

# Reviewing My Animal's Quality of Life (QOL) with My Veterinary Team

(Wasson & Shirazi Nameth, 2024)

1. What Quality of Life Indicators am I watching most closely?
2. What am I doing to help them with this QOL issue (medications, changes to their living space etc.)?
3. What changes have I noticed in this/these QOL issue(s) since my last appointment?
4. What questions or concerns do I have about I have about this/these change(s) for my next veterinary appointment?

The next date that I will review this concern is:

- For Self/Family – Use QOL Calendars
- With my vet team – scheduled follow-up appointment \_\_\_\_\_

## Quality Of Life Monitoring Calendar

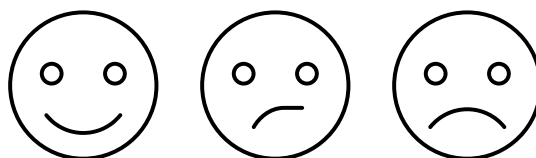
We know that monitoring your animal's QOL can be challenging especially over the course of days and months as the picture can change so gradually. These tools are designed to help inform your conversation with your veterinary team so that we can best support you during this difficult time.

The Quality of Life Indicators for \_\_\_\_\_ that I am watching for are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**\*Note\*** these should be based on your personal knowledge of and relationship with \_\_\_\_\_. We know that you are the expert when it comes to your animal and their personality and ways of being. If you need examples, please use the supporting QOL document. Make these indicators as specific as possible to allow for careful monitoring (eg. Instead of "eats and drinks" – indicating how they eat and drink or show interest in their food).

Use the icons below (or choose one's that make sense to you) to scale how \_\_\_\_\_ is doing each day that you are monitoring them. Place an indicator for each day based on the things you are watching for. If monitoring day-to-day or week to week use QOL Calendar 1. If monitoring over a few weeks or months, use QOL Calendar 2. Place an indicator for each day based on the things you are watching for. Please bring this/these calendar(s) to the next appointment with your veterinarian to help us best support you.





Week of \_\_\_\_\_

Morning

Evening

M



- 1.
- 2.
- 3.
- 4.

T

W

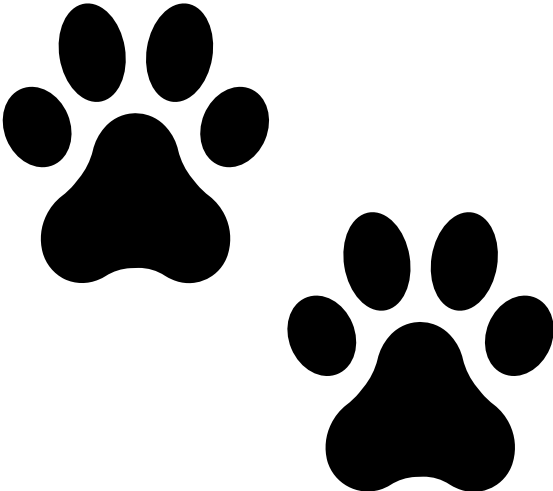
T

F

S

S

# Month



Indicators:

1. 3.

2. 4.

	SUN	MON	TUE	WED	THU	FRI	SAT
1.							
2.							
3.							
4.							