

Quality of Life Assessment

Score sheet | Cat

wattle

Name _____ Date _____

How to answer

Each question has its own answers, numbered 0 to 4 and printed worst first. Pick the one that best describes your cat today, and write its number in the box beside the question. One sheet is one assessment.

1. How has your cat been eating today?

0 Not eating

1 Only picking at food, even when coaxed

2 Eating some, but only with coaxing

3 Eating, but with less enthusiasm, or slower over meals

4 Eating keenly, finishing meals

2. How does your cat's drinking today compare with what is normal for them?

Drinking more than normal for them counts as much as drinking less. If they cannot get to the bowl on their own, answer for how much they actually drink.

0 Barely drinking at all, or drinking almost constantly

1 Far more, or far less, than their normal

2 Noticeably more or less than their normal

3 A little more or less than their normal

4 Matching their normal

3. How comfortable has your cat seemed today?

0 In obvious pain or distress for most of the day

1 Uncomfortable for much of the day: hard to settle, or keeping away

2 Clear discomfort at times: sitting hunched, a tense face, or flinching when touched

3 The odd sign of discomfort: shifting about, or briefly hunched

4 Settled and resting easily

4. How has your cat's breathing been today?

Cats rarely pant. Panting or open mouth breathing is worth a call to your vet.

0 Struggling to breathe

1 Laboured: effort in the belly, or any open mouth breathing

2 Working at it: faster breathing at rest

3 Slightly faster than expected at rest, at times

4 Quiet and easy throughout

5. How settled was your cat through the night?

0 Distressed through the night

1 Unsettled most of the night: pacing or crying

2 Restless spells: pacing, wandering or crying at times

3 A little restless

4 Settled and slept through the night

6. How has your cat been jumping and climbing today?

0 Not really able to move about

1 Barely jumping at all, or struggling to get into the litter tray

2 No longer reaching higher spots, or struggling with stairs

3 Hesitating before jumping, or choosing lower routes

4 Jumping up to their spots without hesitation

7. How has your cat managed the litter tray today?
- 0 Not using the tray at all 1 Frequent accidents, or repeated straining
- 2 Accidents outside the tray, or straining to go 3 The odd lapse near the tray
- 4 Using the tray normally
8. How well has your cat been grooming today?
- 0 Grooming stopped altogether 1 A coat matting because grooming has largely stopped
- 2 Coat losing condition, or grooming only patchily 3 Grooming a little less than usual
- 4 Well groomed, with the coat in good condition
9. How much has your cat sought out company today?
- 0 Hiding most of the day, wanting no contact 1 Taking themselves away from the household
- 2 Keeping to themselves for much of the day 3 Around, but coming to you less
- 4 Seeking out company: finding you, settling on or near you
10. How aware and responsive has your cat been today?
- 0 Barely responsive 1 Often confused: circling, getting stuck, or lost in rooms they know
- 2 Dull or distant at times, or staring into space 3 A little slow to respond, but with it
- 4 Alert: responding to you, their name, and what is going on around them
11. How much interest has your cat shown today in the things they love?
- 0 No interest in anything 1 Little interest, even in favourites 2 Taking part only when prompted
- 3 Interested, but with less spark 4 Full interest: sunny spots, window watching, play, laps or brushing
12. How settled in themselves has your cat seemed today?
- 0 Distressed for most of the day 1 Anxious for much of the day
- 2 Unsettled at times: hiding, pacing, or overgrooming one spot 3 The odd unsettled spell
- 4 Calm and untroubled

Total

Add the eleven numbers up

/ 48

Not part of the score

Compared with a few days ago, how does your cat seem overall?

-2 Much worse

-1 A little worse

0 About the same

1 A little better

2 Much better

Weekly, not every check

Thinking about the whole of the past week, how many good days has your cat had?

A good day is one where they seem like themselves. Most pets with a long term illness have some bad days, so what matters here is the balance between them.

0 All of them were bad days

1 Mostly bad days

2 An even mix of good and bad days

3 Mostly good days

4 All of them were good days

What to look for

Some variation between days is normal and expected. A single low score does not mean much on its own. What matters is the trend across a week or two: whether the numbers are holding steady, getting better, or getting worse. A fall that comes back up is a dip. A fall that stays down is the one to act on, so book an appointment and bring this sheet.

Weeks 1 and 2

Date														
Your pet / 48														

Weeks 3 and 4

Date														
Your pet / 48														

Notes