

Quality of Life Assessment

Use the scale below to help you assess your pet's quality of life. Fill in the appropriate number for each category and then add them together for a total score for that day. Use the notes section to keep track of important events or the overall "Good Day" or "Bad Day" status.

Tips for using the assessment:

- 🐾 Assess at different times of the day.
- 🐾 Most pets will be at their best during the day and tend to get worse in the evening and during the night.
- 🐾 Have a friend or family member complete the assessment as well and compare the results.

Date	Mobility	Nutrition & Hydration	Elimination	Hygiene	Attitude	Favorite Things	Total	Notes Good Day / Bad Day

Mobility

- 2 Good** – No trouble getting around, enjoys physical activities like walking / running / playing
- 1 Decreased** – Has difficulty getting around and/or needs assistance, tires easily, requires pain management
- 0 Poor** – Not able to get up/down without assistance, pain medication no longer helping

Nutrition & Hydration

- 2 Good** – Normal eating & drinking habits, maintaining a steady healthy weight & body condition
- 1 Decreased** – Decreased appetite, needs hand fed, marked change in water intake (increase OR decrease)
- 0 Poor** – No appetite, requires regular subcutaneous fluids, noticeable change in weight / body condition

Elimination

- 2 Good** – Regular urination, formed stools, no vomiting
- 1 Decreased** – Abnormal stools and/or urination, accidents in house or outside litterbox, frequent vomiting
- 0 Poor** – Unable to control bowel and/or bladder function

Hygiene

- 2 Good** – Heathy skin / hair that is clean, regular personal grooming
- 1 Decreased** – Unkempt appearance, dull haircoat, matted hair, requires assistance to stay clean after stool / urine elimination
- 0 Poor** – Urinates and/or defecates on themselves, has pressure sores

Attitude

- 2 Good** – Happy and playful, interacts with family and other household pets
- 1 Decreased** – Acts depressed and/or lethargic, decreased interaction with others
- 0 Poor** – Minimal interactions, hiding in / under things, easily gets confused or "lost"

Favorite Things

- 2 Good** – Readily enjoys favorite toys, activities, treats, bed, etc.
- 1 Decreased** – Needs encouragement to participate in their favorite activities
- 0 Poor** – Shows no desire or interest in their favorite things

Quality of Life Scale

- 12 – 9** Good quality of life – your pet is doing well, no further action needed
- 6 – 8** Decreased quality of life – your pet is not well and may require medical intervention
- 0 – 5** Poor quality of life – your pet is suffering, and humane euthanasia should be considered