

Cat Life Quality Assessment

Write "1" in the appropriate column to the right of the assessment parameter. At the bottom you'll tally the columns and calculate your cat's score.

Category	My Cat...	Often	Sometimes	No/Not Applicable
SLEEPING	Wakes once or more at night and seems restless or anxious (paces, meows)			
	Sleeps more than usual during the day			
	Sleeps less than usual during the night			
MENTATION, ANXIETY, AND ACTIVITY	Wanders aimlessly around the house			
	Paces habitually in one location			
	Stares vacantly into space			
	Gets stuck or stands in corners or under furniture			
	Seems anxious, restless or unsettled during waking hours			
	Is more clingy than normal/seeking more attention			
	Shows less interest in exciting activities (greeting visitors, watching out the window, exploring new cardboard boxes or paper bags)			
	Seeks less attention than normal (love and pets)			
	Shows less interest in playing with toys			
	Meows for no apparent reason			
APPETITE AND THIRST	Has less interest in food or eats less than normal			
	Needs food to be warmed, or needs meat broth added to the food, or requires an appetite stimulant drug in order to eat			
	Needs to be hand-fed			
	Refuses to eat			
	Seems nauseous or vomits one or more times a week			
	Drinks water more often			
	Requires subcutaneous fluid therapy			

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Category	My Cat...	Often	Sometimes	No/Not Applicable
ELIMINATION	Has diarrhea, or stool is soft and unformed			
	Has fecal incontinence one or more times a week			
	Urinate more than usual			
	Has urinary incontinence (dribbles urine after urinating normally or leaks urine while sleeping or resting)			
MOBILITY	Has difficulty lying down			
	Has difficulty getting up			
	Has difficulty walking up or down stairs			
	Drags toes when walking			
	Appears wobbly when walking			
	Cannot run and play like before			
	Cannot jump up to or down from favorite spots like before			
	Rarely or no longer uses a scratching post			
APPEARANCE	Looks thinner or less muscular			
	Has a dull facial expression, is not bright and alert			
	Hangs head and seems listless			
	Has a bad odor from skin, ears, or mouth			
	Appears unkempt, has a rough, matted or thin haircoat or hair loss			
	Has pressure sores or scabs			
BREATHING	Pants or open-mouth breathes			
	Tires easily with normal activity			
	Shows signs of difficulty breathing (anxious, wide-eyed expression, increased chest expansion and abdominal push when inhaling, abnormal gum or tongue color)			
	Sounds different when meowing (raspy, harsh, or squeaky)			
	Requires oxygen support			

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Category	My Cat...	Often	Sometimes	No/Not Applicable
VISION	Has decreased vision			
	Bumps into objects, has difficulty finding bowls			
HEARING	Has decreased hearing			
	Startles easily when touched or seems less aware of approaching family members or other pets in the household			
PAIN OR DISCOMFORT	Is irritable or aggressive (growls, hisses, or bites at familiar people or pets)			
	Resists being petted			
	Resists being picked up			
	Sits in a hunched position with head lowered most of the time			
	Wants to be left alone or seeks hiding spots			

Total Assessment Factors	
Enter the total from the 'Often' column	
Halve the total from the Sometimes column. For example, if you answered "Sometimes" 7 times, then enter 3.5.	
Add the value from the 'Often' column and the one-half value from the 'Sometimes' column. This is the total negative life quality score.	
Score interpretation	# of 'Negative Points'
Consider seeing your veterinarian to discuss the life quality factors you've marked.	Up to 8 points
Life quality is a concern, and your veterinarian can provide guidance on how to treat or help manage your cat's symptoms.	9-18 points
Life quality is deteriorating, and your cat would benefit from veterinary medical intervention to provide palliative care.	19-26 points
Life quality is poor. Consider veterinary hospice care or end-of-life discussions for your cat with your veterinarian.	27-36 points
Life quality is extremely poor. Consider euthanasia or palliative supported natural passing.	More than 36 points