



Senior Horse Care Planner

Ten printable worksheets to track your aging horse's health, feed, farrier and dental schedule, medications, and quality of life, all in one organized place.

What's Inside

- 01** Health & Vital Signs Log — temp, pulse, respiration, attitude
- 02** Feed & Body Condition Tracker — weight and Henneke score
- 03** Farrier & Dental Schedule — trims, shoes, floats, due dates
- 04** Deworming & Vaccination Record — products, dates, next due
- 05** Medication & Supplement Tracker — dose, route, frequency
- 06** Vet Visit Prep Sheet — concerns and questions to ask
- 07** Quality of Life Scale — scored welfare checklist
- 08** Emergency Information Sheet — vet, farrier, colic plan
- 09** Winter Care Checklist — blanketing, water, forage
- 10** Monthly Wellness Check — 12-month tracking template

How to use this planner: Print the worksheets you need and keep them in a barn binder. Bring the health log, feed and body-condition tracker, and farrier/dental schedule to every vet, farrier, and dentist visit. Tracking weight, body condition, and coat changes month to

month helps catch PPID, dental trouble, and weight loss early, when they are easiest to manage.

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Health & Vital Signs Log

A printable log for tracking your senior horse's resting vital signs

Horse's Name:

Breed:

Age:

Weight / Height:

Known Conditions:

Date:

Never start, stop, or change a medication without veterinary guidance. Some drugs (such as phenylbutazone and firocoxib) should not be combined, and NSAIDs carry risks for ulcers and kidneys. Always confirm doses with your veterinarian.

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Vet Visit Prep Sheet

A printable worksheet to prepare for your senior horse's veterinary appointment

Horse's Name:

Breed:

Age:

Weight / Height:

Known Conditions:

Date:

1. Symptoms & Concerns Checklist

Check anything you have noticed since the last visit so nothing is forgotten in the appointment.

- Off feed or reduced appetite
 - Weight loss or gain
 - Coughing or nasal discharge
 - Lameness or stiffness
 - Changes in manure (loose, dry, less)
 - Reduced water intake
 - Lethargy or attitude change
 - Coat changes or delayed shedding
 - Lumps, swelling, or wounds
 - Eye changes or discharge
 - Increased lying down
 - Signs of colic (pawing, rolling, flank-watching)
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2. Current Medications & Supplements

Bring an up-to-date list so your vet can check interactions.

Medication / Supplement	Dose	Frequency	Reason
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3. Recent Changes

Diet, turnout, herd, workload, behavior, or environment changes since the last visit.

What Changed	When	Observed Effect
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Quality of Life Scale for Horses

A printable scored checklist to assess your senior horse's wellbeing over time

Horse's Name:	Breed:
Age:	Weight / Height:
Known Conditions:	Date:

1. Quality of Life Assessment

Score each category from 0 to 5 (0 = very poor, 5 = excellent). Repeat regularly to track trends over time. A declining or consistently low total is a prompt to talk with your vet.

Category	Today's Score (0-5)	Score (Date: ____)
Appetite & Hydration Eating and drinking willingly; maintaining intake
Weight & Body Condition Stable, healthy body condition score
Mobility & Comfort Moves freely; minimal stiffness or lameness
Attitude & Herd Interaction Alert, engaged, interacts with herd and people
Ability to Lie Down & Rise Can get up and down without struggle
Pain Signs Free of pain behaviors (grinding, sweating, dull eye, guarding)
Good Days vs Bad Days More good days than bad

Total Score (out of 35)	Today	Follow-up
Sum of all categories

Emergency Information Sheet

A printable barn-posting sheet with key contacts and your horse's emergency plan

Horse's Name:	Breed:
Age:	Weight / Height:
Known Conditions:	Date:

1. Horse Details

Post this sheet on the stall or barn board so anyone can act fast in an emergency.

Detail	Information
Barn name
Registered name
Breed / Color / Markings
Age / Sex
Microchip / Brand / Tattoo #
Stall / Pasture location

2. Owner & Barn Contacts

Contact	Name / Phone
Owner name
Owner phone
Secondary owner / Agent
Barn manager
Emergency decision-maker

3. Veterinary, Farrier & Insurance

Service	Name / Phone / Policy
Primary equine vet
Primary vet phone
Emergency / after-hours vet
Emergency vet phone
Hauling / trailer contact
Farrier
Insurance company & policy #
Mortality / colic surgery coverage?

4. Colic & Emergency Plan

Decide in advance so caregivers know your wishes during a crisis.

Decision	Instruction
Surgery authorized? (yes / no / call first)
Spending limit before contact
Preferred referral hospital
Trailer available on-site?

5. Current Medications

List all medications and the last dose times in case of emergency.

Medication	Dose	Frequency	Last Given
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6. Special Instructions

Allergies, drug sensitivities, temperament, handling notes, or anything a first responder should know.

Keep this sheet current and visible in the barn. In any emergency, contact your veterinarian immediately. Pre-deciding colic surgery and spending limits reduces delays during a true crisis.

Senior Horse Winter Care Checklist

A printable checklist to keep your senior horse safe and comfortable through winter

Horse's Name:

Breed:

Age:

Weight / Height:

Known Conditions:

Date:

1. Water & Hydration

Cold weather reduces drinking, raising impaction colic risk. Aim for 5 to 10 gallons per day.

- Check and break ice on troughs at least twice daily
 - Use a tank or bucket heater (inspect cord for safety)
 - Offer water near 45–65°F to encourage drinking
 - Add loose salt or a salt block to promote intake
 - Consider soaked feeds or warm mashes for extra water
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2. Forage & Feed

Digesting hay generates body heat. Increase forage before adding blankets.

- Increase hay during cold snaps (heat comes from fiber, not grain)
 - Provide free-choice or extra hay overnight
 - Use a slow-feed net for hard keepers and dental cases
 - Offer soaked hay or hay replacer for poor teeth
 - Monitor that senior gets its share away from the herd
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3. Blanketing

Seniors and clipped, thin, or PPID horses often need blankets; healthy unclipped horses may not.

- Blanket if clipped, thin (BCS under 4), or compromised
 - Use a waterproof, properly fitted turnout blanket
 - Check daily for rubs, slipping, and dampness underneath
 - Remove and dry blankets that get wet to prevent chills
 - Feel under the blanket for warmth, not just outside temperature
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4. Shelter & Footing

Protection from wind and wet matters more than cold alone.

- Provide a run-in shed or windbreak from prevailing wind
 - Keep bedding deep and dry for lying down
 - Sand or grit icy gateways and high-traffic paths
 - Watch for ice balling in hooves; pick out regularly
 - Ensure footing is safe for stiff, arthritic seniors
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5. Body Condition & Health Checks

Winter coats hide weight loss, so check by hand often.

- Hands-on body condition check weekly (coat hides ribs)
 - Watch for shivering, tucked posture, or huddling
 - Monitor for reduced manure (impaction warning sign)
 - Keep up farrier visits even if unshod in winter
 - Maintain PPID / pergolide medication through winter
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