

# HuMANE CARE

## Quality of Life Assessment Aid®

This **HuMANE CARE** tool emphasizes aspects of a pet's physical and mental well-being based on importance to them. Each category has a weight in accordance with degree to which it is essential to survival, and therefore more likely to affect overall feelings and stress. For example many range from +2 to -2, but some are +1 to -2, such as for **Respiration**. This is because when a pet is breathing fine, it doesn't consciously increase quality of life. But when a pet is struggling to breathe, it is threatening life and becomes extremely distressing and uncomfortable.

This scale also acknowledges the caregiver and the important relationship between pet and owner. Do not forget that *your* worries about how your pet feels and how you can take care of him or her affects *you*. It is extremely important to acknowledge that caring for an ailing pet requires time as well as physical, emotional, and financial ability. The precious relationship between pet and caregiver is important to preserve and can become strained or broken when these resources are exhausted.

You can modify your scores based on your perception and how you think things are important to you and your pet.

Use any number within the range you think is most appropriate and tally the results at the bottom.

	RANGE		SCORE
<b>H</b> ydration	+1 0 -2	Drinking a normal amount. Able to maintain own hydration. Gums remain moist. Tacky gums. Dry gums, sunken eyes. Cannot drink enough to maintain hydration.	
<b>U</b> (You)	+1 -2	Realistically able to provide all needed physical, emotional, financial and time needs. Unable to provide necessary time, strength, finances to keep pet comfortable and in good hygiene. Pet does not tolerate medication, caregiver's handling. Watching the pet deteriorate is causing high levels of anxiety.	
<b>M</b> obility	+2 0 -3	No difficulty walking or getting up and down. Enjoys going outside. Able to get up and lay down on own. Able to move around comfortably but requires some assistance. Unable to get up or lay down on own. Difficulty posturing to go to bathroom. Falling.	
<b>A</b> ppetite	+2 0 -2	Consistently interested in food. No vomiting. Requires encouragement, hand feeding, special foods only. Poor appetite. Nausea.	
<b>eN</b> joyment	+2 0 -1	Enjoys favorite (age-appropriate) activities, family company. More good days than bad days. No longer enjoying their favorite things OR no longer avoiding things they dislike.	
<b>E</b> limination	+1 0 -1 -2	Able to go to the bathroom where appropriate. Having occasional accidents (Pets don't like having accidents too). Frequent accidents. Bed soiling. (Unable to urinate or defecate = Emergency)	
<b>C</b> omfort	+2 -2	Relatively free of pain. Walking without significant limp. Able to sleep restfully. Restless, pacing, unable to get comfortable, groans.	
<b>A</b> nxiety	+1 -3	Not overly concerned about condition. Relaxes. Able to sleep, not restless Walks into corners, falls, vocalizes, can't relax.	
<b>R</b> espiration	+1 0 -2	Breathing comfortably. Panting very often or after little effort. Difficulty breathing. (White/blue gums, cat breathing with mouth open = Emergencies)	
<b>E</b> ngagement	+1 -1	Maintains social interaction with family. Avoids interaction or hides. No longer likes being petted.	

### RESULT GUIDELINES:

**Total** \_\_\_\_\_

**14 to 7** = doing well. **6 to 0** = borderline - needs veterinary help to raise score. **-1 or less** = consider humane euthanasia.