

SETTING UP the Sanctuary Room

A safe start makes all the difference.

A sanctuary room helps your new cat decompress, feel safe, and build trust. It's their "landing zone" where healing begins.



THE ESSENTIALS: WHAT TO INCLUDE



Safe & Secure Space

Use a quiet room away from the hustle and bustle. A small spare bedroom, bathroom, office, or large closet can work. The goal is predictability and minimal stimulation.



Hiding Places

Provide enclosed spaces where your cat can retreat and feel secure.

- Cardboard box (with an opening)
- Covered cat bed
- Cat cave or carrier (door removed)



Vertical Space

Add height to help your cat feel safe and in control.

- Cat tree or shelves
- Window perch (if available)



Litter Box

Place in a quiet corner away from food and water.

- 1.5 x the length of your cat (min.)
- Low sided
- Uncovered
- Unscented litter



Food & Water

Offer both, but do not place bowls together. Fresh water at all times.

- Consider a water fountain
- Feed in small meals
- Remove uneaten food after 20 minutes



Enrichment

Include items that provide mental stimulation and encourage natural behaviors.

- Wand toys
- Puzzle feeders
- Scratching post/pad
- Cardboard scratcher
- Opportunity to scent soak items (blanket, towel, or toy)



Keep It Predictable

Maintain a consistent routine for feeding, cleaning, play, and interaction. Cats thrive on predictability.



Signal on the Door

Let others know not to disturb.

- "Cat in Sanctuary – Do Not Enter"
- Red ribbon or sign



ARE THERE ENOUGH RESOURCES?

A good rule of thumb: Provide at least one of each resource per cat, plus one extra.

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| ☒ Litter boxes | ☒ Vertical spaces |
| ☒ Food bowls | ☒ Sleeping spots |
| ☒ Water sources | ☒ Scratching surfaces |
| ☒ Hiding places | ☒ Toys and enrichment |



You're giving your cat the greatest gift—safety.

From this safe space, trust can grow and your bond can blossom.



PATIENCE IS KEY

- Give your cat time to adjust. It may take days, weeks, or longer depending on their background.
- Let your cat set the pace. Don't rush introductions or expect immediate affection.
- Celebrate small wins—eating, exploring, playing, or simply relaxing in your presence.
- Remember: This room is **not** forever. It's a foundation for building confidence and helping your cat thrive.

