

HAPPINESS

Does My cat express joy and interest? Is he/she responsive to things (family, toys, etc.)?

1 = Is isolated more than 50% of time. Shows no interest in previously enjoyed activities.	3 = Is spending 50% of time isolated. Seems depressed, lonely, anxious, bored, or afraid.	5 = Spends some time alone, but still likes to spend time with family.	7 = Is still interested in old activities, but cannot always perform them.	9 = Is still doing all the activities he/she was doing before he/she became ill.
1 2 3 4 5 6 7 8 9 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

MOBILITY

Can my cat get up without assistance? Does he/she need human help? Is he/she having seizures or stumbling?

1 = Is no longer able to make it to the litterbox. Soils on himself/herself	3 = Activity is decreased by more than 50%, but can still make his/her way to food and litterbox	5 = Ability to play, jump, run, and do normal activities is decreased by less than 50%	7 = Ability to play, jump, run, and do normal activities is decreased by less than 25%	9 = Has normal mobility, plays as he/she did before he became ill
1 2 3 4 5 6 7 8 9 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

MORE GOOD DAYS THAN BAD

When there are too many bad days in a row, quality of life is too compromised and euthanasia should be considered. Bad days may be days filled with undesirable experiences such as vomiting, nausea, diarrhea, frustration, falling down, seizures, and so forth.

1 = No good days	3 = Bad days are 4 to 6 in 7	5 = Bad days 2 or 3 in 7	7 = Bad days are 1 in 7	9 = No bad days
1 2 3 4 5 6 7 8 9 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

Over 5 is acceptable in each category. When the score drops below 5, intervention is necessary. If further intervention is not possible (all options have been tried), then euthanasia should be considered. In the words of Dr. Alice Villalobos, the veterinary oncologist whose Quality of Life Scale was adapted above, "One day, you will just know it is the right time because your pet will tell you with a look or a gesture, a sign or a series of bad days."

It is important to remember that the decision to euthanize a terminally ill patient is not a failure. It is a humane, loving, treatment option, and one that will prevent needless suffering.

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