

Frequently Asked Questions (FAQs) About Quality of Life Assessments

These frequently asked questions are about quality of life assessments for: **older adults** living with ongoing health conditions, or their **family caregivers**.

What are quality of life assessments?

These assessments help support you in living your best life possible. They include questions about many different parts of your life, such as your thoughts and feelings about **your**:

- Physical and emotional health
- Healthcare experiences
- Independence
- Social support and relationships
- Living situation and finances

These questions can be for older adults living with ongoing health conditions or for their family caregivers.

How do I answer the questions?



On the internet



Over the phone



In person



On paper

It's best if you answer these questions by yourself, so that other people don't influence your answers. But it's sometimes helpful to have a family member, friend, or healthcare provider help you log on to the internet or read the questions to you.

How would I give my quality of life a number?

There are no right or wrong answers to these questions. It's the "right" answer if it's what you really think or feel.

Why do these answers matter?

Your answers can help **you**:



- Receive better care.
- Keep track of your overall health and wellness.
- Get the support you need to continue to live comfortably at home.
- Enhance your relationship with your healthcare providers.

They help **your healthcare team**

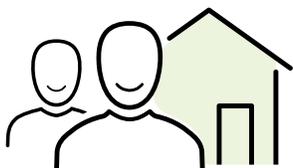


- Understand what matters most to you.
- Make better decisions about your care.
- Get valuable information that might otherwise get missed during routine healthcare visits.

Your answers can help improve the **healthcare system**.



In sum, you can live your best life possible.



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

Learn more at: [healthyqol.com](https://www.healthyqol.com)

and find additional resources and supporting evidence.