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## Quality of Life Evaluation - Based on the 5 freedoms

This quality of life assessment for your pet is an aide to help assess key factors that affect your pets quality of life and need for medical intervention. When using this quality of life aide, it is important to take into account not only your pet, but family information and experiences in order to reach an educated and appropriate choice that fits your pet. Due to user subjectivity, it is helpful for multiple family members to conduct this evaluation either alone or together and use as a discussion aid.

Score each section on a scale of 0-2

0= agree - this statement describes my pet

1= some changes seen - I somewhat agree with this statement

2- disagree- this does not describe my pet

### 1. Natural functions - “Freedom from hunger and thirst”

\_\_\_ Appetite has stayed the same.

\_\_\_ Water consumption has stayed the same.

\_\_\_ Normal urination habits

\_\_\_ Normal bowel movements habits and consistency

### 2. Physical Health - “Freedom from thermal and physical discomfort and Freedom from pain, injury or disease”

\_\_\_ Able to ambulate ( walk around) home environment / daily walks if applicable

\_\_\_ No outward signs of pain - pacing, excessive panting, reluctance to move, hiding, whining

\_\_\_ No changes in breathing or panting patterns

### 3. Social interactions and attitude - “ Freedom to express normal behavior”

\_\_\_ Desire to be with family has not changed

\_\_\_Interacting normally with family members and other pets ( ie. No increased aggression or reactivity)

\_\_\_Reacts normally to disruptive stimuli/ still dislikes the same stuff- ( ie. Barks at doorbell, hides from strangers, dislikes squirrels/ mail man - has your pet’s reaction changed?)

### 4. Mental wellbeing - “ freedom from fear and distress”

\_\_\_ no outward signs of stress or anxiety

\_\_\_ Night-time activity is normal/ unchanged.

\_\_\_ Does not seem apathetic or confused/ zoning out

\_\_\_ Enjoys normal pleasure activities - playing, toys , favorite things.

## RESULTS

0- 8 quality of life is most likely adequate. No medical intervention may be required but guidance from your veterinarian may be helpful in identifying signs and possible future concerns.

9- 15 Quality of life has become a concern and medical intervention is suggested.

16-28 - Quality of life is a definite concern and indicate possible struggle. Symptoms will likely become more progressive and intense in the near future. Veterinary intervention and guidance is needed.