

Quality of Life Assessments

*This brochure is for healthcare providers. It focuses on Quality of life (QOL) assessments for two populations: **older adults** living with frailty, and their **family caregivers**.*

QOL assessments are tools that ask these people about what matters to them about their health and their healthcare experiences.



Quality of Life Assessments



How are
you doing?



How is
your care?



What matters
to **you**?

To see sample QOL questions, please refer to the “[Living Your Best Life](#)” brochure for older adults and family caregivers.

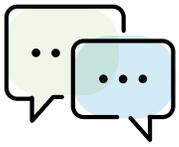
How QOL Assessments Make a Difference

The responses to an assessment have been shown to:

- Empower patients and family caregivers.
- Guide more meaningful conversations with you.
- Improve participation in making care decisions with you.
- Promote person- and family-centred care.

Regularly assessing a person’s QOL saves healthcare providers time in the long run by focusing on what matters to patients and family caregivers.





Start the Conversation About Quality of Life Assessments

As a healthcare provider, consider these talking points when introducing quality of life (QOL) assessments to two groups: **older adults** living with frailty, and their **family caregivers**.

For engaging older adults living with frailty:

1 I want to be sure the care we're providing addresses your needs and helps you live your best life possible by discovering what matters most to you.

To help with that, could you please answer these questions on this *[tablet, computer, form]*? *(Provide assessment.)*

2 Could we go through a few questions together? It will help us to better address your concerns.

For clerical staff to use with patients and family caregivers:

Your healthcare provider would like to know more about what's important to you regarding **your** health and **your** current quality of life.

Could you please answer these questions on this *[tablet, computer, form]*? *(Provide assessment.)*

For engaging family caregivers:

Can you please complete these questions about living your best life possible? It will help me understand what matters most to **you** in **your life** as you care for *[patient's name]*.

For engaging older adults living with frailty or family caregivers:

Your answers will help us to work together to make decisions about your care.

I also have some information you can keep about why these questions are important. *(Provide patient/family caregiver resources.)*

What to Do

- INCORPORATE** the use of QOL assessments in your practice.
- ENGAGE** both older adults living with frailty and their family caregivers in QOL assessments.
- USE** QOL assessment responses to inform care decisions.

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.