



# Lap of Love Pet Quality-of-Life Scale

When evaluating the quality of life of your pet, personalized patient and family information is important when reaching an educated, informed, and supported choice that fits not only your pet's medical condition, but also your wishes and expectations. In short, quality of life applies not only to the pet, it also applies to you!

Your Name: \_\_\_\_\_

Pet's Name: \_\_\_\_\_

Date & Time: \_\_\_\_\_

## SCORE EACH SUBSECTION ON A SCALE OF 0-2:

- 0 = agree with statement (describes my pet)
- 1 = some changes seen
- 2 = disagree with statement (does not describe my pet)

### SOCIAL FUNCTIONS

- \_\_\_\_\_ Desire to be with the family has not changed
- \_\_\_\_\_ Interacts normally with family or other pets (i.e., no increased aggression or other changes)

### HEALTH

- \_\_\_\_\_ No changes in breathing or panting patterns
- \_\_\_\_\_ No outward signs of pain (excessive panting, pacing, and whining are most commonly seen)
- \_\_\_\_\_ No pacing around the house
- \_\_\_\_\_ My pet's overall condition has not changed recently

### MENTAL HEALTH

- \_\_\_\_\_ Enjoys normal play activities
- \_\_\_\_\_ Still dislikes the same thing (i.e., still hates the mailman = 0, or doesn't bark at the mailman anymore = 2)
- \_\_\_\_\_ No outward signs of stress or anxiety
- \_\_\_\_\_ Does not seem confused or apathetic
- \_\_\_\_\_ Nighttime activity is normal, no changes seen

### NATURAL FUNCTIONS

- \_\_\_\_\_ Appetite has stayed the same
- \_\_\_\_\_ Drinking has stayed the same
- \_\_\_\_\_ Normal urination habits
- \_\_\_\_\_ Normal bowel movement habits
- \_\_\_\_\_ Ability to ambulate (walk around) has stayed the same

### RESULTS

\_\_\_\_\_ Total score added from each section

- 0-8: Quality of life is most likely adequate. No medical intervention is required yet, but guidance from your veterinarian may help you identify signs to look for in the future.
- 9-16: Quality of life is questionable and medical intervention is suggested. Your pet would certainly benefit from veterinary oversight and guidance to evaluate the disease process he/she is experiencing.
- 17-32: Quality of life is a definite concern. Changes will likely become more progressive and more severe in the near future. Veterinary guidance will help you better understand the end stages of your pet's disease process in order to make a more informed decision of whether to continue hospice care or elect peaceful euthanasia.





# Lap of Love Pet Family Concerns

SCORE EACH ITEM  
ON A SCALE OF 0-2:

0 = I am not concerned at this time  
1 = There is some concern  
2 = I am concerned about this

## I AM CONCERNED ABOUT THE FOLLOWING THINGS:

- |   |  |
|---|--|
| _____ Pet suffering                           | _____ Desire to perform nursing care for your pet              |
| _____ Pet dying alone                         | _____ Ability to perform nursing care for your pet             |
| _____ Not knowing the right time to euthanize | _____ Coping with loss   |
| _____ Concern for other household animals     | _____ Concern for other members of the family (i.e., children) |

## RESULTS

\_\_\_\_\_ Total score

- 0-4: Your concerns are minimal at this time. You may understand what lies ahead from the passing of a previous pet, or you may not want to face the inevitable loss of your pet. As difficult as it is to consider these things, now is the time to evaluate your concerns and limitations.
- 5-9: Your concerns are mounting. Prepare for the changes ahead by educating yourself on your pet's condition. Consult your veterinarian and ask if they can recommend reputable online sources of information.
- 10-16: Your concerns about the changes in your pet are valid. Remember to value your quality of life as a caregiver, too. Now is the time to build a support system around you. Veterinary guidance will help you prepare for the medical changes in your pet while counselors and other health professionals can help you with anticipatory grief.

## DISCUSS THE QUESTIONS BELOW, AND THE ENTIRE QUALITY-OF-LIFE SCALE, WITH YOUR VETERINARIAN

Below are some open-ended questions that help gauge your family's time, emotional, and (when appropriate, financial) budgets:

1. Have you ever been through the loss of a pet before? If so, what was your experience (good or bad, and why)?
2. What do you hope the life expectancy of your pet will be? What do you think it will be?
3. What is the ideal situation you wish for your pet's end of life experience? (at home, pass away in her sleep, etc.)

### Suggestions on using this quality-of-life scale:

1. Complete the scale at different times of the day, note circadian fluctuations in well-being. (We find most pets tend to do better during the day and worse at night.)
2. Request multiple members of the family complete the scale; compare observations.
3. Take periodic photos of your pet to help you remember their physical appearance.

### Resources:

1. AAHA/AAFP Pain Management Guidelines for Dogs and Cats, [www.aahanet.org/Library/PainMgmt.aspx](http://www.aahanet.org/Library/PainMgmt.aspx)