances your dog does
things you want them to do
without asking.

STEP 3:



Mark and reward. When you
see your dog do one of these
positive behaviors, mark and
reward.

STEP 4:



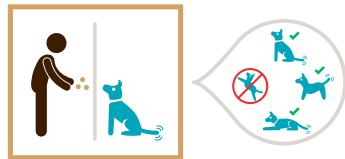
Repeat 50 Xs. Repeat steps two
and three 50 times a day.

pupford

Treat for Calm

Help us create happier, calmer,
more adoptable shelter pets by
rewarding our dogs for calm behavior.

If you see a dog sitting, standing or
laying quietly (no jumping or barking),
give a smile and a treat!



Sponsored by:



Training

Build trust

Positively reinforce wanted behaviors

Reinforce Calm behaviors

Work with credentialed and evidence-
based trainers/behavior consultants

-Red and green light training FF resource

Taste

Increased ability to detect tastes

Individual preferences

Diseases and medications can alter taste perception, and nausea can be associated with a particular food.





Medication tips:

Be calm and prepared and have a plan

Create a list of reinforcers your animal loves

Make it comfortable

Keep it positive

Develop a routine

Use considerate approach

Use gentle control

Pilling cats with care

Touching your pet's face by creating a 'C' with your thumb and index finger and placing your fingers over your pet's nose or, for small dogs and cats, over their forehead with your fingers behind their whiskers and lips.

Begin to tip your pet's head back and follow the action with a treat.

Next, with one hand stabilizing the nose/head and tilting it back, use your middle finger on your other hand to touch the front of your pet's lower jaw. Give a treat.

Holding a pea-size treat between your thumb and index finger, tilt the head back, and place your middle finger on the lower jaw. When your pet opens his mouth, place the treat in.



Medication tips for cats and dogs ✨



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Medication tips

Medication tips

1-2-3

High-value food

Place on textured surface and place food over

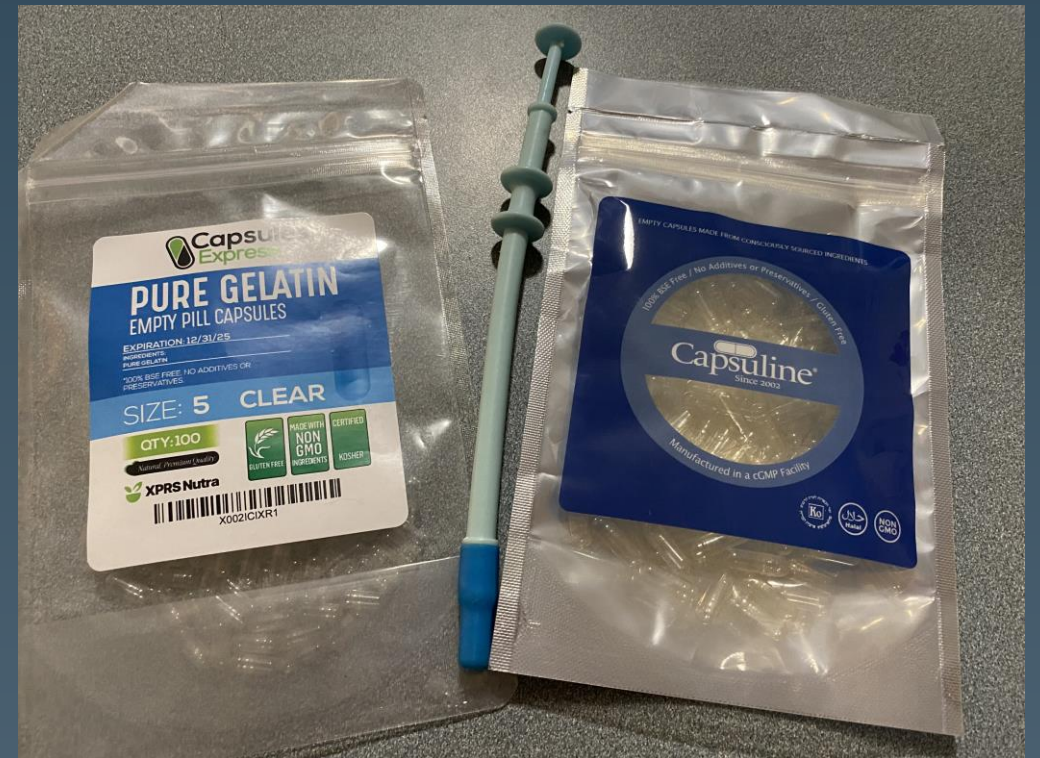
Gelatin capsules

Compounding medications

Pill popper

Pill cutter

Ask for help



**Diseases
commonly
seen in shelter
animals**

If foster pets do become sick, the most common conditions tend to be respiratory infections.

Feline Upper Respiratory Infection, “URI”

Canine Respiratory Disease Complex,
“Kennel Cough.”

Less common diseases are feline panleukopenia or canine parvovirus, and ringworm.



How to prevent the spread of disease in foster homes

Vaccinate

Isolate pets who have infectious disease

Avoid Disease transmission through the air and fomites

Wear PPE

Clean and disinfect

Cleaning protocols



Cincinnati Animal CARE Brittney W

In conclusion

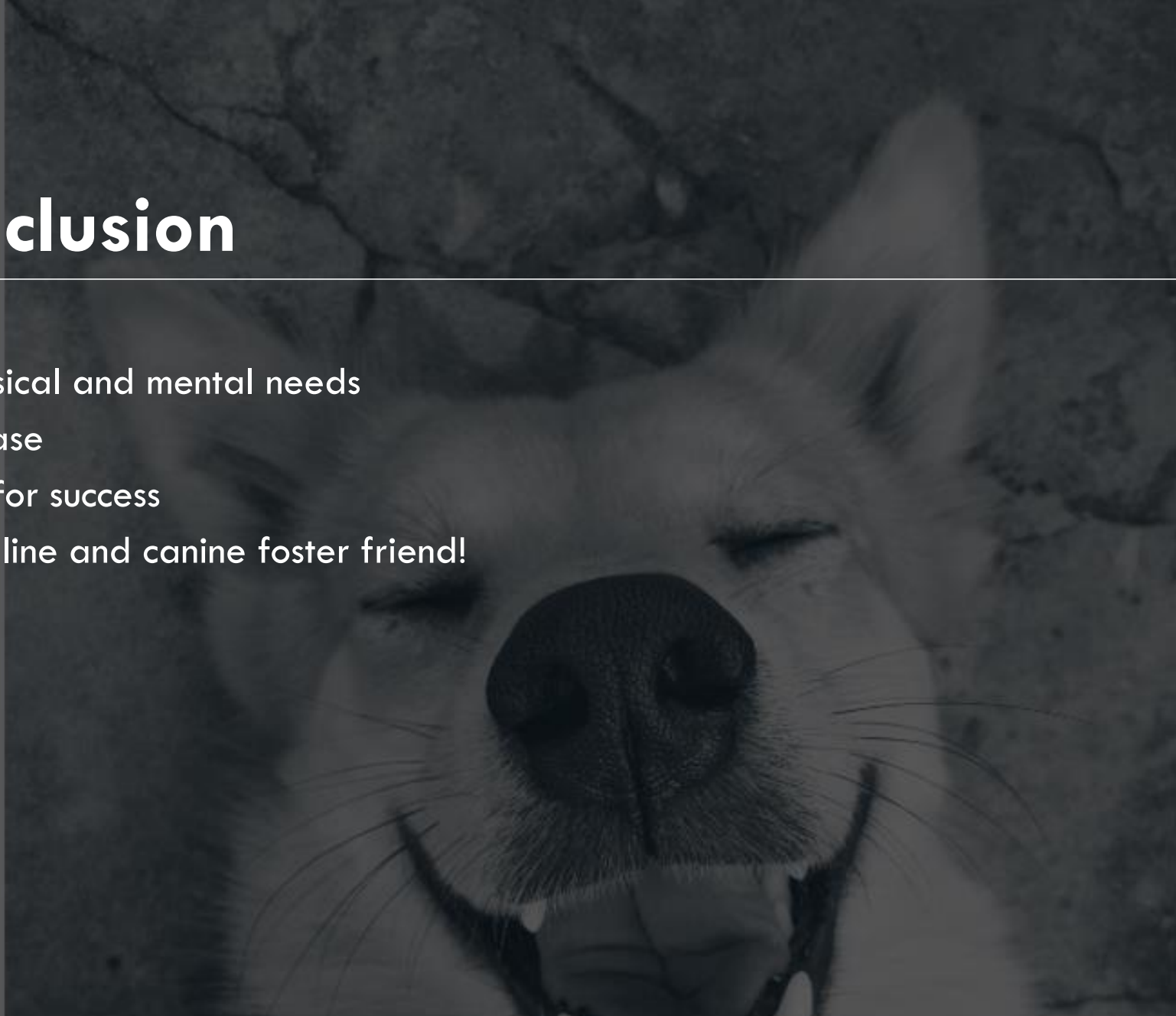
Be prepared

Address physical and mental needs

Prevent disease

Set them up for success

Enjoy your feline and canine foster friend!





**Thank you for everything you
do!**

Thank you! Questions ?



Behavior solutions for cats, dogs, and their people



Website:
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Podcast:
Tails From A Vet Tech

