

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 Positive Behaviour Support 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, it helps kaimahi improve our tangata whaiora quality of life by identifying:

- the value and frequency of activities that the person is currently involved with
- 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 tangata should complete the measure themselves and/or be supported as necessary to be as involved as possible in completing it.

First, indicate how often the tangata 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.

* Provided by BILD / CAPBS tool

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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>

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.

Tangata Whaiora 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			
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			
Countryside / natural environment			