

PBS Helpline Resources

Subjective quality of life

Having a good quality of life is important for the wellbeing of the people we care for or support, as well as for our own wellbeing. Also, improving someone's quality of life usually leads to less concerning behaviours. A good quality of life includes having opportunities for life enrichment and 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 wellbeing.

It can be a good idea to understand of the sort of lifestyle that is high quality for someone we support or care for and then help them to achieve it. The same is also true for us.

Completing this tool aims to help us improve someone's quality of life (or ours) by thinking about:

- How often someone does various activities and how much they value doing them
- Doing more highly valued activities, especially if they aren't expensive and are easy to do
- What activities that may promote good health and fitness, and are valued to an extent, that someone could do more of
- Stopping doing things that aren't highly valued, especially when they are expensive
- Activities that someone doesn't do but might want to try

Remember, this is about working out 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.

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

Instructions:

Wherever possible the person should complete the tool themselves, or be supported to be as involved as possible in completing it. It may be useful to ask different people involved in the person's life to complete the tool 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
4 = Weekly or more frequently	<i>If not known, mark with a dash -</i>
5 = Daily or more frequently	

Having completed the tool think about:

- Doing more activities valued 'A' which are not expensive and easy to do. Then do the same for 'B' activities
- Making plans to make sure expensive or harder to do activities valued 'A' happen as often as possible
- Stopping doing (or doing less) activities valued 'C' which have are expensive.
- Stopping doing activities valued 'D'
- Doing more activities valued 'A' or 'B' that involve movement which may have health benefits
- Trying activities with a current '0' frequency.

Person's name:

Completed by:

Date:

Activity	Frequency	Value	Any specific 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			
Visit from/time with friend/partner			
Visit from family			
Phone call with friend/partner			
Phone call with family			
Help others at home			
Shopping-local shop			
High street shops/window shopping			
Charity/junk/antique shop			
Supermarket/large retail outlet			
Garden centre/nursery			
Car boot sale/jumble sale			
Hairdresser/beauty salon			
Bank/building society/post office			
Place of worship			
Library			
Park			
Beach			
Countryside/natural world			
Visit friend/partner			
Visit family			
Travel by bus/bus ride			
Travel by train/train ride			

Travel by car/taxi/ go for drive			
Travel by ferry			
Travel by flight			
Go for a walk			
Wii			
Swimming			
Jogging/running			
Participate in sport			
Exercise/aerobics class/gym			
10 pin bowling			
Cycle for pleasure			
Dancing			
Fishing			
Skiing/hiking/climbing			
Go kart/ mountain bike			
Sailing			
Horse riding			
Dog walking			
Participate in performing arts/music			
Specific sensory activity/room			
Disco/nightclub			
Social club/society			
Citizenship/political activity			
Work (paid or voluntary)			
Adult education/college			
Pub			
Bingo			
Restaurant/Cafe			
People watching			
Watch live sport at venue			
Cinema			
Concert/theatre/live performing arts			
Fair/fairground/funfair/theme park			
Festival/carnival			
Museum/art gallery			
Stately home/garden/castle			
Day trip			
Holiday			