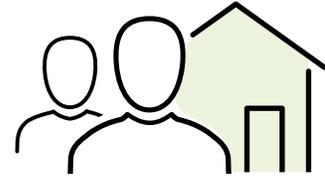
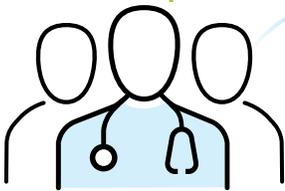


Live Your Best Life Possible

If you're an older adult, living at home, and have an ongoing health condition—or you're caring for an older family member—your healthcare providers care about your quality of life.



Quality of Life Assessments



How are
you doing?



How is
your care?



What matters
to **you**?

Proven Healthcare Tools Can Help

Tools for quality of life assessments have been shown to help:

- Older adults to work with their healthcare providers to live comfortably at home as long as possible.
- Family members or friends who are coping with the demands of caring for a loved one at home.

These tools are a series of simple-to-answer questions about **your** health, **your** care, and **your** life.





Sample Quality of Life Assessment Questions

The answers to these questions are about you—even if someone helps you fill them out. There are no “right” or “wrong” answers. It’s the “right” answer if it’s what **you** really think or feel.

A

Over the past two days (48 hrs), emotionally I felt:

Very Bad	0	1	2	3	4	5	6	7	8	9	10	Excellent
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For example, if you felt:

- **Very Bad**, you might circle a 0 or 1.
- **Good**, you might circle a 7 or 8.
- **Poor**, you might circle a 2 or 3.
- **Excellent**, you might circle a 9 or 10.
- **Moderate**, you might circle a 4, 5 or 6.

B

In general, how satisfied are you with the quality of your care?

Not at all	Not Very	Somewhat	Very	Completely
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Why These Questions Matter

- Your **healthcare providers** will be able to better understand how you are doing.
- If you’re an **older adult**, the healthcare team can help you find the support you need to live comfortably at home.
- If you’re a **family caregiver**, the healthcare team can help you find the resources you need to support you and your loved one.



What to Do

- ANSWER** the quality of life assessment questions online each time before you have an appointment with your healthcare provider.
- ASK** your healthcare provider if you can talk about the answers you provided when you’re at your appointment.
- LEARN** more at: healthyqol.com



Together, let’s build a person-centred healthcare system for **everyone**.