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A welfare assessment tool for companion parrots

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This tool is designed to help caregivers evaluate the welfare of companion parrots (order *Psittaciformes*). It includes 75 questions divided into 8 sections, covering physical condition, behaviour, and the care and management practices that may influence your parrot's welfare.

When answering the questions, base your responses on what has happened in the past month, unless a different time frame is specified. To answer some questions, it is important to be in front of your parrot, as direct observation may be necessary. The tool can be repeated monthly to help you monitor your parrot's welfare over time and detect any changes that may require attention.

Please note that this tool:

- is intended to provide a general overview of your parrot's welfare. It does not offer specific recommendations or diagnoses. Every parrot is unique, and interpreting welfare concerns or their causes can be complex.
- is not designed to assess the welfare of chicks or parrots kept primarily for breeding purposes.

If the results of the assessment highlight any welfare concerns or areas that could be improved, you may need to consider making some changes in your parrot's environment or daily care. Before taking any action, it's highly recommended to consult with a qualified expert, such as a veterinarian experienced in avian care or a certified parrot behaviour consultant. Their support will be essential to assess your parrot's health and/or accurately interpret its behaviours, as well as to ensure that any changes you make are appropriate, effective, and tailored to your parrot's individual needs.

Your commitment is an important step toward promoting a better quality of life for your feathered companion.

Section 1: General information

How to interpret your answers:

↑ likelihood for positive welfare

↑ risk for compromised welfare



For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.

 : Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

Name of your parrot:

Species of your parrot:

Sex:

- ☐ Female
- ☐ Male
- ☐ Unknown

How old is your parrot?:

How long have you been living with your parrot?:

Please select the option that best describes your parrot's rearing history.

Rearing: process of raising chicks from hatching to independence, encompassing feeding, providing protection and warmth, and stimulating development of normal (social) behaviours. It can be carried out by the parents (parent-rearing), by humans (hand-rearing), or through a combination of both.

- ☐ Parent-reared and briefly socialised with humans for short amounts of time each week
- ☐ Parent-reared
- ☐ Initially parent-reared and later hand-reared
- ☐ Hand-reared with siblings or socialised with other parrots as soon as weaned
- ☐ Hand-reared without siblings
- ☐ Captive-bred but rearing history unknown
- ☐ Wild-caught

Where did you obtain your parrot from?

- ☐ Pet store
- ☐ Breeder
- ☐ Organisation that helps re-home parrots
- ☐ Private person
- ☐ Other:

How often do you have the opportunity to observe your parrot's behaviour?

- ☒ Several times (4+) throughout the day
- ☐ 2-3 times per day
- ☐ Once a day
- ☐ A few times per week
- ☐ Once a week or less

How often do you take your parrot to a veterinarian for general health check-up?

- ☒ Once or more times per year
- ☐ Less than once per year
- ☐ Never went for a general check-up

Is the veterinarian who examines your parrot specialized in avian medicine?

- ☒ Yes
- ☐ No
- ☐ I don't know

Section 2: Physical health

How to interpret your answers

↑ likelihood for positive welfare

↑ risk for compromised welfare



For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.

: Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.



: Health problem that is concerning and may require veterinary intervention.



: Health problem that requires immediate veterinary intervention.



: Behavioural problem that requires immediate behavioural consultant intervention.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

What is the condition of your parrot's plumage?



☐ Intact with no damage

Mildly damaged or plucked: coverts and/or down feathers are missing in focal areas, but most of the feathers are still intact (though some of these may show signs of damage).



+



☐



Photos by Yvonne van Zeeland and Sara Mainardi (Parrot Academy Italia)



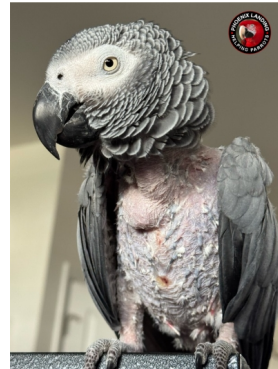
Moderately damaged or plucked: coverts and/or down feathers are missing in several areas of the body leaving a patchy distribution or coverts are missing but down is still mostly or completely present.



Photo by Yvonne van Zeeland



Severely damaged: large areas of the body lack both coverts and down feathers, resulting in bare skin being clearly visible over multiple regions.



Photos by Phoenix Landing Foundation and Yvonne van Zeeland

Does the plumage damage also affect the head?

Please answer only if you observe plumage damages.

Please note that if the damage extends to the head, it may have been caused by another parrot.

No



Yes



Photos by Phoenix Landing Foundation

Which statement best describes the droppings of your parrot?

Normal faeces



Abnormal faeces



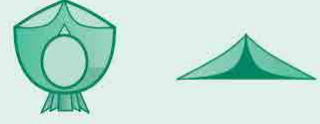
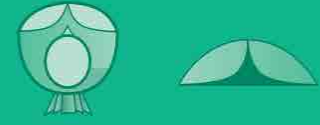
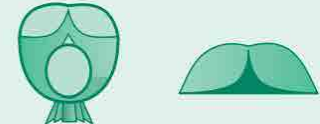
-  ☐ My parrot's droppings are well-formed with a distinct chalky white urate portion and minimal odour. The number, consistency and colour of the droppings are within my parrot's normal pattern based on its current diet.
-  ☐ My parrot's droppings are mostly well-formed with a distinct chalky white urate portion and minimal odour, with occasional or slight changes in colour, odour, consistency and/or number that do not correspond to a change in diet.
-  ☐ My parrot's droppings are abnormal most of the times with frequent changes in colour, odour, consistency and/or number that do not correspond to diet change and/or contain undigested food particles.
-  ☐ My parrot's droppings are scant in number and/or volume and contain fresh blood or have a tar-like, black appearance.
-  ☐ I don't check droppings

Please select the appropriate Bird Size-O-Meter score that best reflects your parrot's current muscle condition.

Please calculate the score only if both you and your parrot feel comfortable while performing the assessment.

The Bird Size-O-Meter has been developed by UK Pet Food. [Click here](#) for further details, including how to assess your bird's body shape.

Note for colour-blind participants: In the following scale, the most favourable answer is in the middle (3). Scores decrease in welfare quality as you move toward 1 or 5.

	☐ I can't calculate the score because my parrot doesn't accept handling and I don't feel comfortable insisting.		
	☐ 1		• Breast bone is very sharp to the touch • Loss of breast muscle and no fat cover
	☐ 2		• Breast bone is easily felt and sharp • Loss of breast muscle and little or no fat cover
	☐ 3		• Breast bone easily felt but not sharp • Breast muscle rounded
	☐ 4		• Pressure is needed to feel the breast bone • Well rounded breast muscle and some fat cover • May see some fat below where breast bone ends
	☐ 5		• Very hard or not possible to feel the breast bone • Very rounded muscle and possible to feel or see fat moving under the skin. • Fat also obvious below where the breast bone ends

Has your parrot been diagnosed with any disease* by an avian veterinarian?

* may also include cases where the parrot tests positive for a non-pathogenic agent or is an asymptomatic carrier, without showing clinical signs

If yes, please indicate the disease(s) and any medication they are currently taking in the comment box

- ☐ No
- ☐ Yes

Do you notice any of these conditions?

Some of the information was sourced from the handout [“Signs of Illness in Companion Birds”](#) provided by the Association of Avian Veterinarians.

	No 	Yes, diagnosed by a veterinarian 	Yes, not diagnosed by a veterinarian 	I am not sure 
Vomiting or regurgitation This does not include regurgitation performed as part of courtship behaviour or chick-feeding	☐	☐	☐	☐
Signs of laboured breathing, such as tail bobbing, open-mouth breathing, or abnormal respiratory sounds	☐	☐	☐	☐
Signs of self-mutilation View example images (sensitive content warning)	☐	☐	☐	☐
Blood loss and/or severe injury View example images (sensitive content warning)	☐	☐	☐	☐
Fluffed posture, droopy wings, and/or sleeping more than usual 	☐	☐	☐	☐
Enlargement and/or swelling on the body 	☐	☐	☐	☐
>10% increase or decrease of body weight within a week	☐	☐	☐	☐

	No 	Yes, diagnosed by a veterinarian 	Yes, not diagnosed by a veterinarian 	I am not sure 
Inability to perch and/or sitting at the bottom of the cage  Photos by Yvonne van Zeeland	☐	☐	☐	☐
Uncontrolled and/or uncoordinated movement of the head, wings, and/or feet	☐	☐	☐	☐
Repeated straining, possibly with associated tail bobbing	☐	☐	☐	☐
Cloaca protrudes outside the body (prolapse) View example images (sensitive content warning)	☐	☐	☐	☐
	No 	Yes, diagnosed by a veterinarian 	Yes, not diagnosed by a veterinarian 	I am not sure 
Redness, swelling or loss of feathers around eyes  Photos by Yvonne van Zeeland and Sabrina Sininsi	☐	☐	☐	☐
Discharge from eyes, nares (nostrils), or mouth  Photo by Yvonne van Zeeland	☐	☐	☐	☐

	No 	Yes, diagnosed by a veterinarian 	Yes, not diagnosed by a veterinarian 	I am not sure 
Crusty material in or around nares or flakiness on the skin and/or beak 	☐	☐	☐	☐
Overgrown beak and/or nails 	☐	☐	☐	☐
Upper and/or lower beak not properly aligned 	☐	☐	☐	☐
Feather discolouration and/or depigmentation, overall dull and ragged looking plumage 	☐	☐	☐	☐

Photo by Serena Sola

Photo by Phoenix Landing Foundation

Photos by Phoenix Landing Foundation

Photos from: Plumage disorders in psittacine birds - part 1: feather abnormalities, van Zeeland, Y.R.A.; Schoemaker, N.J. (2014)

	No	Yes, diagnosed by a veterinarian	Yes, not diagnosed by a veterinarian	I am not sure
				
Stress marks: translucent or black lines in the vane of a feather, generally oriented perpendicular to the shaft  Photos from: Plumage disorders in psittacine birds - part 1: feather abnormalities, van Zeeland, Y.R.A.; Schoemaker, N.J. (2014)	☐	☐	☐	☐
Pin or blood feathers  Photos from: Plumage disorders in psittacine birds - part 1: feather abnormalities, van Zeeland, Y.R.A.; Schoemaker, N.J. (2014)	☐	☐	☐	☐
Abraded feathers  Photos from: Plumage disorders in psittacine birds - part 1: feather abnormalities, van Zeeland, Y.R.A.; Schoemaker, N.J. (2014)	☐	☐	☐	☐
Lameness and/or shifting of body weight  Photos by Yvonne van Zeeland	☐	☐	☐	☐

No



Yes, diagnosed by a
veterinarian



Yes, not diagnosed
by a veterinarian



I am not
sure



Swelling, ulcers, and/or other
lesions under the feet



Photos by Yvonne van Zeeland

☐☐☐☐

**Is your parrot currently receiving medication or treatment prescribed by a
veterinarian for any of the conditions listed above?**

Please answer this question only if your parrot exhibits any of the signs of illness listed in the
previous table.



☐ Yes, my parrot is receiving treatments prescribed by the veterinarian



☐ No, my parrot has not been seen by a veterinarian, but my it is receiving over-the-
counter medications or other types of care interventions (without consultation of
a veterinarian)



☐ No, my parrot is not receiving any medication

Section 3: Housing and physical activity

How to interpret your answers

↑ likelihood for positive welfare

↑ risk for compromised welfare



Indicator of positive welfare

Indicator of compromised welfare



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: Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

Where is your parrot's enclosure located?

If your parrot has select enclosures, please specify all locations.

Please select only the answer options that apply to your parrot and leave the remaining ones blank.

Enclosure: space where the parrot sleeps, eats, drinks, and stays when it can't be supervised.

	Main enclosure (space where the parrot stays most of time)	Secondary enclosure(s) (additional space(s) used occasionally)
Living room	☐	☐
Hallway	☐	☐
Kitchen	☐	☐
Bedroom	☐	☐
Garage	☐	☐
Basement	☐	☐
Parrot lives indoors and does not have a dedicated enclosure	☐	☐
Room exclusively dedicated to the parrot	☐	☐
Outdoor enclosure	☐	☐
Other: 	☐	☐

Which statement most accurately describes the size of your parrot's main enclosure (where it resides most of the daytime) and its ability to move around?

For information on species wingspan measurements and recommended minimum cage sizes, please consult the following link: <https://naturalinspirationsparrotcages.com/p/wingspan-info>

-  ☐ My parrot has ample space to move, climb, hop and fly.
-  ☐ My parrot has at least 2 wingspans of space in all directions to move, climb, and hop.
-  ☐ My parrot has less than 2 wingspans of space in one or more directions but can at least extend the wings in all directions.
-  ☐ My parrot is unable to fully extend its wings in one or more directions.

Please select the statement(s) that most accurately describe the bar orientation of your parrot's main enclosure.

Please do not answer this question if your parrot has a dedicated room and/or does not have an enclosure.

Check all answers that apply

-  ☐ The enclosure(s) has grid-patterned bars
-  ☐ The enclosure(s) has horizontal bars
-  ☐ The enclosure(s) has vertical bars
-  ☐ There are no bars to allow climbing (for example, solid panels made of glass, acrylic)

What type of material is your parrot's enclosure(s) made from?

The choice of enclosure material should take into account the parrot's tendency and ability to chew on the bars, since parrots with stronger beaks can break off fragments that may be ingested, creating a risk of injury or toxicity.

Check all answers that apply

-  ☐ Stainless steel
-  ☐ Powder-coated metal
-  ☐ Wrought iron
-  ☐ Plastic-coated wire, zinc, wood or acrylic
-  ☐ I don't know
-  ☐ Other:

How many perches are available in the parrot's main enclosure?

-  ☐ > 5
-  ☐ 3 - 5
-  ☐ 1 - 2
-  ☐ There are no perches

Do you provide perches of...

	 Yes	 No
different sizes?	☐	☐
different materials?	☐	☐
different heights?	☐	☐

Please indicate if your parrot receives the following types of enrichment that promote movement and climbing.

	Inside the enclosure		Outside the enclosure	
	 Yes	 No	 Yes	 No
Branches	☐	☐	☐	☐
Ropes	☐	☐	☐	☐
Swings	☐	☐	☐	☐
Ladders	☐	☐	☐	☐

Boings and/or atoms balls



Photo by Samirah Nirou

☐ ☐ ☐ ☐

Have you checked whether the material of the enrichment provided (perches, ropes, branches etc.) is safe for parrots?

-  ☐ Yes, I consulted my veterinarian or a behavioural consultant
-  ☐ Yes, I researched myself online, in books, or magazines
-  ☐ No

Does your parrot have unlimited access to an undisturbed area where it can rest, sleep or retreat from potential stressful situations (noise, presence of unfamiliar people, other animals etc.)?

-  ☐ Yes
-  ☐ No

How often does your parrot spend time out of its enclosure?

-  ☐ Most or all of its time (for example, only in the enclosure when sleeping or when there is no human supervision)
-  ☐ Every day, for more than 3 hours
-  ☐ Every day, for 3 hours or less
-  ☐ Several times a week, but not every day
-  ☐ Never or less than once a week on average

Have you checked whether the indoor space your parrot uses outside the cage, or its dedicated room, is safe?

A safe indoor environment for parrots is a space where they can move, explore, chew, and interact without exposure to hazards. It should be free of toxic plants, fumes, and dangerous household items such as cables, sharp objects, small swallowable items, and objects made of toxic heavy metals like lead or zinc.

Please answer only if your parrot spend time out of its enclosure or have a dedicated room.

-  ☐ Yes, I consulted my veterinarian or a behavioural consultant
-  ☐ Yes, I researched by myself online, in books or magazines
-  ☐ No

How often do you clean...

	Every day or after every use 	Several times a week, but not every day 	Once a week or less 
Enclosure (cage, room, aviary)	☐	☐	☐
Enclosure furnishings	☐	☐	☐
Food bowl(s)	☐	☐	☐
Water bowl(s)	☐	☐	☐
Foraging toys	☐	☐	☐
Other toys	☐	☐	☐
Climbing materials (for example, perches or ropes)	☐	☐	☐

Do you regularly check the humidity and temperature in your parrot's living environment to ensure they are appropriate for its species?

-  ☐ Yes, both
-  ☐ Only temperature
-  ☐ Only humidity
-  ☐ No

How often do you refresh the air in the area where your parrot lives and spends most of its time?

-  ☐ More than once per day / I use an air purifier / My parrot lives outdoors
-  ☐ Once per day / I use an air purifier but is not constantly activated
-  ☐ Several times a week, but not every day
-  ☐ Once per week or less

How often does your parrot spend time outdoors?

While spending time outdoors is generally considered beneficial for a parrot's mental and physical health, this may not always be feasible and/or advisable (e.g., due to climate, risk of predation, insect vectors, personality of the parrot, absence of an outdoor area). It is therefore recommended to discuss with your veterinarian or behaviour consultant how your parrot can spend time outdoors safely and, if this is not possible, what alternative opportunities might be available.

-  ☐ At least once a day
-  ☐ At least once a week
-  ☐ Less than once a week
-  ☐ Never

Have you checked whether the outdoors space your parrot uses is safe?

A safe outdoors environment for parrots is a space where they are protected from extreme temperatures (for example with a shelter for those in outdoor enclosures), predators, biting or stinging insects, and exposure to toxic plants or materials.

Please answer only if your parrot spend time outdoors.

-  ☐ Yes, I consulted my veterinarian or a behavioural consultant
-  ☐ Yes, I researched by myself online, in books or magazines
-  ☐ No

How often do you expose your parrot to a UVA and UVB lamp or to direct sunlight without a window in between?

UVA and UVB are types of ultraviolet light produced by the sun or by special lamps. UVA allows parrots to see the full colour spectrum, including ultraviolet tones invisible to humans, while UVB enables the production of vitamin D₃, essential for bone and metabolic health.

-  ☐ Everyday
-  ☐ Weekly
-  ☐ Monthly
-  ☐ Never

Does your parrot have the opportunity to perch in high locations that are out of reach of people and other animals?

-  ☐ Yes, both inside and outside of the enclosure
-  ☐ Only inside the enclosure
-  ☐ Only outside the enclosure
-  ☐ No

How much time does your parrot spend each day moving, climbing, and flying?



☐ 4 or more hours



☐ Between 2 and 4 hours



☐ Between 1 and 2 hours



☐ 1 hour or less



☐ I don't know

How often does your parrot have the opportunity to fly?



☐ Every day for 4 or more hours



☐ Every day for less than 4 hours



☐ Several times a week, but not every day



☐ Never or less than once a week on average

Is the space where your parrot has the opportunity to fly safe?

Safe space: environment where the parrot can move or fly with a low risk of injury.

Indoor safe space: risk of collisions with windows, mirrors, or walls is minimized, and where access to potentially hazardous spaces like the kitchen is managed with appropriate precautions (no access to hot surfaces, boiling water, or toxic substances).

Outdoors safe space: appropriate temperature and no risk of predation or biting or stinging insects.

	Opportunity provided		Safe space	
	Yes	No	Yes	No
Indoor flying	☐	☐	☐	☐
Outdoors flying	☐	☐	☐	☐

How would you describe your parrot's flight ability?

If you are unsure of your parrot's flying ability, please select the answer "I don't know." Avoid attempting to assess it, as it could lead to injury or stress for your parrot.



☐ My parrot flies in all directions and maintains height during flight



☐ My parrot flies in a downward trend and horizontally but cannot gain altitude



☐ My parrot attempts flying but is unable to do so and falls to the ground



☐ My parrot does not fly or does not attempt to fly



☐ I don't know

Has your parrot received a wing trim?

Wing trimming is often regarded as unethical and a welfare concern, as it restricts parrots from performing natural behaviours such as flying. As a result, it is prohibited by law in several countries. [Click here](#) to learn more about the potential welfare implications of wing trimming.

The illustrations below show different types of wing trimming. The grey areas indicate the portions of the wings that are trimmed.



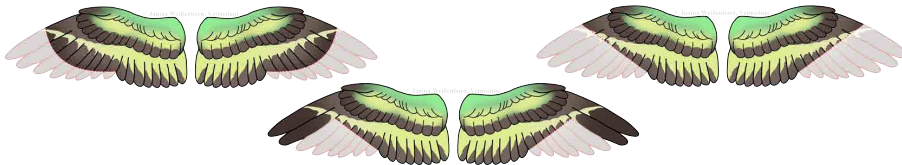
No



My parrot has received a bilateral skinny wing trim



My parrot has received a bilateral, transverse wing trim



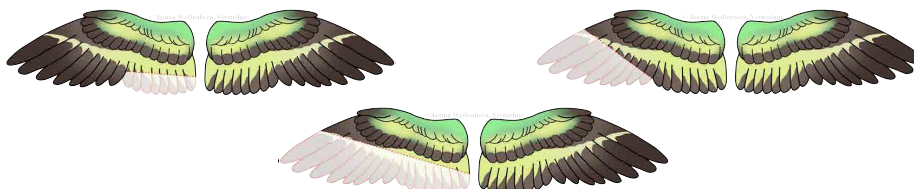
My parrot has received a bilateral wing trim which includes the secondaries



My parrot has received a bilateral wing trim which includes the primaries and secondaries



My parrot has received a unilateral wing trim



My parrot has been permanently defighted through a surgical procedure (for example, pinioning) for non-medical reasons.



Section 4: Provision of enrichment and exploration

How to interpret your answers

↑ likelihood for positive welfare

↑ risk for compromised welfare



Indicator of positive welfare

Indicator of compromised welfare



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: Health problem that requires immediate veterinary intervention.



: Question reflecting a behaviour that depends on the parrot's characteristics (e.g., personality, species, rearing history, prior life experiences) or husbandry practices or types of interaction whose benefits vary according to these characteristics.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

How often do you provide the following types of enrichment?

	Every day	Weekly	Monthly	Never
Multiple food stations	☐	☐	☐	☐
Certified chewable toys, cardboard or paper without ink, natural, not toxic and untreated cork and branches that can be safely chewed and destroyed	☐	☐	☐	☐
Puzzles and problem-solving games	☐	☐	☐	☐
Larger chunks of food or whole food items (with or without skewers)	☐	☐	☐	☐



Photos by Phoenix Landing Foundation

	Every day	Weekly	Monthly	Never
				
Scatter feeding (for example, foraging mat, spreading food out in various locations) and foraging tray or box (food mixed with inedible items)	☐	☐	☐	☐
 Photos by Phoenix Landing Foundation				
Non destructible puzzle feeders/foraging toys	☐	☐	☐	☐
 Photos by Phoenix Landing Foundation				
Destructible foraging toys	☐	☐	☐	☐
 Photos by Phoenix Landing Foundation				
Visual enrichment (for example, view out of the window)	☐	☐	☐	☐
Auditory enrichment (for example, recordings of natural sounds) It should be played at a low volume and avoided when the bird is sleeping or resting	☐	☐	☐	☐
Interactive toys that make sounds and/or move	☐	☐	☐	☐

How does your parrot interact with the enrichment provided?

Examples of interaction: manipulation with beak and/or feet (for example, chewing, grasping, exploring) or reactions to sound and visual cues.

Please answer only for the types of enrichment that you currently provide.

A: Frequently and repeatedly uses the enrichment, explores and/or manipulates it extensively

B: Occasionally interacts with the enrichment, explores and/or manipulates it briefly but ignores it at other times

C: Does not use or interact with the enrichment at all, either ignoring it completely or actively avoiding it

D: I don't know

A



B



C



D



Certified chewable toys, cardboard or paper without ink, natural, not toxic and untreated cork and branches that can be safely chewed and destroyed

☐
☐
☐
☐

Puzzles and problem-solving games



Photos by Phoenix Landing Foundation

☐
☐
☐
☐

Multiple food stations

☐
☐
☐
☐

Larger chunks of food or whole food items (with or without skewers)

☐
☐
☐
☐

Scatter feeding (for example, foraging mat, spreading food out in various locations) and foraging tray or box (food mixed with inedible items)



Photos by Phoenix Landing Foundation

☐
☐
☐
☐

A: Frequently and repeatedly uses the enrichment, explores and/or manipulates it extensively

B: Occasionally interacts with the enrichment, explores and/or manipulates it briefly but ignores it at other times

C: Does not use or interact with the enrichment at all, either ignoring it completely or actively avoiding it

D: I don't know



Non destructible puzzle feeders/foraging toys



Photos by Phoenix Landing Foundation

☐
☐
☐
☐

Destructible foraging toys



Photos by Phoenix Landing Foundation

☐
☐
☐
☐

Visual enrichment (for example, view out of the window)

☐
☐
☐
☐

Auditory enrichment (for example, recordings of natural sounds)

It should be played at a low volume and avoided when the bird is sleeping or resting

☐
☐
☐
☐

Interactive toys that make sounds and/or move

☐
☐
☐
☐

Is your parrot offered a range of toys that differ in shape, size, and colour, allowing it to choose which ones to interact with?

☐ Yes

☐ No

How do you provide foraging enrichment to your parrot?

Foraging enrichment includes toys, devices, or other opportunities that encourage natural behaviours such as searching, procuring, and extracting food (see tables above for examples).



☐ For treats and for the majority to the entire daily food ration



☐ For treats and for less than half of the daily food ration



☐ Only for treats



☐ Foraging enrichment not provided

How much time does your parrot spend daily foraging (i.e searching for, procuring, and extracting food from enrichment that you provide)?



☐ 4 hours or more



☐ Between 1 and 4 hours



☐ Less than 1 hour



☐ My parrot does not forage



☐ I don't know

How often do you replace toys/chewable items/climbing enrichment by introducing new different one/s?



☐ Every day



☐ Weekly



☐ Monthly



☐ Never



How does your parrot generally react towards unfamiliar objects (for example, new toys, new home decoration) in its proximity?

Please note that the behavioural response could be linked to your parrot's personality. A negative behavioural response may not change, but you can help prevent it by avoiding the situations that trigger it.



☐ My parrot actively approaches an unfamiliar object and touches, chews and manipulates it; some objects could trigger freezing or withdrawing responses.



☐ My parrot appears interested and looks at the unfamiliar object, then cautiously approach it; some objects could trigger freezing or withdrawing responses.



☐ My parrot withdraws or freezes to most unfamiliar objects; the freeze or withdrawal response may be more intense with certain objects.



☐ When confronted with any type of unfamiliar object, my parrot screams excessively or incessantly, displays frantic movements, flies away and/or falls of the perch.



☐ I don't know

What is your parrot's current alertness level?

-  ☐ My parrot is active and curious. It eagerly explores new objects, interacts frequently with people and toys, and responds quickly to its surroundings
-  ☐ My parrot reacts occasionally but needs encouragement to engage with new objects, toys and people. It shows some interest in its surroundings and sometimes participates in activities.
-  ☐ My parrot is mostly inactive or lethargic, shows little interest in its surroundings and does not respond much to things happening around it
-  ☐ I don't know

Section 5: Nutrition and maintenance behaviours

How to interpret your answers

↑ likelihood for positive welfare

↑ risk for compromised welfare



Indicator of positive welfare

Indicator of compromised welfare



For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.

 : Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.



: Health problem that is concerning and may require veterinary intervention.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

Which of the following foods do you provide?

Please note that the appropriate amount of food listed depends greatly on your parrot's species, age and individual needs.

This table provides an overview of many different types of foods that can be included in a parrot's diet and may serve as a useful tool to discuss dietary choices with your veterinarian. Always consult a qualified avian veterinarian to determine the most appropriate diet for your parrot.

 : Foods that should be offered only in limited amounts

 : Foods appropriate for consumption in moderate to large quantities only by certain species

 : Foods that should be avoided

	Main component of the diet	Moderate to small quantities	As treat, training reward or vehicle for medications	Not provided
Pellet and/or other formulated food	☐	☐	☐	☐
Fresh vegetables	☐	☐	☐	☐
Fresh fruits	☐	☐	☐	☐
Fresh grass or sprouted seeds	☐	☐	☐	☐
Grains	☐	☐	☐	☐
Legumes	☐	☐	☐	☐
 - Other plant-based proteins (for example unsalted tofu)	☐	☐	☐	☐
 - Nectar	☐	☐	☐	☐
 - Seed mix	☐	☐	☐	☐
 - Nuts	☐	☐	☐	☐
 - Fresh eggs or dried fortified egg food	☐	☐	☐	☐
 - Dairy products	☐	☐	☐	☐
 - Other animal-based protein	☐	☐	☐	☐
 - Processed food specifically designed for human consumption	☐	☐	☐	☐

Does your parrot eat all types of food that you provide?

Observing the animal while it eats is preferable, but checking the food bowl can also provide valuable insight.



☐ Yes



☐ No



☐ I don't know

Have you checked whether the diet you provide is balanced and appropriate for your parrot's species?

-  ☐ Yes, I consulted my veterinarian or a behavioural consultant
-  ☐ Yes, I researched by myself online, in books or magazines or it is advertised by the food manufacturer for my parrot species
-  ☐ No

How often do you empty and refill your parrot's water bowl with fresh water?

-  ☐ More than twice a day or as needed throughout the day
-  ☐ Twice a day
-  ☐ Once a day
-  ☐ Less than once per day

What time of day does your parrot sleep/rest?

Check all answers that apply

- ☐ Morning
- ☐ Midday
- ☐ Afternoon
- ☐ Evening
- ☐ Night
-  ☐ I don't know

Have you observed a change in food or water intake by your parrot in the last two weeks?

i.e. you observed these changes directly observing the parrot's behaviour or by checking the amount of food or water consumed.

-  ☐ No
-  ☐ Yes
-  ☐ I don't know

Have you noticed any changes in the sleeping pattern of your parrot in the last two weeks?

For example, sleeping more than usual or at times of the day when it typically does not sleep.

-  ☐ No
-  ☐ Yes
-  ☐ I don't know

Please indicate how often you provide the following bathing opportunities for your parrot

Please note that the frequency of bathing varies greatly depending on the species and the season.

	1-3 times per week	Less than weekly	Never
Mist	☐	☐	☐
Shower	☐	☐	☐
Shallow dish or tray containing water	☐	☐	☐
 Other:	☐	☐	☐

How does your parrot bathe when you provide the opportunity to do so?

Please answer only if you provide bathing opportunities.

-  ☐ My parrot always bathes on its own.
-  ☐ My parrot bathes on its own but sometimes needs encouragement to do so.
-  ☐ My parrot always needs encouragement to bathe.
-  ☐ My parrot doesn't bathe, and I don't try to change that.
-  ☐ My parrot tries to avoid bathing, but I make sure it gets bathed anyway.
-  ☐ I don't know

Does your parrot engage in self-maintenance behaviours for its beak?

For example, rubbing it against hard objects, grinding it by making a rhythmic motion with the upper and lower mandibles, or using bars or other objects to clean the inside of its beak.

-  ☐ Yes
-  ☐ No
-  ☐ I don't know

Have you noticed any changes in your parrot's self-preening behaviour (such as using its beak to clean, arrange, or maintain its feathers) over the past month?

-  ☐ No
-  ☐ Yes
-  ☐ I don't know

Section 6: Social and reproductive behaviours

How to interpret your answers

Indicator of positive welfare



For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.



: Question reflecting a behaviour that depends on the parrot's characteristics (e.g., personality, species, rearing history, prior life experiences) or husbandry practices or types of interaction whose benefits vary according to these characteristics.



: behavioural problem that requires immediate behavioural consultant intervention.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.



Please select the option that best describes your parrot's possibilities to socially interact with other parrots.

Please note that parrots are highly social animals, and living in group is important for their welfare. However, introducing new individuals should always be carefully evaluated with an expert to ensure it is suitable and safe for all parrots involved.

- ☐ My parrot can physically interact with multiple other parrots at all times.
- ☐ My parrot can physically interact with one other parrot at all times.
- ☐ Opportunities for my parrot to interact physically with one or more parrots are limited to certain times of the day.
- ☐ Opportunities for my parrot to interact physically with one or more parrots are limited to certain times of the week.
- ☐ Opportunities for my parrot to interact are limited to visual contact and vocal communication; there are no opportunities for physical contact
- ☐ My parrot lives alone and does not have any type of contact with other parrots.

How frequently do the following types of social interactions occur between your parrot and other parrots?

	On all or most encounters	On some encounters	Rarely to never
Staying right beside another parrot	☐	☐	☐
Feeding alongside another parrot	☐	☐	☐
Preening another parrot	☐	☐	☐

	On all or most encounters	On some encounters	Rarely to never
			
Being preened by another parrot	☐	☐	☐
Vocally interacting with another parrot (contact calls)	☐	☐	☐
	Rarely to never	On some encounters	On all or most encounters
			
Mating with another parrot	☐	☐	☐
Regurgitating food for another parrot	☐	☐	☐
Having food regurgitated by another parrot	☐	☐	☐
Stalking (i.e. following or watching insistently) another parrot	☐	☐	☐
Being stalked (i.e. followed or watched insistently) by another parrot	☐	☐	☐
	Rarely to never	On some encounters	On all or most encounters
			
Attacking (biting, lunging) another parrot	☐	☐	☐
Being attacked (bitten or lunged at) by another parrot	☐	☐	☐

How frequently do you observe the following behaviours in your parrot?

	Never	Monthly	Weekly	Every day
				
Rubbing its cloaca (vent area) against objects such as perches, cage bars, toys	☐	☐	☐	☐
Actively seeking or spending time in dark, enclosed, or secluded spaces such as underneath furniture, inside drawers or cabinets, behind cushions, or in boxes or clothing.	☐	☐	☐	☐

	Never	Monthly	Weekly	Every day
				
Egg laying	☐	☐	☐	☐
Regurgitating food and directing it towards its own body parts (for example, its foot)	☐	☐	☐	☐
Regurgitating food on a special toy or item in the cage	☐	☐	☐	☐

	Never	Monthly	Weekly	Every day
				
Lunging, biting, vocalizing aggressively, or chasing anyone who approaches or gets too close to a specific area (for example, cage, nest)	☐	☐	☐	☐

Section 7: Parrot-human interactions

How to interpret your answers

↑ **likelihood to build an appropriate positive relationship**



Indicator of positive welfare



↑ **risk for inappropriate or problematic relationship**

Indicator of compromised welfare

For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.

 : Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.



: Please note that the grading scales in this section are all indicative. The extent to which different types of interactions with your parrots and your parrot's behaviours contribute on building a positive or problematic relationship can vary depending on the living context, rearing history, prior life experiences and on individual characteristics such as species, personality, and age. These effects also depend on how many of these interactions or behaviours occur, how they combine, and how frequently they take place.



: Behavioural problem that requires immediate behavioural consultant intervention.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.



How many hours per day is your parrot surrounded by you and/or familiar people (for example, partner, family member)?

- ☐ > 8h
- ☐ 4h - 8h
- ☐ 2h - 4h
- ☐ It varies greatly per day
- ☐ All time, including night
- ☐ <1h



How often do you allow your parrot to engage in the following behaviours?

	Never 	Monthly 	Weekly 	Every day 
Sitting on shoulder, lap, or another part of the human body excluding the hands	☐	☐	☐	☐
Gently nibbling or grooming hair, beard, eyelashes, or human skin with its beak (preening)	☐	☐	☐	☐

	Never 	Monthly 	Weekly 	Every day 
Crawling under clothes or blankets	☐	☐	☐	☐



How often do the following interactions take place with the parrot?

	Every day 	Weekly 	Monthly 	Never 
Petting the parrot's head, cheeks and/or neck	☐	☐	☐	☐
Gently responding to the parrot's vocalizations	☐	☐	☐	☐
Talking to the parrot	☐	☐	☐	☐
Playing music for my parrot It should be played at a low volume and avoided when the bird is sleeping or resting	☐	☐	☐	☐
Training the parrot	☐	☐	☐	☐

	Never 	Monthly 	Weekly 	Every day 
Petting the parrot under the wings Excluding briefly checking under the wings to assess feather condition or presence of injuries.	☐	☐	☐	☐
Petting the parrot's chest Excluding when the pectoral muscle condition score is being assessed.	☐	☐	☐	☐
Petting the parrot's back and tail	☐	☐	☐	☐
Holding and shaking the parrot's beak while playing	☐	☐	☐	☐
Kissing the parrot	☐	☐	☐	☐
Providing food by mouth or allowing the parrot to eat from the mouth	☐	☐	☐	☐

	Never 	Monthly 	Weekly 	Every day 
Yelling at the parrot	☐	☐	☐	☐
Pressing on parrot's chest to encourage it to step up onto hands, arms, or an offered perch	☐	☐	☐	☐
Holding the parrot's body in the hands (with or without gloves or a towel) Excluding brief handling for physical condition assessments or medical examinations.	☐	☐	☐	☐
Grabbing the parrot with a net or a towel Excluding brief handling for physical condition assessments or medical examinations.	☐	☐	☐	☐



How does your parrot respond during a training session?

Please answer only if you train your parrot.



☐ Very focused and responds quickly.



☐ Mostly focused but gets distracted sometimes.



☐ Responds sometimes but often gets distracted.



☐ Rarely focused, responds only occasionally.



☐ Does not respond or shows no interest in training.



☐ I don't know



How frequently does your parrot display the following behaviours towards humans?

	Every day 	Weekly 	Monthly 	Never 
Indicators of a positive relationship				
Offering the head/neck to be petted	☐	☐	☐	☐
Contact calls/vocalizations	☐	☐	☐	☐
Voluntarily steps up onto the hand, arm, or an offered perch without encouragement	☐	☐	☐	☐

Indicators of an inappropriate or problematic relationships	Never 	Monthly 	Weekly 	Every day 
Begging for food (raise its wings, flutter them and bob its head up, and down in a rhythmic pattern)	☐	☐	☐	☐
Regurgitating food	☐	☐	☐	☐
Masturbating (rubbing the cloaca against humans)	☐	☐	☐	☐
Mating solicitation posture (head lowered, tail raised)	☐	☐	☐	☐
	Never 	Monthly 	Weekly 	Every day 
Approaching a person and biting	☐	☐	☐	☐



To how many people does your parrot display each of the above selected behaviour(s)?

Please answer this question only if your parrot exhibits any of the behaviours listed in the previous table.

	To everyone	To a few people	Only to me
Offering the head/neck to be petted	☐	☐	☐
Contact calls/vocalizations	☐	☐	☐
Voluntarily steps up onto your hand, arm, or an offered perch without encouragement	☐	☐	☐
Begging for food (raise its wings, flutter them and bob its head up, and down in a rhythmic pattern)	☐	☐	☐
Regurgitating food	☐	☐	☐
Masturbating (rubbing the cloaca against humans)	☐	☐	☐
Mating solicitation posture (head lowered, tail raised)	☐	☐	☐
Approaching a person and biting	☐	☐	☐



How does your parrot respond to you as the caregiver?

	Every or most times 	Sometimes 	Rarely to never 	I don't know 
My parrot seeks proximity to me when I am around	☐	☐	☐	☐
My parrot accepts physical contact initiated by me	☐	☐	☐	☐
My parrot initiates physical contact itself and actively approaches me for it	☐	☐	☐	☐

	Rarely to never 	Sometimes 	Every or most times 	I don't know 
My parrot stays completely still and does not react when I am approaching it	☐	☐	☐	☐

	Rarely to never 	Sometimes 	Every or most times 	I don't know 
My parrot tries to lunge, attempt to bite or chase me when I am approaching it	☐	☐	☐	☐
My parrot tries to escape and avoid contact when I am approaching it	☐	☐	☐	☐



How does your parrot respond to a familiar person (for example, partner, family member, friend)?

	Every or most times 	Sometimes 	Rarely to never 	I don't know 
My parrot seeks proximity to them when they are around	☐	☐	☐	☐
My parrot accepts physical contact initiated by them	☐	☐	☐	☐
My parrot initiates physical contact itself and actively approaching them for it	☐	☐	☐	☐

	Rarely to never	Sometimes	Every or most times	I don't know
				
My parrot stays completely still and does not react when they are approaching it	☐	☐	☐	☐
My parrot tries to lunge, attempt to bite or chase them when they are approaching it	☐	☐	☐	☐
My parrot tries to escape and avoid contact when they are approaching it	☐	☐	☐	☐



Does your parrot eat, drink, rest and/or clean its feathers...

Please note that a negative behavioural response may not change, but you can help prevent it by avoiding the situations that trigger it.

	Yes	No	I don't know
			
in your presence?	☐	☐	☐
in the presence of all household members?	☐	☐	☐
in presence of people that come by regularly?	☐	☐	☐
in presence of people that come by infrequently?	☐	☐	☐



Does your parrot spend most of its time in high locations out of human reach...

Please note that a negative behavioural response may not change, but you can help prevent it by avoiding the situations that trigger it.

	No	Yes	I don't know
			
in your presence?	☐	☐	☐
in the presence of all household members?	☐	☐	☐
			
in presence of people that come by regularly?	☐	☐	☐
			
in presence of people that come by infrequently?	☐	☐	☐

Section 8: Maladaptive and fear-related behaviours

How to interpret your answers

Indicator of positive welfare



For colourblind people, the answer options accompanied with icons are arranged in order from most optimal to least desired, either from top to bottom or from left to right.

 : Opportunity to learn more about your parrot's behaviours and needs. This includes observing your bird in daily life, either directly or via camera, reflecting on the care, environment, and daily interactions you provide. Seeking guidance from appropriately qualified professionals is highly recommended to help interpret your parrot's behaviour and assess whether the husbandry and management conditions you offer are appropriate.



: Question reflecting a behaviour that depends on the parrot's characteristics (e.g., personality, species, rearing history, prior life experiences) or husbandry practices or types of interaction whose benefits vary according to these characteristics.



: Behavioural problem that requires immediate behavioural consultant intervention.

An avian veterinarian or a certified parrot behavioural consultant can help review your assessment results and, if needed, develop an effective plan to improve your parrot's welfare.

How often does your parrot produce disruptive, loud vocalizations or screams?



☐ Never



☐ Rarely and mostly limited to specific moments of the day (for example, morning and evening) or in response to specific and uncommon situations (for example, sudden loud noise)



☐ Occasionally and mostly when exposed to specific contexts (for example, when left alone, presence of unfamiliar people/guests)



☐ Frequently, and incessant screaming can occur but mostly in specific contexts (for example, when left alone, presence of unfamiliar people/guests)



☐ For the majority of the day, and sometimes incessantly for hours with no apparent reason or cause



☐ I don't know



When does your parrot display the following behaviours?

Please note that the behavioural response could be linked to your parrot's personality. A negative behavioural response may not change, but you can help prevent it by avoiding the situations that trigger it.

		Tremors or shivering, freezing, hiding, withdrawing	Attempting to escape by flying or moving away, possibly falling off the perch, screeching/high-pitched screams
	Never	☐	☐
	Mostly in response to specific or uncommon situations (for example, visit to the vet, sudden loud noise).	☐	☐
	Mostly when exposed to a certain situation, outside of its daily environment (for example, outdoor activity, visit of a new place)	☐	☐
	Predominantly when exposed to changes in its daily environment (for example, presence or approach by new, unfamiliar people/guests or animals, change of furniture, new house decorations, provision of new toys).	☐	☐
	Most of the time, even in its daily environment.	☐	☐
	I don't know	☐	☐

Does your parrot exhibit any of the following behaviours?

Please note that interpreting abnormal behaviours can be challenging. Whether these reflect a welfare issue depends highly on species, context and frequency with which these occur. If you observe any of these behaviours in the table, seeking expert guidance is highly recommended.

	No 	Yes 	I am not sure 
Pacing: repetitive walking back and forth along a fixed path	☐	☐	☐
Route tracing: repeatedly follow the same path or pattern within its enclosure, such as moving along a specific perch, climbing the same section of the cage, or flying in a predictable loop	☐	☐	☐

	No 	Yes 	I am not sure 
Swaying and rocking: repeatedly shift its body side to side or back and forth in a rhythmic motion	☐	☐	☐
Tongue rolling and flicking: repetitive quick movement of the tongue or rolling or flicking of the tongue inside or outside the beak	☐	☐	☐
Beak clacking: rapid, repetitive, excessive or compulsive clicking or clacking of the beak	☐	☐	☐
Beak rubbing: repeatedly rubbing the beak against surfaces such as perches or bars	☐	☐	☐
Repetitive licking: repeated licking of surfaces such as cage bars, perches, or walls	☐	☐	☐
Spot pecking: repetitively peck at a specific spot, such as a cage bar, perch, wall, or even an imaginary point	☐	☐	☐
Toe-nail biting: repeatedly bite or nibble at their own toes or nails	☐	☐	☐

	No 	Yes 	I am not sure 
Sham bathing: mimic bathing motions without the presence of water or an appropriate bathing substrate	☐	☐	☐
Sham chewing and chewing not chewable items: mimics chewing motions or engages with non-chewable objects (for example, metal bars or plastic) or surfaces	☐	☐	☐
Feeding objects (for example, mirrors, toys)	☐	☐	☐

Welfare assessment completed!

Thank you very much for taking the time to complete this welfare assessment for your parrot. Your dedication to understanding your parrots' behaviours and needs is an important step toward supporting its welfare.

As mentioned at the beginning of this document, if the results of the assessment highlight any welfare concerns or areas that could be improved, you may need to consider making some changes in your parrot's environment or daily care. Before taking any action, it is **highly recommended** to consult with a qualified expert, such as a veterinarian experienced in avian care or a certified parrot behaviour consultant. Their support will be essential to assess your parrot's health and/or accurately interpret its behaviours, as well as to ensure that any changes you make are appropriate, effective, and tailored to your parrot's individual needs.

If you would like to share your results with a professional, you can click the button below. This will automatically attach your results to a new, empty email, where you can simply add the contact details of the professional of your choice and send the file.

[Send results of the assessment](#)

If you have any questions or need further information, please feel free to contact us at Psittawel@vetmeduni.ac.at

Thank you again for your commitment to your parrot's wellbeing