Cat breeds

Sokoke

Offer climbing routes, hiding places and interactive games. Gently maintain the short coat and introduce household changes at the individual cat's pace.

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Size	**Medium**
Adult weight (kg)	**Not specified in the cited source**
Typical lifespan (years)	**Not specified in the cited source**
Coat	**Short, ticked tabby**
Origin	**Kenya**

A breed can help you prepare, but it is not a diagnosis or a care prescription. Ask your veterinarian to shape an individual plan.

Editable daily example

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A cat-centred daily rhythm

Planned time	Task / agreed amount
08:00	Food and water
09:00	Play and enrichment · 5 min
13:00	Food and water
18:00	Play and enrichment · 5 min
20:00	Food and water

A cat-centred daily rhythm

Offer several short, choice-based play opportunities across the day: wand play, safe searching or food puzzles. Let the cat catch the toy, pause or leave. Add stable vertical space, hiding places and scratching surfaces; rotate toys and supervise strings or small parts.

Keep boxes clean, easy to reach and away from food and noisy traffic. A common starting point is one box per cat plus one extra, placed in separate locations where possible. Scoop at least daily; provide distinct resting, scratching, hiding and feeding areas in multi-cat homes.

Food and water

Choose a complete food suited to life stage and health. Measure the daily amount with your veterinary team, divide it into a pattern that suits the cat, and keep fresh water available in a separate, accessible place. Do not infer calories or portions from breed weight ranges.

Medication and handover

Record only medication prescribed for this cat: name, prescribed dose, route, interval, food instructions, dates, and who gave it and when. Check the record before repeating a dose. For a missed dose or reaction, contact the clinic; do not double a dose or change treatment yourself.

Sleep and quiet rest

Cats rest in many short periods across day and night, and the pattern varies with age, health and the home. Provide a warm, quiet, accessible choice of resting places where the cat can retreat undisturbed. A sudden change in sleep, comfort or ability to settle deserves veterinary discussion.

Newborn and very young kitten

From birth, follow a veterinary or experienced rescue plan for warmth, nursing or safe feeding, elimination and individual weight checks. Weakness, feeling cold, difficulty breathing or inability to feed needs prompt veterinary help; an adult schedule must never delay care.

Kitten: birth to 1 year

Support steady growth with a complete kitten diet, frequent age-appropriate meals, safe play and regular veterinary preventive care. Follow the clinic’s vaccination, parasite and sterilization advice; activity and feeding needs change quickly as the kitten grows.

Young adult: 1–6 years

Build a stable rhythm around measured complete meals, daily play, clean litter and routine preventive visits. Adjust food and activity to body condition, indoor access, health and the cat’s response rather than breed assumptions.

Mature adult: 7–10 years

Keep preventive reviews and note changes in appetite, thirst, weight, grooming, movement or litter habits. Ask the veterinarian whether the check-up schedule or screening should change for this cat.

Senior: over 10 years

Make food, water, litter and favourite resting places easy to reach. Discuss check-up frequency with the veterinarian and record subtle changes in appetite, comfort, sleep, mobility or social behaviour; do not dismiss a new sign as age alone.

Very senior or frail at any age

Prioritise comfort, warmth, low-effort access to essentials and help with grooming or litter when needed. Review pain, night waking and quality of life with the veterinary team; do not apply a younger cat's activity target.

When to contact a veterinarian

Seek emergency veterinary care for open-mouth or difficult breathing, collapse, seizure, major injury or sudden inability to use the back legs. Repeated straining with little or no urine may be a urinary blockage: seek emergency veterinary care immediately; do not wait overnight.

Contact a clinic promptly for not eating, repeated vomiting, marked behaviour change or persistent pain. Kittens, older cats and cats with known illness may need faster assessment.

Sleep and quiet rest

Rest periods are opportunities, not sleep targets or confinement hours. Allow rest at other times; feeding, toileting and assistance, including overnight, take priority.

Editable daily example

Planned time	Task / agreed amount
22:45–06:30	Sleep and quiet rest
09:00–12:00	Sleep and quiet rest
14:00–17:00	Sleep and quiet rest
20:30–21:30	Sleep and quiet rest

Your shared care sheet

Your shared care sheet

Planned time	Task / agreed amount	Actual time / completed by	Notes / next step

Sources and further reading

- GCCF · Sokoke
- AAFP/ISFM
- AAHA/AAFP
- Cornell Feline Health Center
- FDA
- Merck Veterinary Manual
- AAHA
- AAHA

Prepared with AI assistance and original AI illustrations. No independent veterinary or native-language review. Follow the individual veterinary plan.