

Frequently Asked Questions (FAQs) About Quality of Life Assessments

The FAQs in this resource focus on quality of life (QOL) assessments for two populations: **older adults** living with frailty, and their **family caregivers**.

What are quality of life (QOL) assessments?

QOL assessments include questions that measure what matters to people regarding their:

- Physical, mental, and social health
- Quality of life
- Healthcare experiences

How is QOL measured?

There are many tools available for measuring QOL. These are often referred to as:

- Patient-reported outcome measures (PROMs)
- Patient-reported experience measures (PREMs)

The term “patient” refers to all people who have experiences with health challenges, including family caregivers.

What do government leaders need to know about QOL assessments and results?

It's important to know that:

- QOL assessment tools were rigorously tested to ensure validity.
- Those who analyse and interpret these QOL assessment data need to be experts in measurement.
- QOL assessment data can be combined with existing clinical and administrative data to better inform decisions about health system performance, quality, and policy.

How are QOL assessment results used

at the individual level?

Healthcare providers use QOL assessment results to make better-informed, person-centred healthcare decisions.



at the population level?

Government leaders can use these QOL assessment results for older adults living with frailty, and their family caregivers in three important ways:



Monitor Performance

QOL assessment results can help government leaders:

- Compare regions, facilities, and populations.
- Monitor healthcare system performance.
- Identify areas for healthcare system improvement.

Improve Quality

QOL assessments can reveal changes in healthcare experiences and outcomes of older adults and their family caregivers associated with:

- Health system changes
- Quality initiatives
- New policies

Make Policy and Budget Decisions

QOL assessments can help government leaders and decision makers measure what matters most to older adults living with frailty, and their family caregivers. Combined with clinical and/or administrative data, these data can inform person-centred policy-making and budget decisions.

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

Learn more at: healthyqol.com

and find additional resources and supporting evidence.