

## Enrichment for your Cat

Enriching the environment for your indoor cat can help her live a happy, fulfilled life and may prevent behavioral problems. Cats love having access to multiple resources. If you have more than one cat, the need increases. Resources can include: litter boxes, food, resting spots, window perches, toys, cat trees, etc.

### Recommended Resources

**Bring the Outside In:** Research has proven that cats live three times longer living inside. To bring the outside in, put a window perch or cat tree in front of a window and place a bird bath or a bird/squirrel feeder outside for their enjoyment. Grow kitty grass inside (and catnip if you have a very sunny spot) for your cat to feast on. “Catios” are also a fun solution to allow “outside” time but in a protected, fenced in environment.

**Resting Spots and Cat Trees:** Cats love their naps and providing safe places for them to curl up can be enhanced when their resting spots are at different levels: a cozy nook up on a bookshelf, the top platform of a cat tree, or a tucked-away bed down by the fireplace are all great options. The more cats you have the more variety and options they need.

**Scratching Posts:** Scratching is a normal and healthy cat behavior. Some cats like to scratch on horizontal surfaces while others prefer vertical posts. Find your cat’s preference by giving your cat choices. If your cat responds to catnip you can use it to lure him to use the scratching post and remember to always **praise** him when using the designated spot.

**Toys:** Toys that encourage interactive play while discouraging rough play with hands and feet are a great way to interact with your cat. Popular toys include: Crazy Circle, Feather Bouncer, Cat Dancer, Neko Flies Cat Toys, and tunnels.

**Food/Treat dispensers:** Cats have a natural instinct to search for food so feed and/or treat your cat from one of the many food dispensing toys available.

### Multi-Cat Homes Need Multiples of Everything

Cats find comfort in knowing that resources are abundant and accessible. A good example is the litter box. If it cannot be accessed without another cat’s intimidating presence, then it’s time to add more!

- One litter box per cat, plus one extra, placed in different locations
- Provide two or three feeding areas, including water
- Multiple scratching posts and Multiple hiding spots and/or window perches
- **Daily playtime with you! Don’t underestimate the importance of this.**

Remember to consider the physical limitations of your cats, especially as they get older. Can they still get into the litter box? Can they access their favorite sleeping spots or use the window perch? Older cats might seek more heat and enjoy having their bed close to a heater vent to stay warm.

### Suggested Reading

**Catification: Designing a Happy and Stylish Home for your Cat (and You!)** by Jackson Galaxy and Kate Benjamin  
**Beyond Squeaky Toys** by Nicole Nicassio-Hiskey and Cinthia Alia Mitchell

**Feral Cat Coalition of Portland** holds an annual Catio Tour. Learn more and view photos from past tours:  
[feralcats.com/catio/](http://feralcats.com/catio/)

**Need help? Call our free pet behavior help line at (503) 416-2983.**