



# Quality of Life Assessment

Helping you determine when it's the right time

Date: \_\_\_\_\_

← Poor Quality of Life

Good Quality of Life →

My Pet...	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
no longer wants to play	1	2	3	4	5
is not interested in being with family members in the same way as before or is hiding more than usual	1	2	3	4	5
does not enjoy the same activities as before	1	2	3	4	5
does not seem to enjoy life	1	2	3	4	5
has more bad days than good	1	2	3	4	5
is sleeping more than usual or seems dull or depressed	1	2	3	4	5
seems confused or is having signs of anxiety at night or during the day	1	2	3	4	5
seems to be in pain (panting when at rest, difficulty moving, unable to rest comfortably)	1	2	3	4	5
is not eating or drinking as much as normal	1	2	3	4	5
is losing weight	1	2	3	4	5
is having urinary or fecal incontinence or having frequent diarrhea	1	2	3	4	5
is not able to move around normally	1	2	3	4	5
is experiencing hygiene problems due to soiling or is developing skin wounds	1	2	3	4	5
requires excessive nursing care that I am no longer able or willing to fully provide	1	2	3	4	5

Total \_\_\_\_\_ (best used to compare scores over time)

Much of this assessment has been adapted from the Ohio State University, available in its original form at [vet.osu.edu/honoringthebond](http://vet.osu.edu/honoringthebond).



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 Euthanasia at Home Specialists  
 (512) 387-1555  
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# How to Use This Assessment

Tools and advice on where to go from here

Deciding to say goodbye to your beloved pet and family member is never an easy decision. There are many factors to consider including your pet's physical, mental and emotional quality of life, their chances of getting better in the future, the financial and time responsibilities require to maintain your pet's quality of life, and even other events in the life of your family such as the loss of other loved ones, financial burdens, or other life events.

This assessment will allow you to explore these various areas and identify areas of concern. It can also provide a way for different family members to understand each other's concerns and perspectives. It can be especially helpful to repeat this assessment at regular intervals (daily, weekly, or monthly depending on how quickly your pet's situation is changing).

There are several possible outcomes of this assessment that are a cause for concern. If you experience any of the following outcomes, it may be time to consider humane euthanasia to prevent undue suffering. You can also consult with your veterinarian or an in-home euthanasia veterinarian such as Doorstep Vet to help you understand your pet's results.

1. **Low Scores in Many or Most Categories.** This is an indication that your pet's overall quality of life may be significantly impaired. Issues in multiple areas can sometimes have a negative effect that exacerbate each other and cause problems greater than the sum of their parts.
2. **Very Low Score in One or More Important Categories.** In the event that your pet is not eating at all or is having severe pain that is not responding to treatment, these are issues that usually represent an unacceptable quality of life in and of themselves. Likewise, having more bad days than good can be a key indicator that the time has come.
3. **Worsening Scores in One or More Categories.** If you find yourself repeating this assessment over time, you will be able to identify key areas in which your pet may be worsening or notice an overall decline in total score. This can be a sign that your pet's disease is progressing to a point where euthanasia may be the right choice.
4. **High Risk of Serious Emergency.** If your pet has been diagnosed with a specific disease, your veterinarian can discuss with you the possible emergency situations that may occur. Some diseases present a risk of an emergency that you may want to prevent due to the severe suffering such an emergency can cause.

## Additional Resources



Online Version of This Assessment

<https://www.DoorstepVetAustin.com/resources/quality-of-life-evaluation/>



Knowing the Right Time

<https://www.DoorstepVetAustin.com/resources/deciding/>



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