

Quality of Life Assessment and Tracking Chart

The following 8 categories can serve as a guideline to evaluate your pet's quality of life (QOL). Recognize that these categories are subjective; therefore, try to identify and chart the number (0-3) for your pet within each category based on the closest fit, even if the description doesn't perfectly align with their unique situation. A total score of 24 suggests excellent quality of life, while a score of 0 indicates a minimal quality of life. It's important to note that there isn't a specific score indicating when to elect euthanasia. Instead, this decision should be strongly considered when a pet's quality of life is no longer acceptable to your family.

	A	B	C	D	E	F	G	H	Total
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

A – Ability to Get Around

- 0 Unable to get around without assistance
- 1 Able to get around but needs assistance +/- takes significant effort; may fall frequently
- 2 Slow to get up; mild difficulty getting up; may stumble/fall rarely
- 3 Fully mobile and able to go where they want/need

B – Hydration Status

- 0 Not drinking +/- requires subcutaneous fluids OR excessive thirst (may fall asleep at the bowl)
- 1 Moderately increased or decreased thirst; ok to include pets well maintained on subcutaneous fluids
- 2 Slightly increased or decreased thirst
- 3 Normal Thirst

C – Appetite

- 0 No appetite/very limited appetite; +/- nausea/vomiting
- 1 Limited appetite
- 2 Slight decrease or increase in appetite
- 3 Normal appetite

D – Mentation/Cognitive Behavior

- 0 Lethargic; dull; obtunded; reclusive; depressed
- 1 Quiet; sometimes withdrawn; disoriented
- 2 A little quieter, but mostly themselves
- 3 Alert; bright; responsive

E – Elimination Behavior

- 0 Frequent accidents in the home +/- wearing a diaper; for cats, going outside of the litter box
- 1 Occasional accidents in the home +/- a change in frequency of going outside (more or less)
- 2 Rare accidents in the home or a mild change in routine
- 3 Normal location/frequency of elimination

F – Ability to Rest/Relax

- 0 Restless/anxious (especially at night); pacing (if able); increased panting
- 1 Occasional restlessness/anxiety
- 2 Mild changes in sleeping habits
- 3 Normal sleeping habits

G – Cleanliness

- 0 No longer grooming; soiled; frequent bathing needed
- 1 Unkempt coat; some bathing needed
- 2 Slightly unkempt coat; rare bathing needed
- 3 Normal grooming; clean coat

H – Pain

- 0 In pain; pain medications no longer working
- 1 Moderate pain; pain medications help
- 2 Mild-moderate discomfort +/- pain medications
- 3 No appreciable pain; comfortable