

Made to measure your pet's quality of life, this questionnaire assesses important aspects of life and health. Saying goodbye to your pet is a difficult decision that is ultimately made in K.I.N.D.N.E.S.S.

K.I.N.D.N.E.S.S.

Quality of Life Assessment

KNOWN MEDICAL CONDITIONS

1 - Your pet has a medical condition that cannot be predicted or their diagnosis may be prone to sudden, catastrophic events.

5 - Your pet has an illness that can change over time but is currently stable and manageable. My vet and I monitor them and make adjustments when needed.

10 - No medical care is necessary beyond routine preventative care.



NHALATION + EXHALATION

1 - Your pet has difficulty breathing or open mouth breathe often. Sometimes they have difficulty eating or drinking in an effort to breathe.

5 - Your pet has occasional bouts of coughing or wheezing for less than two minutes. They show signs of exercise intolerance, especially in hot weather. They are on meds that can be adjusted to help, or you plan to talk to your vet about treatment options.

10 - Your pet has no respiratory problems.



NIMBLENESS + MOBILITY

1 - Your pet can't walk or stand without help. They need assistance going to the bathroom, and sometimes wet the bed. They express overt pain through vocalization when mobile.

5 - Your pet can move independently as long as they have pain meds. They show reluctance to rise or climb the stairs. He/she walks about half the distance they used to when they were healthier. 10 - Your pet is fully active and enjoying all activities.



DISCOMFORT

1 - Your pet has pain even while taking medication. Vocalization, change in temperament, limping, and hiding are signs of pain.

5 - Your pet is on pain meds and it helps most of the time. They are pain-free more days than not. 10 - Your pet is completely pain-free.



NURSING CARETAKER

1 - You're constantly worried about them or feeling guilty. You feel overwhelmed or stressed trying to provide for their needs physically, emotionally, or financially.

5 - You understand your pet's condition and are able, with some effort, to meet their needs. You may have some concerns but they're manageable.

10 - You are easily able to meet your pet's needs, and aren't worried about any aspect of their care.



EATING + DRINKING

1 - Your pet won't eat or drink, or will experience vomiting and diarrhea when they consume anything. They have experienced significant weight loss and you can see their ribs and hip bones.

5 - Your pet is disinterested in food and eats a little less than usual. Their feces are hard due to dehydration. Sometimes they walk back and forth to the food bowl, eating a little bit at a time. 10 - Your pet eats and drinks normally.



SANITATION + HYGIENE

1 - Your pet is unable to control elimination, and sometimes lay in their own feces or urine. He/she can no longer groom themselves. They have bed sores or an external tumor that is foul smelling and difficult to keep clean and bandaged.

5 - Your pet needs assistance going to the bathroom, but they do not lay in their own waste. Their wounds are easy to keep clean. They continue to groom themselves, although need help in some areas. 10 - You can provide hygiene care (baths, anal gland expression, teeth cleaning, nail trims, etc.) and they independently use the bathroom.



SOCIAL ABILITY

1 - Your pet doesn't spend time with the family. They hide, become irritable, or snippy. He/she shows signs of senility, aggression, or confusion. They prefer to be alone, unlike when they were healthier.
5 - Your pet happily greets you when you come home. He/she spends about half the time with the family. Their sleep pattern is a little off or disrupted.

10 - Your pet enjoys you, the family, and others. They have a good relationship with the other pets in the house and they seek out company and attention.





A score of 80 is a happy and healthy pet!

A low score in any of the above health areas is an indicator that action needs to be taken to improve the pet's wellbeing. Visiting your veterinarian about these issues is a great place to start. If the low score cannot be raised by any means, it may be a reason to consider euthanasia.

There is purposefully no euthanasia score listed. Every pet and situation is different and the choice for euthanasia is personal.

Based on Dr. Katie Hilst's J-O-U-R-N-E-Y-S Quality of Life Pet Scale and Dr. Alice Villalobos' "HHHHHMM" Quality of Life Scale.