

Fact Sheet About Quality of Life Assessments

Quality of life (QOL) assessments include questions that help to measure what matters to individuals about their: quality of life, healthcare experiences, physical, mental and social health.

This Fact Sheet focuses on QOL assessments for two populations: **older adults** living with frailty, and their **family caregivers**.

- ✓ **Fact:** QOL assessments are tools for everyone who lives with health challenges, including family caregivers.

QOL assessment tools for older adults living with frailty and those for their family caregiver include:

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

- ✓ **Fact:** QOL assessment results provide powerful data that are as valid as clinical and administrative data.

QOL assessments offer insights into the healthcare system from a person-centred viewpoint.

- ✓ **Fact:** QOL assessment results can help inform healthcare decisions.

Consistent collection of QOL assessment data can help inform a range of decisions, regarding:

- **Healthcare system priorities** for different regions, facilities, and populations.
- **Quality improvement (QI)** when used before, during, and after QI initiatives, health system changes, or new policies.
- **Budgets and policy**, focusing on those services that make the greatest positive impact on healthcare.

- ✓ **Fact:** Rigorous testing of QOL assessment tools is necessary; assessments must be administered consistently.

Many different types of QOL assessment tools exist. The best tools undergo rigorous cognitive and psychometric testing to ensure that the questions are:

- Meaningful and understood by older adults and family caregivers.
- Effective in allowing for comparisons of results across time and between different groups.
- Useful in providing actionable insights for healthcare providers and government decision makers.

- ✓ **Fact:** Resources are available to help understand and use QOL assessment tools and data.

Some of these resources include organisations, such as:

- [International Society for Quality of Life Research \(ISOQOL\)](#)
- [The Professional Society for Health Economics and Outcomes Research \(ISPOR\)](#)

Peer-reviewed bibliography available at: healthyqol.com/additionalresources

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

Learn more at: healthyqol.com

and find additional resources and supporting evidence.