

Person: \_\_\_\_\_

Date: \_\_\_\_\_

## Overview

Individuals with autism and/or learning disability can often experience a lower quality of life than the rest of the general population (Arias et al, 2018; Biggs & Carter, 2016). Often activities are planned because other people think that it is important that they do it or it will be good for them if they do, with little consideration as to whether or not it is actually important to the person themselves. One of the fundamental principles of the philosophy and framework of *Positive Behaviour Support* is the increase of a person's *quality of life* (Gore et al, 2010). This quality of life scoring tool will allow parents and caregivers to monitor an individual's *quality of life* throughout the time they spend in our care.

## Quality of Life Scoring

Please complete all questions

	Never	Rarely	Sometimes	Often	Always
1. The young person gets on well with the people that they know?	1	2	3	4	5
2. The young person gets on well with the people they go to school with?	1	2	3	4	5
3. The young person seems bored with the leisure activities that they do?	5	4	3	2	1
4. The young person appears happy with how well they can do things for themselves?	1	2	3	4	5
5. The young person goes out shopping in stores and in supermarkets?	1	2	3	4	5
6. The young person has enough energy to do all the things that they want to do?	1	2	3	4	5
7. The young person gets a good amount of sleep during the night?	1	2	3	4	5
8. The young person has health problems which cause them pain and discomfort?	5	4	3	2	1

	Never	Rarely	Sometimes	Often	Always
9. The young person can move around easily on their own without assistance?	1	2	3	4	5
10. The young person has sensory processing problems which cause them distress?	5	4	3	2	1
11. The young person participates in self-injurious behaviour?	5	4	3	2	1
12. The young person tries to hurt other people?	5	4	3	2	1
13. On some days, the young person does not seem to like doing anything?	5	4	3	2	1
14. Other people respect the young person's opinions and choices?	1	2	3	4	5
15. Other people respect the young person's privacy?	1	2	3	4	5
16. Where the young person lives is clean and tidy?	1	2	3	4	5
17. The young person participates in activities?	1	2	3	4	5
18. The young person has the opportunity to spend time by themselves?	1	2	3	4	5
19. The young person is safe and secure and free from harm?	1	2	3	4	5
20. Other people try to hurt the young person?	5	4	3	2	1
21. The young person has access to their areas of special interests or can openly talk about them with others?	1	2	3	4	5
22. The young person is able to participate in repetitive, stimulatory behaviours (stimming)?	1	2	3	4	5

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither</b>	<b>Agree</b>	<b>Strongly Agree</b>
23. The young person receives support from the people around them?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
24. The young person has enough money to do the things that they want to do?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
25. The young person can easily travel to the places they want to go to?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
26. The young person seems to feel like they are a part of their community?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
27. The young person knows how to access health services if they need to?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
28. The young person seems to be happy with their sexual identity?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
29. The young person seems content with their level of sexual activity?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
30. The young person knows how to access school?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
31. The young person has people around them who will teach them new things?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
32. The young person is happy with their physical health?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
33. The young person seems to feel good about themselves?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
34. The young person feels that life is good?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
35. The young person has had input into where they live?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
36. The young person can spend their money on whatever they want?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
37. The young person has had input into where they go to school?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
38. The young person gets the same opportunities as everyone else?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
39. The young person appears happy with where they live?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
40. The young person has decorated their bedroom how they want it?	1	2	3	4	5
41. The young person appears happy with where they go to school?	1	2	3	4	5
42. Where the young person goes to school is clean and safe?	1	2	3	4	5
43. The young person has a choice of leisure activities to do?	1	2	3	4	5
44. The young person participates in enough offered activities?	1	2	3	4	5
45. The young person knows what to do if they are not safe?	1	2	3	4	5
46. The young person can maintain good relationships with people?	1	2	3	4	5
47. The young person can make and keep friends?	1	2	3	4	5

Quality of Life Domain	Scores									Total
	1	2	23	46	47					
Social Relationships	1	2	23	46	47					
Material Well-being	16	24	25	40						
Community Inclusion	5	26								
Independence and Choice	4	27	30	31	35	37	43			
Physical Well-being	6	7	8	9	10	32				
Rights	14	15	36	38						
Emotional Well-being	11	12	13	28	29	33	34	39	41	
Leisure	3	17	18	21	22	44				
Safety	19	20	42	45						
<b>QoL Total</b>										

## Instructions

- Answer all 47 questions.
- If you do not feel able to answer a question, please just score 3
- Enter the score for each question in the scoring table (see completed example below).
- Add the scores for each category across in the 'Total' column
- Add the 'Total' column downwards for the overall quality of life score out of 235

Quality of Life Domain	Scores										Total
Social Relationships	1 4	2 3	23 1	46 1	47 5						14
Material Well-being	16 2	24 2	25 1	40 3							8
Community Inclusion	5 3	26 4									7
Independence and Choice	4 1	27 1	30 3	31 2	35 5	37 1	43 4				17
Physical Well-being	6 3	7 4	8 4	9 1	10 1	32 2					15
Rights	14 2	15 1	36 3	38 3							9
Emotional Well-being	11 1	12 1	13 4	28 5	29 5	33 3	34 2	39 2	41 1		24
Leisure	3 2	17 4	18 1	21 5	22 5	44 3					20
Safety	19 5	20 5	42 4	45 2							16
<b>QoL Total</b>										<b>130 / 235</b>	