



Adult Cat Adoption Guide

You've welcomed a wonderful adult cat into your world. Here's everything you need to help them settle in comfortably and thrive.

Preparing Your Home

Adult cats tend to adapt well, but they still appreciate a safe setup. A little preparation makes a big difference.

- Secure loose cords and cables to avoid chewing or entanglement.
- Remove toxins like medications and cleaning products from easy reach.
- Keep breakable items off edges where curious paws may reach.
- Confirm houseplants are safe for cats; many common ones are not.
- Create one quiet retreat zone with soft bedding and low foot traffic.

The First Few Days

Adult cats sometimes take things slowly. Here's how to help them settle in.

- Start with one room so they don't feel overwhelmed.
- Keep food, water, and a litter tray close by.
- Sit nearby and let them approach you when ready.
- Avoid loud noises or sudden movements early on.
- Allow several days for confidence to grow.

Essentials Checklist:

Item
Food and water bowls
Quality adult cat food
Litter box and preferred litter
Scratching post or scratching pad
Comfortable bed or hideaway
Interactive toys
Cat carrier
Brush and nail clippers
Pet-safe first-aid kit



Litter Habits

Most adult cats already understand litter trays, but they may need help adjusting to your setup.

- Place trays in calm locations.
- Offer their preferred litter texture if known.
- Scoop daily to maintain hygiene.
- Provide multiple trays in multi-cat homes.
- Never punish accidents; stress often plays a role.

Feeding Your Adult Cat

Adult cats thrive on consistent, balanced meals. Choose an adult formula that suits their lifestyle and health needs.

Some enjoy mixed feeding, using both wet and dry food for variety. Watch their weight closely and adjust portions as needed.

Feeding Guidelines:

- Provide fresh water at all times.
- Stick to an adult cat diet recommended by your vet.
- Feed once or twice a day depending on preference.
- Avoid sudden diet changes; transition slowly.



Foods to Avoid:

- Chocolate
- Raw meat or raw fish
- Grapes or raisins
- Onion and garlic
- Alcohol
- Dairy products

Grooming

Grooming keeps your cat's coat healthy and strengthens your bond.

- Brush weekly for short-haired cats and daily for long-haired cats.
- Trim nails every few weeks.
- Check ears monthly for dirt or irritation.
- Only bathe if truly necessary.



Socialisation and Play

Adult cats love play, even if they pretend otherwise. A little enrichment goes a long way.

Safe Play Tips:

- Use wand toys to mimic prey.
- Offer puzzle feeders for mealtime enrichment.
- Rotate toys so they stay interesting.
- Avoid small pieces that could be swallowed.

Recommended Toys:

- Wand toys
- Jingle balls
- Scratching posts
- Soft plush toys



Health Care

Routine vet care keeps your adult cat feeling their best.

- Keep vaccinations up to date.
- Maintain flea and tick prevention.
- Schedule yearly health checks.
- Monitor weight and appetite changes.
- Track any changes in behaviour.

When to Call the Vet:

- Vomiting or diarrhoea
- Difficulty breathing
- Loss of appetite
- Lethargy
- Sudden behaviour changes



Conclusion

Your new cat is lucky to have you. With patience, love, and a steady routine, they'll settle in beautifully and become a cherished part of your life.

If you need support, Paws a moment is here to help anytime.

