

**SPNS Cooperative Agreement Evaluation  
Module 22: Quality of Life  
National Evaluation by The Measurement Group**

ID Letters	ID Numbers	Site	Sub-Provider	Date
<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
		<small>Month / Day / Year</small>		

Staff Code	Client Gender
<input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Male <input type="radio"/> Female

**Each rung on the ladders below represents how individuals feel about their daily lives. For each ladder, darken the circle that indicates where you are now in terms of how you feel about your quality of life.**

### 1. My Health

Each rung on the ladder below represents how various people feel about their health. This might include feeling good, having a "normal" life, or feeling strong. In general, darken the circle that indicates how you have felt during the past week.

10 → I have felt healthy most or all of the time.  
 9  
 8  
 7 → I have felt healthy occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have felt healthy some or a little of the time.  
 3  
 2  
 1 → I have felt healthy rarely or none of the time.

### 2. My Enjoyment of life

Each rung on the ladder represents the level of enjoyment you had in the past week. This might include feeling that you have a good life, appreciating your surroundings, or feeling that you could do what you want to do. Darken the circle that best indicates how you have felt during the past week.

10 → I have enjoyed life most or all of the time.  
 9  
 8  
 7 → I have enjoyed life occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have enjoyed life some or a little of the time.  
 3  
 2  
 1 → I have enjoyed life rarely or none of the time.

### 3. My Household Duties

Each rung on the ladder represents how various people are able to take care of household duties. This might include activities such as shopping, cleaning, or doing errands. Darken the circle that best indicates how you have felt about your ability to do these activities during the past week.

10 → I have been able to take care of my household duties most or all of the time.  
 9  
 8  
 7 → I have been able to take care of my household duties occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have been able to take care of my household duties some or a little of the time.  
 3  
 2  
 1 → I have been able to take care of my household duties rarely or none of the time.

### 4. My Leisure Time Activities

Each rung on the ladder represents how well you have been able to enjoy how you have spent your free time in the past week. Darken the circle that best indicates how you have felt about the way you spent your free time during the past week.

10 → I have been able to enjoy my free time most or all of the time.  
 9  
 8  
 7 → I have been able to enjoy my free time occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have been able to enjoy my free time some or a little of the time.  
 3  
 2  
 1 → I have been able to enjoy my free time rarely or none of the time.

### 5. My Social Relationships

Each rung on the ladder represents how satisfied you have been with your relationships with friends and family. This might include enjoying getting together with friends or relatives, having conversations, or being able to joke and laugh with others. Darken the circle that best indicates how you have felt about your relationships with other people during the past week.

10 → I have felt satisfied with my relationships with family or friends most or all of the time.  
 9  
 8  
 7 → I have felt satisfied with my relationships with family or friends occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have felt satisfied with my relationships with family or friends some or a little of the time.  
 3  
 2  
 1 → I have felt satisfied with my relationships with family or friends rarely or none of the time.

### 6. My General Quality of Life

Each rung on the ladder represents how you might feel about your quality of life. For example, this might include feeling secure and at peace with yourself, having a positive mental attitude, accomplishing your goals, and adapting well to life and events. Darken the circle that best indicates your overall quality of life during the past week.

10 → I have felt satisfied with my quality of life most or all of the time.  
 9  
 8  
 7 → I have felt satisfied with my quality of life occasionally or a moderate amount of time.  
 6  
 5  
 4 → I have felt satisfied with my quality of life some or a little of the time.  
 3  
 2  
 1 → I have felt satisfied with my quality of life rarely or none of the time.