Enrichment

......on a Dime

Becky Burton, Kennel Mgr.
Where are we going?

What is Enrichment?

How does Enrichment Help Animals & Reduce Length of Stay?

Tips, Tricks & Techniques for Implementing
Enrichment

“Enrichment” is defined as “a process for meeting the behavior needs of animals by improving their environment or behavioral care (e.g. toys, perches, beds, hiding places, etc.).

--Association of Shelter Veterinarians, Newbury, 2010
Enrichment & Stress Reduction


- Stress Reduction
The Optimization

- Focus limited resources on enrichment activities that not only promote well-being, they also produce behaviors adopters find attractive.

That’s the Ticket!

The Ticket Home!!
Recommended Reading


- Weiss, E. et al., *Why Did You Choose This Pet?: Adopters and Pet Selection Preferences in Five Animal Shelters in the United States*. Animals 2012, 2, 144-159. See citation list here, as well.

- Articles by Deborah Wells, Emily Weiss, Gourkow, McCobb, more…Each will have extensive reference list.

- Train to Adopt by Sue Sternberg, [www.suesternberg.com](http://www.suesternberg.com)
Example: Optimization

- Providing toys in cat cage and items that gives cat ability to engage in natural behaviors
  - Shown to increase play & activity in cats (well-being)
  - Study suggests that active cats more likely to get adopted, adopters spent more time viewing cats with toys in cage (adoption)


Daily Rounds

Each animal **every** day:

- WHO are you?
- HOW are you?
- WHAT may we do for you today?

Dr. Phil Bushby, MSU Vet School
## The “Five Freedoms”

<table>
<thead>
<tr>
<th>Freedom</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1. Freedom from Hunger and Thirst</td>
<td>by ready access to fresh water and a diet to maintain full health and vigor</td>
</tr>
<tr>
<td>2. Freedom from Discomfort</td>
<td>by providing an appropriate environment including shelter and a comfortable resting area</td>
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<tr>
<td>3. Freedom from Pain, Injury or Disease</td>
<td>by prevention or rapid diagnosis and treatment</td>
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<tr>
<td>4. Freedom to Express Normal Behavior</td>
<td>by providing sufficient space, proper facilities and company of the animal’s own kind</td>
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<tr>
<td>5. Freedom from Fear and Distress</td>
<td>by ensuring conditions and treatment which avoid mental suffering</td>
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Do Your Staff Meetings Look Like This?
CATS
Enrichment – Elevated Space

UC Davis Veterinary School, Shelter Medicine Program

Stress reduction: Because clinical signs and shedding of FHV-1 are activated by stress, reduction is crucial to feline URI control.

Giving cats elevated space and distance from the litterbox is known to reduce stress levels.

Reduced Stress = Less URI

Less time in isolation & recovery cycles

Saves $$ and Lives

$28 each, permanent.

http://www.kuranda.com/humane

$3.49 - $5.25 each. Send home with cat.

http://www.petfinder.com/admin-content/hide-perch-go.html

Enrichment – Increasing Space

Can be purchased commercially or buy new cages.
On a Dime – DIY:
http://www.sheltermedicine.com/shelter-health-portal/information-sheets/catio-cage-modifications-making-double-compartment-cat-cages-
Enrichment – Increasing Space
Hiding Space


$65 or less if bulk order

Hiding Space

**On a Dime**: Hide, Perch & Go
Boxes, visit local retailers and get cardboard boxes for free – especially from “Club” stores like Costco & Sam’s.

Auditory
Auditory Stimuli - Cats

- First Reduce Negative Noise
  - Barking Dogs = Higher Stress\(^1\)
  - Noisy = Stress = Sick Cats
  - Relocate cats away from barking dogs if at all possible.


Auditory Stimuli

**On a Dime:**

- Staff and volunteers training, quiet policy – being mindful of banging doors, yelling to co-workers, clanging cage doors. We’ll discuss dog runs later.

- Put dampeners / weather stripping in door jams, replace SS latches with plastic
Auditory Stimuli – Cats

- Adding Calming Noise
  - Classical music
  - Sounds of nature
  - Tom’s homemade CD

- Special Note: Auditory enrichment is less or unable to be individually “selected” so be mindful with usage.
Scent
Olfactory Stimuli

- Phermonatherapy
  - Feliway

- Aromatherapy:
  - Vanilla
  - Eastern Sandalwood
  - Chamomile
  - Frankincense
  - Lavender
  - Spearmint
  - Cinnamon
  - Plant based oils

Delivery

Diffuser
Ultrasonic aromatherapy Nebulizer, www.HUBMAR.com  $69.99

Cotton Balls Placed in Carriers or Cages

As with auditory stimuli, be mindful that animals cannot select exposure to olfactory enrichment.

On Collars, Thundershirts or ‘TuTus’

Natural Behaviors

- Bunting Behavior
- Dollar Store Scrub Brush
  - Wire tied to cage front
  - Can be sanitized between cats for re-use
  - Ferals
- *Optimization*: Cats come to the front of the cage – adopters find this attractive.
Natural Behaviors

- Scratching
- Individual Scratchers
  - Attach to cage front
  - Single Use – Cannot be reused.
  - Price = ~$1.50 each
  - We ask for sponsorship
- Optimization: Cats come to the front of the cage – adopters find this attractive.
Natural Behaviors, Feeding

- Provide feeding method that supports natural behavior – locating, capturing food, paw use
  - Kitty Kongs with special canned fishy paste
  - On a Dime: Plastic Easter Eggs from Dollar Store with treats inside; empty tissue/paper towel rolls with food inside.
Natural Behaviors, Feeding

- Cat Activity Fun Board
  - Plastic
  - Around $40
  - Variety of nooks & crannies to put food.
  - Likely too intensive to clean for widespread, daily use. Episodic use or idea generation for alternate techniques.

Natural Behaviors

- There’s an app for that!
- Volunteer lent iPad
- Possibly less frustration than laser toys. Cat can ‘catch’ item. No studies – watch for frustration
In Cage: Toys

- Study suggests potential adopters spend more time in front of cage with toys in it.
- Toys good for cat – play, activity
- More active cats get adopted

This kitty is not sitting in litter – it’s a bed 😊
Visual, In Cubby

- Alleviate cage boredom through visual enrichment
- Hang moving items from ceiling
  - We buy at Christmas Tree Shop, very inexpensive
  - Move *frequently* or not visually enriching
  - Kids can create mobiles if you provide instructions
  - Decorates Cat Room at same time

Out of Cage Time

- Perching, Pouncing, Playing
- These trees can be cleaned & disinfected
- In use in our healthy adoption room only.
- Donor sponsored $600 & up
On a Dime:

Trex Decking or similar non-porous products available.

Attach with shelf brackets.

Make a Crate Tree
Out of Cage Time

- Sitting on volunteer lap ($0)
- Treat search
- Conspecific Time *
- Mirrors
- Windows – Bird Feeders outside
- Perching places
Time with Humans

- Whether interacting in cage or out – rewarding cat to approach people or the front of the cage will help them to get adopted.
- Clicker Training Cats!
A Good Idea?
How we doin’?
DOGS
Enrichment – Mental, In Run

- Pupcicles
- SS Bowls in Freezer
  - Kibble
  - Canned Food
  - Water
  - Peanut Butter or ??
  - Leash in Mix – Then can attach to chainlink or equiv. in enclosure

- Volunteers – Young, too
Meal(s) served in Kong or Puzzle Toy

At St. Hubert’s we feed our dogs their meal in a Kong at least 5 times a week
Soft Bedding, Company of other Dogs
Treat Cups on Cage Front

- Training: Reward quiet
- Comfort: Positive interaction from people that walk by
- Encourages dogs to approach front of cage - Dogs that approach front of cage & look at visitors….get adopted.
Treat Cups on Cage Front

- Stainless Steel ones that remove easily from cage for cleaning, $2.25 each

- Plastic Ones, $1.59 each – Fall off more
Treat Cups on Cage Front

- Make your own or ask volunteers / scout group / youth volunteers to make them:
Sweet Virginia
Kentucky Puppy Mill Survivor.
Undersocialized.

Thundershirt® employs swaddling technique to calm. The company has a widget for websites so donors may directly sponsor and they are shipped to you.

http://www.petfinder.com/admin-content/thundershirt.html
Conspecific (same species) interaction = very important for dogs

Time with humans shown to be even more important

Train To Adopt

TRAIN TO ADOPT: Humane Guidelines and A Training Program for Dogs in Shelters

by Sue Sternberg

Enrichment & Adoption Readiness

- Sitting with attention, looking into eyes of whoever holding leash (v. staff/volunteer in room!)
- Train to be comfortable with head patting & body thumping (visitors do this to our dogs)
- “Do Nothing”
- Door Manners, Basic Commands
Optimize by training for behaviors that support adoption & in home realities.
Staff - Finding some time…
Auditory
Auditory Stimuli – Dogs

- Adding Calming Noise
  - Dogs prefer:
    - Through a dog's ear
    - Laughing dogs
    - Classical music
    - Easy listening
    - Soft rock
    - NO angry hard rock music
Scent
Olfactory Stimuli

- Chill Pill $19.99 Whole Foods
- Roman Chamomile
- Vanilla
- Sandalwood
- Lavender
- Spearmint
- Cinnamon
- Plant based oils
Delivery

On Collars, Thundershirts or ‘TuTus’

As with auditory stimuli, be mindful that animals cannot select exposure to olfactory enrichment.
Cage Enrichment
Out of Cage Time
Special Comments on Seniors

- Consider scent work, like “Noseworks” to provide mental stimulation
- Seniors cats & dogs matched in our Pet Therapy program
- They still enjoy toys and pupcicles!
Special Comments on Seniors

- Odor work (e.g. Noseworks®) is a fun, low-impact mentally enriching way for dogs to use their natural desires to seek and flush out scents / food.

- Cardboard boxes, scents & treats.
Cleaning, disinfecting all supported with these enrichment activities. Combined with noise reduction and good medical protocols - and your kitties well-being is getting its consideration. UC Davis estimates the cost of URI at $200 - 400 per animal – You can’t afford not to think enrichment in intake area & isolation. 
Where were we?

Considering each animal

Broad array of opportunities & ideas for enrichment

Tie enrichment into adoption potential & promotion to optimize limited resources and time.
Questions/Comments
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THANK YOU!