

Quality of Life Self Assessment

Deciding when it may be time to say goodbye is one of the most difficult and loving decisions a pet guardian may ever face. There is rarely one perfect moment or one clear answer. Instead, many families begin to notice changes in their pet's comfort, appetite, mobility, happiness, and ability to enjoy the things they once loved. This gentle self assessment is not meant to make the decision for you. Rather, it is intended to help you thoughtfully reflect on your pet's overall quality of life and provide a starting point for meaningful conversations with your family and veterinary care team.

How to Use This Assessment

For each statement, select the answer that best describes your pet today.

Scoring

- 0** = Never
- 1** = Sometimes
- 2** = Often
- 3** = Almost Always

Assessment Questions

1. My pet appears comfortable and free from pain.
2. My pet still enjoys eating.
3. My pet is drinking enough water to stay hydrated.
4. My pet can move comfortably, or with reasonable assistance.
5. My pet still enjoys interacting with family.
6. My pet still enjoys favourite activities, even if only briefly.
7. My pet seems interested in their surroundings.
8. My pet has more good days than difficult days.
9. My pet can rest comfortably without distress.
10. I feel my pet is still experiencing a meaningful quality of life.

Understanding Your Score

24 to 30

Your pet may still be maintaining a relatively good quality of life. Continue monitoring for changes and cherish your time together.

18 to 23

Your pet may be experiencing a noticeable decline. It may be helpful to monitor your pet closely and discuss any concerns with your veterinary care team.

10 to 17

Your pet's quality of life may be significantly affected. This may be an appropriate time to explore end of life care options and seek guidance regarding your pet's comfort and well being.

Below 10

Your pet may be experiencing considerable discomfort or loss of quality of life. While every situation is unique, many families find this is the time to consider whether a peaceful and compassionate goodbye may be the kindest choice.

A Gentle Reminder

No questionnaire can fully capture the unique bond you share with your pet. You know your companion better than anyone. This assessment is simply a guide to help organize your thoughts and recognize changes that may otherwise occur gradually over time. If you remain uncertain, consider discussing your observations with a trusted veterinarian who can help you make an informed and compassionate decision based on your pet's individual needs.