The domain is all values that y is allowed to be. Since I can't divide by zero (division by zero isn't allowed,

 $y=\pm 4$ then the domain of p is $\{y \mid y \neq 4 \text{ or } -4\}$

I need to find all values of y that would cause division by zero.

The domain will then be all other y-values.

When is this denominator equal to zero?

 $y^2 - 16 = 0$