

Paws In Peace — Quality of Life Scale

Pet name:

Species/Breed:

Date:

Completed by:

How to use this scale

- For each category below, assign the score that best describes your pet *right now* (the lower the score, the more they may be suffering).
 - Be honest and trust your knowledge of your pet — you know them best.
 - Add up the numbers to get a **total score** and use the interpretation guide at the end.
 - This tool is for guidance only — please discuss results with your regular veterinarian, or with Dr Lou.
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Scoring key (0–10)

- **0–3** = Poor / Often in distress
- **4–6** = Moderate / Some discomfort
- **7–8** = Good / Manageable with support
- **9–10** = Excellent / Comfortable and happy

Tip: If a category does not apply (e.g., a housecat that never goes outside), score based on the most relevant behaviour (e.g., indoor mobility, grooming).

Quality of Life Categories

Comfort / Pain (ability to rest, signs of pain, response to analgesia)

- 0–3: Constant pain, unrest, unable to rest
- 4–7: Intermittent pain, partially responsive to medication
- 8–10: Comfortable most of the time, pain controlled

Score: __ /10

Mobility / Movement (getting up, walking, stairs, jumping)

- 0: Unable to move/walk without severe distress
- 1–3: Unable to move unless assisted
- 4–7: Moves with difficulty, needs help or frequent rest
- 8–10: Moves normally or with minor stiffness

Score: __ /10

Appetite / Eating & Drinking

- 0-1: Won't eat or drink, may need force-feeding
- 2-4: Poor appetite, often refusing food
- 5-7: Eats only high-value foods or coaxing
- 8-10: Eating and drinking normally or with mild changes

Score: __ /10

Toileting (ability to urinate/defecate normally; distress from incontinence)

- 0-2: Unable to eliminate without assistance
- 2-4: Frequent incontinence
- 5-7: Occasional accidents, needs some help
- 8-10: Normal toileting

Score: __ /10

Hygiene / Self-care (coat condition, grooming ability, sores, odour)

- 0: Always soiled, severe inability to self-care
- 1-3: Rarely allows grooming, matted/soiled
- 4-7: Needs regular assistance but tolerates well
- 8-10: Keeps clean or needs minimal assistance

Score: __ /10

Interest in Surroundings / Enjoyment of Life

- 0-3: No interest in toys, family, or favourite activities
- 4-7: Some interest on good days, often indifferent
- 8-10: Shows enjoyment, engages in favourite activities

Score: __ /10

Interaction with Family / Social Behaviour

- 0: Withdrawn, hiding, or aggressive due to distress
- 1-3: Mostly withdrawn, interacts only when necessary
- 4-7: Mixed behaviour, still greets family regularly
- 8-10: Seeks affection, enjoys social contact

Score: __ /10

Respiration & Overall Distress

- 0: Frequent laboured breathing or distress at rest
- 5: Occasional breathing difficulty or anxiety
- 10: Comfortable breathing and calm at rest

Score: __ /10

Total score (sum of 8 categories): __ /80

Interpreting the total

- **60–80 (Mostly comfortable):** Quality of life is generally good. Continue supportive care and reassess regularly.
 - **30–59 (Borderline):** Mixed quality of life — discuss options such as pain control or supportive measures. Consider whether bad days are increasing.
 - **0–29 (Poor):** Frequent or constant suffering likely. Strongly consider discussing euthanasia as a compassionate option.
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Notes & Observations

(Record behaviours, symptom patterns, changes, medications, etc.)

Action Checklist

- ☐ Share this completed form with your veterinarian
 - ☐ Review pain-management & supportive medication options
 - ☐ Consider in-home comfort / euthanasia options if appropriate
 - ☐ Discuss aftercare and memorial wishes
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