

ADULT CAT ADOPTION GUIDE

Congratulations on adopting a cat from Pasadena Humane. Here are some tips on how to ensure a smooth transition into your home.

Take It Slow

- Even the most confident of cats take a few days to find their bearings.
- On average, it can take your pet three days to begin eating and sleeping normally, three weeks for them to start settling into a new routine, and three months before feeling fully at home.

Set Up a Sanctuary Room

- Set your cat up for success by acclimating them first to a “sanctuary room” that is small, has a door that can close, and provides all the essentials.
- Sanctuary rooms are only temporary. Give more access slowly after their third night home or when they are feeling more confident in their new environment.

Benefits of a Sanctuary Room

- Provides kitty with a safe space to acclimate to new sounds, smells and routines.
- Helps slowly introduce family members and resident pets.
- Keeps kitty from disappearing under beds, behind heavy furniture or other inaccessible areas.
- Helps build your kitty’s confidence faster than giving free access to your whole home right away.

Getting to Know Your New Cat

- Give your cat plenty of time and space to decompress.
- Play is a great way to establish a bond with your cat.
- Consider feeding small meals a few times a day.
- Let your cat decide when to approach you for petting.
- Watch your cat’s body language. Swiveled ears, swishing tail or hissing are signs that they are nervous and is a cue for you to take a break from touch or handling.
- All cats are different! Given adequate time, they will learn to trust you and their new home.
- Wait until the kitty is settled in before taking them to the vet, trimming nails or introducing them to friends.

We are always here to help! You can find additional behavior and training resources at pasadenahumane.org/behavior.

Need More Help?

Find additional resources at pasadenahumane.org/behavior.

New Cat Shopping List*

- Canned cat food
- Dry kibble
- Food & water bowls
- Litter box
- Litter
- Scratching pad or cat tree
- Toys, including interactive wand toy
- Cat carrier

*All these items can be purchased in our Shelter Shop.

SMART TIP: Take It Slow

While you may be excited to give your new kitty access to your whole home right away, this may overwhelm them. To prevent hiding in hard to reach places, a sanctuary room is the best way to start.



PASADENA HUMANE

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