

The decision about when to proceed with humane euthanasia for your pet is incredibly difficult and nuanced. It is a very personal decision that can vary greatly from one pet and caregiver to the next. Sometimes having a numerical scale can help us better evaluate where a pet stands as far as their quality of life. The following scale contains some key areas that factor into a pet's general well-being.



# Quality of Life Scale

CRITERIA	SCORE 1-10 (10 BEING EXCELLENT)	DESCRIPTION
Mobility		Does your pet have difficulty getting around? Posturing to defecate or urinate? Able to use stairs or jump up/down off of things? Able to get up and down without assistance?
Appetite/Nutrition		Does your pet have a good appetite? Are they eating enough to maintain a healthy weight? Do they need assisted nutrition (hand feeding, tube feeding)?
Attitude/Personality		Is your pet's attitude normal? Are they happy to see you? Do they still interact with family members? Are they spending most of their time hiding? Are they anxious? Do they seem confused?
Eliminations		Is your pet able to defecate and/or urinate normally? Do they need assistance or modifications to help them with their eliminations? Do they have normal stool and urine?
Favorite Things		Does your pet still enjoy their favorite things? Are they able to participate in the activities they enjoy? Do they still play?
Pain		Does your pet seem painful? Are they able to rest? Do they seem restless or unable to settle? Do they seem comfortable typically?
Breathing		Does your pet breath normally? Do they seem to have trouble catching their breath? Do they pant even while resting?
Hygiene		Is your pet able to stay clean (either by themselves or through your intervention)? Does their hair/coat look healthy/well groomed? Is there matting or overgrown nails?
Impact on You		Do you feel equipped to handle your pet's needs? Are you able to rest? Is your pet's health negatively impacting your own quality of life?
Good vs. Bad Days		Does your pet have more good days than bad days? Sometimes it is helpful to keep track on a calendar. Sometimes you may want to differentiate between morning and evenings.

TOTAL

A score of  $\geq 50$  is an acceptable quality of life for pets. Lower scores indicate a need for intervention: to reassess their current treatment plan or consider humane euthanasia.