

This Quality-of-Life Scale is a gentle tool to help you reflect on your pet’s comfort, daily experience, and overall well-being during illness, aging, or end-of-life care. It is not meant to replace veterinary advice, but to be used in **partnership with your veterinarian and the Pet Requiem care team** to notice changes over time and support thoughtful, loving decisions.

How to Use This Guide

- **Score each category below from 0–10 (0 = very poor, 10 = excellent).**
- Think about your pet’s **typical day**, not a single moment.
- Revisit this guide regularly and share your observations with your veterinarian

Looking at the Whole Picture

Quality of life is about how your pet feels day to day – not just what can be treated. This scale helps you notice patterns over time, especially changes in comfort, engagement, and overall well-being.

Quality of Life Categories	Score 0–10
Hurt – Is pain well-managed? Is breathing calm and comfortable?	
Hunger – Is your pet eating enough? Do they show interest in food or treats?	
Hydration – Is your pet drinking adequately? Are there signs of dehydration?	
Hygiene – Is your pet clean, dry, and able to rest comfortably with dignity?	
Happiness – Does your pet still experience moments of joy, comfort, or connection?	
Mobility – Can your pet move comfortably, with or without assistance?	
More Good Days Than Bad – Overall, are good days still outweighing difficult ones?	
TOTAL: Add all scores together.	

See page 2 to understand this score.

Understanding Pain & Discomfort – Pain can be physical or emotional, and both affect quality of life.

Noticing Decline Over Time – Pay attention to patterns, not isolated moments. A shift toward more difficult days, marked by pain, stress, or exhaustion, often signals the need for a deeper conversation.

Assessing Emotional Well-Being – Happiness may show up in small ways – calm rest, eye contact, gentle affection, or enjoying your presence. When these moments become rare or disappear, it may indicate a declining quality of life.

Good Days and Bad Days in NCY – Good days might include cozy radiator naps or peaceful sidewalk strolls. Bad days can mean pain, refusing walks, or being overwhelmed by stairs, weather, or city noise.

Understanding the Score

A total score **above 35** may suggest an acceptable quality of life **when comfort needs are being met**. A declining score, or a shift toward more difficult days than good, may signal that it's time for a deeper conversation with your veterinarian.

For added clarity, many families find it helpful to consider scores within three gentle ranges:

- **High Scores (60–70):** Pets in this range are generally comfortable and engaged, with more good days than bad.
- **Moderate Scores (40–59):** Pets in this range may be experiencing early decline. Monitoring trends and discussing comfort-focused care can help maintain dignity and well-being.
- **Low Scores (0–39):** Pets in this range may be experiencing persistent discomfort or distress, with difficult days outweighing good ones. This is often when a compassionate end-of-life discussion becomes appropriate.

Ask yourself: Is care helping your pet feel better, or only extending time? When medications, side effects, or frequent interventions create stress without restoring comfort, quality of life may be compromised.

Numbers are a guide — **your love, intuition, and veterinary support matter most**.

Talking With Your Veterinarian

This guide is most helpful when used as a conversation starter. Please bring your completed scale to your veterinarian or share it with the Pet Requiem care team. Together, you can discuss changes you're seeing, treatment options, comfort-focused care, and when it may be time to consider next steps — always centered on your pet's dignity and well-being.



Call: [917.509.0324](tel:917.509.0324)

Visit: www.petrequiem.com

Email: vet@petrequiem.com

*Because your pet deserves love, dignity,
and a peaceful farewell at home, surrounded
by the family who cherishes them most.*



Adapted from the HHHHHMM Quality of Life Scale created by Dr. Alice Villalobos, DVM, a leader in veterinary hospice and palliative care. Adapted for educational use by Pet Requiem.