

Feline Quality of Life Scale & Diary

Our pets do not speak the same language that we do. Animals can make sounds, but their primary language is through their body. They also have to protect themselves from predators so they can not show any weakness. Cats are independent solitary creatures who depend on themselves only for survival. This means they are even better at hiding their weaknesses. These factors make it seem like your geriatric/terminally ill cat is fine. But they probably AREN'T. This quality of life (QOL) scale will help you evaluate how they are REALLY doing so you can make the best end-of-life decision for them and your family.

Directions: CIRCLE appropriate number for each category and then add the numbers from each category for that day. The maximum score is 12 and you can determine your own scale. If you have members in the family who have an opinion on your pet, its best to do this scale together. Be realistic and honest. You can do a range if you are in-between picking a number.

MOBILITY

- 3** - Able to jump up and down easily without hesitation, able to get in/out of litter box easily
- 2** - Hesitates to jump up/down surfaces, difficulty getting in/out of litter box
- 1** - Needs pain medications to jump up/down surfaces or get in/out of litter box
- 0** - Medications do NOT seem to help at all, doesn't jump anymore, having outside litter box accidents

APPETITE

- 3** - Eating normal amount they eat
- 2** - Eating a little less/more than usual
- 1** - Not eating their cat food but will eat treats OR ravenous/hungry all the time
- 0** - NOT eating at all more than 1-2 days

DRINKING

- 2** - Drinking usual amount
- 1** - Drinking less/more than usual
- 0** - NOT at all OR ALL THE TIME

BOWEL MOVEMENTS

- 3** - Solid regular bowel movement
- 2** - Normal but missing the box
- 1** - Loose, blood in stool, very hard, straining to go
- 0** -Not having any bowel movements

“Quality over quantity. Comfort over cure.”
~ Dr. Mary Gardner DVM

URINATION

- 3** - Normal urination
- 2** - Blood in urine, accidents outside the box
- 1** - more than usual, large clumps in box, feel like cleaning it all the time
- 0** - Not urinating or urinating on self while laying

VOMITING/HAIRBALLS

- 3** - No vomiting or hairballs
- 2** - Some hairballs about 1-2 a year
- 1** - Vomiting or hairballs more than 1 month
- 0** - Vomiting or hairballs 1-2 times a week or day

FAVORITE THINGS

- 3** - Does them most of the time like when was a kitten or young adult
- 2** - Does them still but less
- 1** - Does some but not all and significantly less
- 0** - No interest, they are in same spot all the time

SCORING

- 1-4** - critically ill & in dying process, consider euthanasia, medical assistance may help improve QOL but may be too late.
- 5-8** - moderate/significant decrease in quality of life, consider hospice care, consider euthanasia depending on lifestyle
- 9-12** - mild decrease in QOL. Hospice good idea
- 13-16** - NORMAL healthy

