

THINKING ABOUT ADOPTING A SENIOR?

Rescue A Golden of Arizona

WHAT TO KNOW BEFORE YOU DECIDE

Senior Goldens (generally 8 years and older) have so much love to give. This handout helps you understand what to expect so you can decide if a senior is the right fit for your household, schedule, and lifestyle.



THE MANY REWARDS

- **Loving and grateful companions.** Senior Goldens often form deep bonds and seem to know they've been given a second chance.
- **Calmer energy.** Many are past the puppy and adolescent stages and enjoy a more relaxed lifestyle.
- **Already house-trained.** Most seniors are already house-trained and understand basic manners.
- **Established personalities.** You know what you're getting — their size, temperament, and energy level are usually well known.
- **A chance to make a difference.** Adopting a senior gives a deserving dog a comfortable, loving home for their golden years.

HOUSEHOLD FIT

- **A calmer lifestyle.** Seniors are often a good fit for families who prefer a more relaxed pace.
- **Time at home.** While many seniors are comfortable being alone for moderate periods, they still need daily attention, companionship, and care.
- **Children.** Seniors can do well with respectful children who understand their need for a gentler approach.
- **Other pets.** With proper introductions, many seniors live happily with other dogs or pets.
- **Home environment.** Easy access to food, water, and comfortable resting areas helps them stay safe and comfortable.
- **Flexibility.** Be prepared to adjust to their individual needs as they age.

HEALTH & DAILY CARE

- **Age-related conditions.** Seniors may have arthritis, vision or hearing changes, or other age-related medical needs.
- **Ongoing veterinary care.** Regular checkups and monitoring help keep them comfortable.
- **Medications.** Some seniors may require daily medication or supplements.
- **Mobility support.** They may benefit from joint support, rugs or ramps, and comfortable bedding.
- **Exercise needs.** Many seniors enjoy shorter, gentler walks and mental stimulation instead of intense exercise.
- **Special diet.** Some may do best with a senior or prescription diet.
- **Our commitment.** Senior Goldens receive the same Gold Standard of veterinary care as all dogs in our care.

THE 3-3-3 RULE

Many rescues use the 3-3-3 rule as a general guide to adjustment. Every dog is different, but it can help set expectations.

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First 3 Days: Decompression

Your new senior may feel overwhelmed, confused, or unsure after a big change. They may be quiet, hide, sleep more, or have a reduced appetite. Give them time, calm, quiet space and allow them to settle in at their own pace.

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First 3 Weeks: Learning the Routine

Your senior begins to feel more secure, learn the household routine, and show their true personality. They may become more comfortable, enjoy attention, and start to engage in daily activities.

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First 3 Months: Building Trust

Your senior is settling in, feeling at home, and building a lasting bond. Continue to provide a consistent routine, veterinary care, and plenty of love and patience.



A senior Golden may be the perfect fit for your family — offering love, companionship, and gratitude, with a little extra care and understanding.

