

Quality of Life Assessment

Score sheet | Dog

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 dog today, and write its number in the box beside the question. One sheet is one assessment.

1. How has your dog been eating today?

0 Not eating

1 Only picking at food, even when coaxed

2 Eating some, but needing coaxing or hand feeding to get through a meal

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

4 Eating keenly, finishing meals

2. How does your dog'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 dog seemed today?

0 In obvious pain or distress for most of the day

1 Uncomfortable for much of the day, and hard to settle

2 Clear discomfort at times: panting at rest, pacing, whining, or a hunched posture

3 The odd sign of discomfort: some restlessness, or shifting to get comfortable

4 Settled and resting easily, with no signs of pain

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

0 Struggling to breathe

1 Laboured: effort in the belly, frequent coughing, or the neck stretched out to breathe

2 Working at it: faster breathing at rest, or some coughing

3 Slightly faster or heavier than expected at rest, at times

4 Quiet and easy throughout

5. How did your dog settle and sleep last night?

0 No real sleep: distressed through the night

1 Unsettled most of the night: pacing, panting or crying

2 A broken night: restless spells, wandering or panting

3 A little restless, but slept most of the night

4 Settled easily and slept through

6. How has your dog been moving today?
- 0 Not really able to get up or move about 1 Needing a hand to stand or to walk
- 2 Struggling with stairs, slipping, or hesitant to get up 3 Slower or stiffer, but managing on their own
- 4 Getting up and moving about freely
7. How has your dog managed their toileting today?
- 0 No control over toileting at all 1 Frequent accidents indoors 2 Occasional accidents indoors
- 3 The odd near miss, or needing to go out more urgently or more often
- 4 Toileting normally, with no accidents
8. How well has your dog been kept clean and comfortable in their coat today?
- 0 Unable to be kept clean at all 1 Often soiled, or a coat that is matting
- 2 Coat becoming unkempt, or some soiling that needs cleaning up 3 Slightly less well kept than usual
- 4 Coat and skin clean and in good condition
9. How much has your dog sought out company today?
- 0 Hiding, or wanting no contact at all 1 Taking themselves away from the family
- 2 Keeping to themselves for much of the day 3 Around and interested, but engaging less
- 4 Seeking out the family: following, greeting, settling nearby
10. How aware and responsive has your dog 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 dog shown today in the things they love?
- 0 No interest in anything 1 Little interest, even when offered favourites
- 2 Taking part only when prompted 3 Interested, but with less spark
- 4 Full interest: keen on their walk, toys, food, or favourite spots
12. How settled in themselves has your dog seemed today?
- 0 Distressed for most of the day 1 Anxious for much of the day, or hiding
- 2 Anxious or restless at times: pacing, trembling, or unusually clingy 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 dog 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 dog 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