

Subjective Quality of Life Tool

To provide a really good quality of service we need to ensure that people have opportunities for life enrichment / enhancement activities and experiences.

As individuals we value different activities differently: the value of an activity is subjective. Activities may bring us enjoyment or satisfaction or pleasure or stimulation or relaxation or contentment or joy.

Participation in such activities improves our quality of life and promotes good mental health and well-being.

Actively improving a person's quality of life is a key PBS intervention. Part of our role is to develop an understanding of the sort of lifestyle that is high quality for an individual and then help them to achieve it.

Completing this tool aims help staff and carers improve someone's quality of life by identifying:

- the value and frequency of activities that the person is currently involved in
- where the frequency of high value (low financial or resource cost) activities can be increased
- activities that may promote health and are valued to an extent) that can be increased
- high financial or resource cost activities that are not highly valued which can be removed or reduced
- activities not currently involved in that the person may want to begin

Remember, this is about identifying what people want to do rather than what they need to do as part of everyday life so cleaning, cooking and exercise are included in the tool because some people actively enjoy them. Supporting people with activities of daily living is also important but here we're focussing on life enrichment / enhancement activities and experiences that improve quality of life.

Instructions:

Wherever possible the person should complete the measure themselves and/or be supported as necessary to be as involved as possible in completing it. It may be useful to ask different people involved in the person's life, including a range of staff and family members, to complete the measure in order to compare views of what the person values.

First, indicate how often the person does any of the activities listed (**frequency**).

Then rate how much enjoyment / satisfaction / pleasure / stimulation / relaxation / contentment the person gets from the activity, relative to other activities. This is a measure of how important the activity is, or appears to be, to the person (**value**).

How important it is means the importance to the person themselves; not how important others think it is that the person does the activity or how 'good' others think it is for them.

It is important that the *value* rating needs to be based on observed behaviour or what the person says. It's important that when deciding on the *value* to be objective and to include a range of others' opinions in order that the *value* rating is as valid as possible.

Frequency	Value
0 = Never	A = High pleasure/satisfaction etc. & importance
1 = Less than every 3 months	B = Some pleasure/satisfaction etc. & important
2 = At least every 3 months	C = Not important, no/low value but not disliked
3 = Monthly or more frequently	D = Disliked or detrimental
4 = Weekly or more frequently	
5 = Daily or more frequently	<i>(If not known, mark with a dash -)</i>

'Influenced by The Guernsey Community Participation and Leisure Assessment: Baker, Taylor-Roberts and Jones, 2015'

Having completed the tool, and in consultation with the person and other stakeholders consider the following interventions:

- Increase the frequency of activities valued 'A' which have a low financial or resource cost. Then do the same for 'B' activities
- Make plans to ensure high cost or resource activities valued 'A' are provided as often as possible
- Remove or reduce the frequency activities valued 'C' which have a high financial or resource cost
- Remove activities valued 'D'
- If necessary, increase activities valued 'A' or 'B' that involve movement which may have health benefits
- Consider planning to provide opportunities to try activities with a current '0' frequency

Person's name:

Completed by:

Date:

Activity	Frequency	Value	Details
Look at book/newspaper/magazine			
Play games/computer games			
Watch TV			
Watch DVD			
Listen to radio			
Browse internet			
Listen to music			
Interact with pets/animals			
Creative art/craft/sewing			
Specific hobby/special interest			
Collect/engage with collection			
Housework/cleaning			
D I Y/decorating			
Gardening			
Building/dismantling			
Tidying/sorting/arranging			
Cooking/baking			
Eating favourite foods			
Personal grooming/pampering			
Uninterrupted time alone			
Bath/shower for relaxation			
Massage/complementary therapy			
Social networking on internet			
Phone call with friend/partner			
Phone call with family			
Help others at home			
Wii			
Exercise/aerobics on line			
Dancing			
Participate in performing arts/music			
Specific sensory activity/room			
Anything else?			