



Quality of Life Assessment

🐾 Comfort. Dignity. Home. Every stage of the journey. 🐾

Date: _____ Dog Name: _____

Assessed by: _____

How to use this assessment: For each domain below, read the anchor descriptions and circle the score that most closely matches your dog's typical presentation over the past 3-7 days (not just today). If your dog falls between two anchors, circle the number in between.

Pain and Comfort		Score Circled:
0	Constant, visible pain (crying, guarding, unable to rest)	
2	Frequent pain signs (panting, restlessness, reluctance to move) most of the day	
4	Noticeable discomfort daily, but has periods of rest; pain control only partially effective	
6	Mild, intermittent discomfort; generally comfortable with occasional stiffness or sensitivity	
8	Rare, minor signs of discomfort (e.g. slow to rise) but otherwise comfortable	
10	No visible signs of pain; moves and rests freely	

Hunger and Nutrition		Score Circled:
0	Refuses food even when hand-fed; significant weight loss	
2	Eats only with heavy coaxing/hand-feeding; eating well below normal amount	
4	Inconsistent appetite; skips meals several times a week	
6	Eats most meals with mild encouragement; weight stable	
8	Eats regularly with minimal prompting; healthy weight	
10	Eats eagerly and independently every meal; ideal weight and body condition	

Hydration		Score Circled:
0	Refuses water; visible dehydration (tenting skin, dry gums, lethargy) requiring intervention	
2	Drinks very little on own; needs syringe/assisted hydration regularly	
4	Drinks inconsistently; occasional mild dehydration signs	
6	Drinks on own most days but less than expected for size/condition	
8	Drinks regularly and adequately with rare lapses	
10	Drinks freely and adequately on own; no signs of dehydration condition	

Hygiene		Score Circled:
0	Chronic soiling, matting, or skin breakdown (pressure sores); needs constant cleaning	
2	Frequent incontinence or soiling requiring multiple daily cleanups	
4	Regular but manageable incontinence/soiling; some skin irritation present	
6	Occasional accidents or hygiene lapses; coat/skin generally maintained	
8	Rare hygiene issues; coat and skin in good condition with normal grooming	
10	Fully clean and dry independently; coat, skin, and nails in excellent condition	

Happiness and Engagement		Score Circled:
0	Unresponsive to people, surroundings, or affection; appears withdrawn or shut down	
2	Rarely engages; minimal response to family, toys, or attention	
4	Occasional engagement (brief tail wag, glancing at activity) but mostly passive	
6	Regularly responsive to people and surroundings; some interest in mild play or affection	
8	Frequently engaged, seeks affection, shows recognizable personality most days	
10	Consistently alert, engaged, and affectionate; clear enjoyment of daily life	

Mobility		Score Circled:
0	Cannot stand or reposition without full physical assistance	
2	Stands briefly with support; cannot walk even short distances	
4	Walks very short distances with assistance (harness, support); struggles with stairs/uneven ground	
6	Walks independently for short distances but with visible difficulty or fatigue	
8	Walks independently most of the time with minor stiffness or slowing	
10	Moves normally; stands, walks, and changes position without difficulty	

Overall Good Days vs. Bad Days		Score Circled:
0	Every day this week has been a bad day (visible suffering, no signs of normalcy)	
2	Mostly bad days; rare moments resembling normal behavior	
4	Bad days outnumber good days	
6	Good days and bad days are roughly even	
8	Good days clearly outnumber bad days	
10	Every day this week has been a good day	

Caregiver Capacity		Score Circled:
0	Completely unable to meet care needs (physically, emotionally, or financially); crisis point	
2	Struggling significantly; care needs are exceeding what caregiver can sustainably provide	
4	Managing, but under real strain; needs additional support soon	
6	Managing adequately with some effort; occasional strain	
8	Comfortable managing care needs with minor adjustments	
10	Fully able to provide care without compromising own wellbeing; feels supported	

Domain	Score:
Pain and Comfort	
Hunger and Nutrition	
Hydration	
Hygiene	
Happiness and Engagement	
Mobility	
Overall Good Days vs. Bad Days	
Care Giver Capacity	
Total (out of 80)	

Score Range	Quality of Life Assessment	Owner's Next Steps
56-80	Good Quality of Life — continue current care plan	Keep monitoring and continue routine vet care.
36-55	Declining – increase monitoring and support	Track trends and discuss changes with your vet.
0-35	Your dog may be struggling with daily comfort	Schedule a quality-of-life consult soon.

These bands are a general reference point, not a clinical diagnosis. Use in combination with veterinary guidance and the caregiver's own judgment.

This assessment is based off of HHHHHMM Scale modified for our clients needs. We recommend the Ohio State "How Will I Know?" resource for more indepth information in each of these areas.

Quality of Life Log

Date	Pain	Hunger	Hydration	Hygiene	Happiness	Good Days	Caregiver	Total