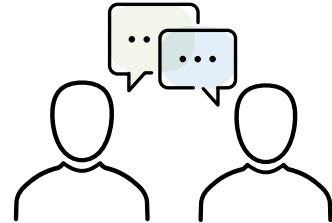


# Quality of Life Assessments

This brochure is for healthcare and Clubhouse providers. It focuses on Quality of life (QOL) assessments for **persons living with challenges in mental health or substance use**.

QOL assessments are tools that ask people about what matters to them about their health, well-being, and healthcare experiences. These tools help support people to live their best life possible.



## Quality of Life Assessments



To see sample QOL questions, refer to the “[Your Life and Recovery Journey](#)” workbook for persons living with mental health or substance use challenges.

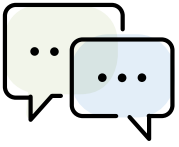
## How QOL Assessments Make a Difference

Regularly assessing a person’s QOL saves healthcare providers and Clubhouse staff time in the long run by focusing on what matters to persons living with mental health or substance use challenges.

The responses to an assessment have been shown to:

- Empower persons living with mental health or substance use challenges.
- Guide more meaningful conversations with you.
- Improve participation in making recovery and treatment decisions with you.
- Promote person-centred care





# Start the Conversation About Quality of Life Assessments

As a healthcare or Clubhouse provider, consider these **talking points** when introducing quality of life (QOL) assessments to persons living with challenges in mental health or substance use.

## For engaging persons with mental health or substance use challenges, consider using these scripts.

1 I want to make sure the support we give meets your needs and helps you live your best life by finding out what matters most to you in your recovery and treatment.  
To help with that, could you please answer these questions on this [form, tablet, computer]? (Provide assessment)

2 Could we go through a few questions together? Some of the questions may feel personal or private. Your answers will help us make decisions about your recovery and treatment. Answer as many questions as possible.

3 I also have some information you can keep that explains why these questions are important. (Provide client resources)

## For clerical staff to use with persons living with mental health or substance use challenges:

Your provider wants to know what's important to **you** about **your** current health and quality of life.

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

## What to Do

- INCORPORATE** the use of QOL assessments in your practice.
- ENGAGE** persons with lived experience in QOL assessments.
- TALK** with persons with lived experience about the answers provided.
- USE** QOL assessment responses to inform recovery and treatment planning.