



## Your Pet's Quality of Life

Every pet owner knows there will come a day when we must make the heartbreaking decision to say goodbye. At On Point Pet Sitting, we believe that quality of life should always be a priority, but we also understand how difficult it can be to assess what that looks like for each individual pet. That's why we've created this handout—to help guide you in evaluating your pet's well-being and recognizing when it may be time to let go.

Saying goodbye is never easy, and this may be one of the hardest decisions you'll ever have to make. No one knows your pet's quality of life better than you, but we want you to know that you're not alone. If you ever need to talk about your pet's well-being or feel it may be time to say goodbye, we are always here to support you.

This handout includes a quality-of-life chart to help you assess your pet's daily experiences. In addition, here are some tools that may help with your decision:

1. **Consult your veterinarian.** While they can't make the decision for you, they can provide valuable insights into your pet's health and comfort.
2. **Reflect on your pet's past behaviors.** Changes can happen gradually and be hard to recognize. Think back to how your pet looked and acted before their illness.
3. **Track good and bad days.** Marking happy and difficult days on a calendar—whether with smiley/sad faces or scores from the chart—can help you see patterns over time. If the bad days begin to outweigh the good, it may be time to consider euthanasia.
4. **List five things your pet loves.** If they can no longer enjoy these favorite activities, it may be a sign that their quality of life has declined.

Remember, you don't have to go through this alone. We are always here to support you in any way we can.

## Your Pet's Quality of Life Chart

The chart below is designed to help you visualize, track, and monitor aspects of your pet's life. Fill out the appropriate number per question. As mentioned on the previous page, you can do this assessment daily and mark them on a calendar. Remember, the higher numbers on this chart equal a better quality of life.

My Pet...	Life				
	All the time/True	Most of the time	Sometimes	Occasionally	Never/False
Does not show any interest in wanting to play	1	2	3	4	5
Does not respond to my presence or does not interact with me in the same way as before	1	2	3	4	5
Does not enjoy the same activities as before	1	2	3	4	5
Is hiding (in closets, under furniture, etc)	1	2	3	4	5
Demeanor/behavior is not the same as it was prior to diagnosis/illness	1	2	3	4	5
Does not seem to enjoy life	1	2	3	4	5
Has more bad days than good days	1	2	3	4	5
Is sleeping more than usual	1	2	3	4	5
Seems dull, depressed and lethargic	1	2	3	4	5
Seems to be or is experiencing pain (is limping, has trouble getting up/moving, squinting, pain on touching, etc)	1	2	3	4	5
Is panting (even while resting)	1	2	3	4	5
Is trembling or shaking	1	2	3	4	5
Is vomiting and/or seems nauseous (is drooling, licking lips, or avoiding food)	1	2	3	4	5
Is not eating well (may only be eating treats or only if fed by hand or human food)	1	2	3	4	5
Is not drinking well	1	2	3	4	5
Is losing weight	1	2	3	4	5
Is having diarrhea often	1	2	3	4	5
Has increased or decreased urination	1	2	3	4	5
Is not moving normally	1	2	3	4	5
Is not as active as normal	1	2	3	4	5
Does not move around me as needed (is always underfoot, or won't move out of your path)	1	2	3	4	5
Needs help to move around normally	1	2	3	4	5
Is unable to keep self clean after soiling	1	2	3	4	5
Has coat that is greasy, matted, or rough looking	1	2	3	4	5

**Score**  
**24 – 60** Consider euthanasia  
**61 – 89** Consult your veterinarian  
**90 – 120** Continue to monitor

**Poor Quality of Life** ←————→ **Good Quality of Life**