

Frequently Asked Questions (FAQs) About Quality of Life Assessments

These frequently asked questions are about quality of life assessments for **persons living with mental health or substance use challenges**.

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. You will be asked to share your thoughts and feelings about these parts of **your life**.

- Physical health and emotional health
- Being independent
- Social support and relationships
- Living situation and money matters
- Recovery and treatment experiences

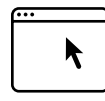
How do I answer the questions?



On
paper



In
person



On the
Internet



Over the
Phone

These questions are for you to answer without advice from others.

It's okay for someone to read the questions to you or help you log onto the internet.

If possible, try to answer all the questions.

How can you give a number to your quality of life?

Rating your quality of life can help you see what areas of your life are going well. It also shows areas you can focus on.

There are no right or wrong answers to these questions. Just share what you think or feel.

Why do your answers matter?

Quality of life assessments help tailor your recovery and treatment.

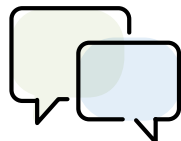
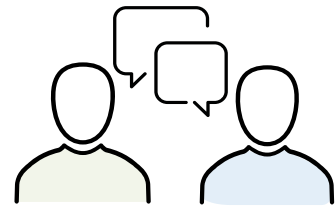
Here are the ways your answers can help **you**.



- Keep track of your overall health and well-being.
- Get the support you need to recover.
- Make stronger relationships with your healthcare and Clubhouse providers.

Here are the ways your answers can help **your providers**.

- Understand what matters most to you.
- Work with you to make choices about what works best for you.
- Get valuable information that might otherwise get missed during regular visits.



Doing quality of life assessments can help you live **your best life** possible.