



Pet's Quality of Life Assessment

Considering the deep connection you share with your pet, assessing their quality of life can be a sensitive undertaking. Identifying their needs and evaluating their overall health becomes even more crucial. The following checklist covers different aspects to help you assess your pet's well-being over time. Consulting with your veterinarian and the Compassionate Care Coordinator, Jennifer Durn, can provide valuable support and guidance as you navigate this challenging decision-making process.

Physical Pain and Discomfort:

- Does your pet have difficulty moving or exhibit hesitancy?
- Is your pet restless, hiding, or unable to find comfort?
- Have you noticed changes in your pet's energy level?
- Does your pet react negatively when being touched in specific areas?
- Have you detected any behavioral shifts suggesting pain or discomfort, such as trembling, growling, or avoidance of certain activities?

Signs of Respiratory Distress:

- Is your pet experiencing breathing difficulties?
- Does your pet pant heavily, even in moderate temperatures or experience rapid or labored breathing?
- Are your pet's gums bluish or pale?
- Has your pet's ability to exercise and play significantly decreased, resulting in them needing breaks?

Cognitive Function:

- Is your pet showing signs of disorientation or confusion?
- Have there been changes in your pet's interactions with family members or housemates, such as increased aggression or withdrawal?
- Are there any alterations in your pet's sleep pattern, such as heightened restlessness at night or increased drowsiness during the day?
- Has your pet started soiling the house more frequently, especially if previously housetrained?
- Have you observed increased signs of anxiety, uneasiness, or pacing in your pet?
- Does your pet seem to have difficulty recognizing or responding to familiar commands or cues?



Monitoring Appetite and Hydration:

- Have you noticed any changes in your pet's appetite or thirst?
- Does your pet appear nauseated? Common symptoms include excessive drooling, frequent lip licking, persistent hard swallowing, vomiting, or loss of appetite.
- Can your pet drink water from a bowl without difficulty?
- Have you observed any changes in your pet's weight or body condition indicating alternations in appetite or hydration?

Mobility and Independence:

- Is your pet able to easily transition from lying down to standing?
- Does your pet move around comfortably and freely?
- Are there noticeable challenges or difficulties in your pet's walking ability?
- If your pet is unable to walk, can you provide the necessary care, including assisting them to stand, accompanying them outdoors, helping with position changes, and managing any elimination habit difficulties/helping to ensure cleanliness?
- Can your pet access their favorite places in the house?

Emotional Well-being and Social Interaction:

- Does your pet readily interact with family members?
- Are there any changes in your pet's social behavior with other family pets?
- Does your pet still display their typical behaviors, habits, or routines?
- Does your pet show interest in playing with their favorite toys?

Addressing Elimination and Hygiene:

- Can your pet position themselves comfortably for waste elimination?
- Does your pet consistently practice proper hygiene after urination and bowel movements?
- Are there any challenges or difficulties in keeping your pet clean?
- Is your pet eliminating waste without any discomfort or straining?

Observing Fatigue and Sleep Patterns:

- Does your pet seem excessively tired and lacking energy?
- Can your pet sleep comfortably without interruptions?
- Is your pet receiving a sufficient amount of restful sleep?
- Have you detected any changes in your pet's sleep patterns?
- Does your pet exhibit signs of restlessness or difficulty in settling?

Emphasis on Personality:

- Recognize the pivotal role that your pet's unique personality holds.
- Acknowledge how your pet's distinct qualities, behaviors, and traits contribute to their happiness.
- Understand that their personality directly shapes their daily experiences.
- Pay close attention to any noticeable changes in their personality.
- Gain valuable insights into their well-being by observing their typical habits, preferences, and interactions.
- Monitor your pet for activities and behaviors that align with their usual personality traits.

Keeping a journal or marking the good and bad days on a calendar can be incredibly helpful in tracking your pet's progress and noting any considerable changes throughout the assessment process. This practice allows you to record observations, document important milestones, and reflect on your pet's well-being over time. Taking into account your pet's joy, fulfillment, and resilience will guide you in providing the best possible care during this journey.