

Behavior Quality of Life Scale

Quality of life (QOL) can mean different things to different people and there are a myriad of values that we can attribute to QOL for our pets. When looking at QOL through the lens of owning a pet with behavioral concerns, it can be important to assess, across different values, how your pet’s life, your own life and the community is impacted by your animal’s behavioral needs. The three charts in this document can be used once, or over time to be utilized as a comparison tool. The charts have been adapted and modified from the chart in our resource [“How Do I Know When it’s Time?”](#).

Utilizing these charts can help you visualize the wellbeing and welfare of your pet, yourself/family, and the greater community. Adding up the totals of the different categories together will give you a number between 22 and 110. Lower numbers indicate a likelihood of lower QOL for your pet, family and/or community, whereas a higher number indicates a likelihood of higher QOL. While totals can be helpful, it is worth noting that totals are not comparable between situations. It is not advised to compare totals between different pets and families.

Reminder: This QOL scale is an observational tool, not a diagnostic tool.

Animal Quality of Life Scale

Poor Quality of Life

Good Quality of Life

Date _____



My pet(s)...	Strongly Agree (All the time) (Severe)	Agree (Most of the time) (Significant)	Neutral (Sometimes) (Mild)	Disagree (Occasionally) (Slight)	Strongly Disagree (Never) (None)
...does not like socializing with all household members.	1	2	3	4	5
...cannot eat and/or drink safely due to fear or aggression.	1	2	3	4	5
...is no longer able to enjoy top 5 favorite activities due to behavioral concerns.	1	2	3	4	5
...is no longer able to be safely medicated.	1	2	3	4	5
...aggression/anxiety impacts their emotional and physical health on a daily basis.	1	2	3	4	5
...is unable to be groomed or bathed.	1	2	3	4	5
...is unable to be boarded.	1	2	3	4	5
...is unable to have a pet sitter.	1	2	3	4	5
...wellbeing/stress level is significantly impacted when boarded or watched by a pet sitter.	1	2	3	4	5
...is unable to be safely transported.	1	2	3	4	5
...degree of environmental management needed to keep them safe impacts their emotional/physical welfare.	1	2	3	4	5
...is unable to receive care for any condition requiring repeat visits or hospitalizations.	1	2	3	4	5

Total _____

Owner Quality of Life Scale

Poor Quality of Life

Good Quality of Life

Date _____

I am (My household is)...	Strongly Agree (All the time) (Severe)	Agree (Most of the time) (Significant)	Neutral (Sometimes) (Mild)	Disagree (Occasionally) (Slight)	Strongly Disagree (Never) (None)
...unable to go on trips / cannot use a pet sitter or boarding.	1	2	3	4	5
...unable to participate in activities with family and friends.	1	2	3	4	5
...unable to follow through on personal medical recommendations (i.e. surgeries, hospitalizations, etc.) - no other person able to safely manage care.	1	2	3	4	5
...unable to receive care for any condition requiring repeat visits or hospitalizations.	1	2	3	4	5
...noticing the degree of environmental management needed to keep my pet safe detracts from the emotional/physical welfare of myself and household members.	1	2	3	4	5
...needing increased psychological interventions to manage stress. (Interventions can include wellness apps, meditation or mindfulness practices, or counseling support.)	1	2	3	4	5
...unable to guarantee safety of emergency personnel in the case of an emergency.	1	2	3	4	5
...being negatively impacted financially due to management of my pet's needs.	1	2	3	4	5

Total _____

Community Quality of Life Scale

Poor Quality of Life

Good Quality of Life

Date _____

My pet(s)...	Strongly Agree (All the time) (Severe)	Agree (Most of the time) (Significant)	Neutral (Sometimes) (Mild)	Disagree (Occasionally) (Slight)	Strongly Disagree (Never) (None)
...is a risk to other people or animals if there is a management failure.	1	2	3	4	5
...is no longer recommended for rehoming.	1	2	3	4	5
...is unable to receive legally required vaccinations and/or vet care.	1	2	3	4	5

Total _____