**Needs Assessment**

**Name: Date:**

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| **Number:** | **Area of Need:** | **Specific Needs:**  **Identifying your dog’s needs is a really important part of helping them to feel safe, build trust and cope with the trauma they have experienced. Try to give as much detail as possible when you answer the questions and feel free to add any needs you think your dog has that aren’t listed.**  **Any needs that you identify will be entered in your dog’s support plan (in order of priority for their well-being).** | **RAG Status:**  **Complete with clinician**  **Red:** immediate needs  **Amber:** we start work this month  **Green:** longer-term needs  (leave blank if n/a) |
| **Phase 1: Safety**  **The focus of this phase is to help your dog feel safe *somewhere*, no matter how small that area needs to be at first. We will concentrate on eliminating or minimising the things your dog finds difficult, to maximise their feeling of safety. Longer-term, we will work on the things they find hard, but recovery can only begin with feeling safe.** | | | |
| **1.1** | **Medical needs** | 1.1.1 Is your dog registered with a vet? *Please provide name and contact number.* |  |
| 1.1.2 Does your dog have any immediate health needs? *For example, has the rescue handed over any information about known health concerns, are there any visible wounds?* |  |
| 1.1.3 Is your dog on any medication? *List name, dosage, treatment schedule.* |  |
| 1.1.4 Is your dog eating and drinking normally? *Note any special needs, for example will they only eat and drink when they are alone or when you’re there?* |  |
| 1.1.5.Is your dog toileting normally? *Describe any challenges you face, for example is your dog too fearful to leave their safe space / go in the garden?* |  |
| 1.1.6 When is the next wormer / flea treatment due? |  |
| 1.1.7 What is your dog’s vaccination status? *Give date of last vaccination.* |  |
| 1.1.8 Do you have a plan in place with the vet for emergency visits given your dog’s level of trauma? *For example, is your vet able to do home visits, do you have access to a mobile vet, or is medication needed to support your dog?* |  |
| 1.1.9 How do you feel about medication to help manage your dog’s distress if the vet feels this is necessary? |  |
| **1.2** | **Dietary needs** | 1.2.1 What is your dog currently fed? *Brand, type (e.g. wet or dry), number of times daily.* |  |
| 1.2.2 Does your dog have any dietary issues? *For example, do they have chronic diarrhoea?* |  |
| 1.2.3 Does your dog need to gain or lose weight? *Describe any plan in place with your vet to address this.* |  |
| 1.2.4 Do you give your dog any nutritional supplements? *Please list anything you give and what for.* |  |
| **1.3** | **Other health needs** | 1.3.1 How much time does your dog spend resting or sleeping? Do they ever sleep flat out on their side or on their back? Does your dog have any difficulties sleeping? *Give as much detail as you can.* |  |
| 1.3.2 How much exercise does your dog get? *Give as much detail as you can about what kind of exercise your dog gets (e.g. on or off lead), where and how long for? Dogs in crisis don’t always need or want to be walked, so please don’t feel ashamed if you’re not currently able to meet your dog’s exercise needs. We can explore other ways of keeping your dog happy.* |  |
| 1.3.3 Does your dog struggle with any aspect of being walked? *This could include trying to avoid walks, avoiding the lead / harness, barking at other dogs or at people. Give as much information as you can.* |  |
| 1.3.4 Does your dog have any other health needs that you think need to be taken care of? How does your dog cope with these? What plans do you have in place to manage these? *For example, does your dog have very long nails or any matted fur that you haven’t been able to deal with? Don’t feel bad if you haven’t been able to address these, we can make a plan for the things that need doing urgently.* |  |
| **1.4** | **Psychological needs (includes emotional, social and behavioural needs)** | 1.4.1 Does your dog have a safe space? *Describe location and set-up, draw a floor plan if possible.* |  |
| 1.4.2 How well does your dog cope with essential daily routines? *For example, does your dog hide when you enter the room to feed them? Give as much details about the daily routine and their reactions as possible.* |  |
| 1.4.3 How confident is your dog outside of their safe space? *For example, do they explore the whole house or stick to one part?* |  |
| 1.4.5 What does your dog find difficult? *List all of the things they find scary, whether they react with flight (running away, hiding) or fight (growling, barking, snapping or other aggressive signals). Does your dog show any appeasement behaviours (like licking their lips, yawning, or rolling over onto their back)? When have you noticed these? Give as much detail as you can.* |  |
| 1.4.6 Have you done anything to try and manage these fears? *This could be limiting their exposure to scary thing by closing blinds, drowning out sounds from outside, using herbal remedies or other adjunctive therapies. Give as much detail as possible.* |  |
| 1.4.7 Tell me about your dog’s relationships with everyone who lives in the home. *Give as much detail as you can about the individual relationships.* |  |
| 1.4.8 Is there anything your dog finds difficult about the people who live in the home? *For example, some dogs find people appearing in doorways particularly scary, or they might find heightened emotion difficult.* |  |
| 1.4.9 What about their relationship with any other pets you have? *Tell me about any other pets you have and your dog’s relationship with each one.* |  |
| 1.4.10 Do you think your dog has social support, either from you or from another pet? *For example, do you have another more confident dog that this dog gets on well with?* |  |
| 1.4.11 How does your dog react to strangers coming to the house? *What happens when people come to the house (like delivery drivers, or visitors)? If your dog finds this difficult, how do you manage it?* |  |
| **Phase 2: Building a Relationship**  **These questions relate to a single, primary caregiver. The focus in this phase is to help your dog feel safe with *someone,* so that they can start to build a trusting relationship and eventually learn good things about people generally.** | | | |
| **2.1** | **Essential interactions** | 2.1.1 How does your dog react as you approach them? *Describe their body language in as much detail as you can. You can send videos via whatsapp if you like. Does your dog’s reaction to your approach change according to where they are? Is it different whether they are alert or resting?* |  |
| 2.1.2 How does your dog respond to being touched? *Does your dog react try to avoid being touched, react aggressively, tolerate or enjoy being touched? Does this depend on the part of their body you’re touching?* |
| 2.1.3 Does your ever dog give you an indication that they want to be touched more or less? *Some dogs whine, nudge you, put their head in your lap or tap you with a paw. How do you respond? How does your dog tell you they’ve had enough? How do you respond?* |
| 2.1.4 How does your dog cope with you actively doing something to them? For example, are you able to put on a lead, groom them, trim their nails, check ears, paws and teeth? Is there anything your dog finds difficult, and if so, how do they react? *Give as much detail as you can.* |
| 2.1.5 Is there any aspect of your relationship that your dog finds challenging? *For example, sudden movements, certain facial expressions, words, emotions, or being without you?* |
| **2.2** | **Activities** | 2.2.1 Are there any activities that your dog seems to enjoy doing, but only when they’re on their own? *For example, do they only get out of bed and play when you’ve gone to bed? Will they do simple mental activities like scatter feeding or chewing something delicious when they’re alone?* |  |
| 2.2.2 Are there any activities that you and your dog are able to do together? *For example, will they do any enrichment activities with you in the same room? Will they relax in the same room if you sit and read a story in a gentle voice?* |
| 2.2.3 Does your dog enjoy any affiliative behaviour? *This includes things like stroking, cuddles, massage and grooming.* |
| 2.2.4 Does your dog ever play with you? This could be any kind of game. |
| 2.2.5 Have you noticed that your dog prefers certain kinds of games or toys (either with you or when they’re alone)? *For example, they might only like food based toys, or enjoy ripping soft toys up? Do they enjoy a game of fetch but don’t like playing tug? List your dog’s likes and dislikes.* |
| 2.2.6 Do you do any training with your dog? *Don’t feel bad if you haven’t, some dogs impacted by trauma find being the focus of a human, or even their presence, too intimidating. Dogs impacted by trauma need a long time to adjust and will be learning all the time, so don’t worry if you haven’t taught them anything ‘official’! Is there anything your dog is really good at? Are there any activities you’d particularly like to work towards?* |
| **Phase 3: Comfort at home**  **This phase is all about expanding the initial sense of safety and the trusting relationship you have built outwards, to the entire household (so the physical space and the relationships with the people within it). This will also include any situations or events that happen regularly, like visitors coming to the house, and eventually, preparing your dog for the things they will meet in the outside world, but from the safety of the home and with constant access to their safe space.** | | | |
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| **Phase 4: Exploring the outside world**  **This phase involves expanding the feeling of safety that your dog has at home, to the big wide world outside. This might include walks, travel, visits to the vet and other places or going to stay somewhere else.** | | | |
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| **Phase 5: Resilience**  **Life inevitably has challenges, and planning for them can help your dog bounce back more quickly. In this final phase we think about the difficulties that dogs might face when they live in our human world, or difficulties that are unique to them because of their experiences. What can we do to prepare for them? How can we manage them when they happen? How can we help your dog recover afterwards?** | | | |
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