

# Quality of Life Assessment

## DESCRIPTION OF THE WORKSHEET

This assessment is designed to help you track your dog's quality of life over time. Complete it every three to six months and compare your answers. This questionnaire should not be used for end-of-life decisions. *Research purists:* this instrument has not been evaluated for reliability or validity.

## HOW TO COMPLETE THE WORKSHEET

This is a difficult exercise in that it asks you to be candid about the quality of your dog's life. There are no right or wrong answers. Be as honest as you can; you know your dog best.

## WHAT TO DO WITH THE RESULTS

Review each question. If you selected any answer other than "Strongly Agree" or "Agree," consider the following:

- 1) What behaviors led you to select your answers?
- 2) Should you make a change that would address this?
- 3) How can you make a change to your dog's current situation to improve her quality of life?

Your dog's temperament may dictate that you answer "Disagree" or "Strongly Disagree." For example, if your senior or mobility-challenged dog is reactive to other animals, she may never interact appropriately with other dogs. Rather than focusing on changing her feelings about other dogs, select other areas where you can have an impact on her day-to-day quality of life.

In contrast, if she's always enjoyed the company of other dogs and is suddenly growling or moving away from them, then a "Disagree" or "Strongly Disagree" should lead you to ask the three questions above.

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Place a checkmark in the column that best describes your dog.

My dog's ...	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
<b>GENERAL LIFE SATISFACTION</b>					
<i>Seems happy in the current situation</i>					
<i>Is in a good mood</i>					
<i>Finds joy in familiar activities or games</i>					
<b>INDEPENDENCE IN ACTIVITIES OF DAILY LIVING</b>					
<i>Can move into a sit position</i>					
<i>Can move into a down position</i>					
<i>Can rise into a stand position</i>					
<i>Can walk from room to room</i>					
<i>Can walk up and down steps or stairs</i>					
<i>Can stand to consume food and water</i>					
<i>Can posture to eliminate</i>					
<i>Can shake off water or debris</i>					
<i>Can self-groom</i>					
<b>SOCIAL AND MENTAL ENGAGEMENT</b>					
<i>Interacts with humans appropriately</i>					
<i>Interacts with other animals appropriately</i>					
<i>Seeks attention from others</i>					
<i>Is willing to participate in social activities</i>					
<i>Is willing to participate in mental games or activities</i>					
<i>Follows family from room to room</i>					
<i>Acknowledges my arrival home</i>					
<i>Offers and holds soft eye contact</i>					

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