



Subjective Quality of Life Tool



The Subjective Quality of Life Tool helps carers identify and enhance activities that enrich the lives of individuals in their care. It recognises that people value activities differently and experience them in various ways, such as enjoyment, satisfaction, or relaxation. This tool is essential for tailoring Positive Behaviour Support (PBS) to each individual, as PBS is not a "one-size-fits-all" approach.

Key benefits

- Understand which activities an individual values.
- Assess how often they engage in these activities.
- Identify opportunities to increase participation in valued activities.
- Recognise health-promoting activities (e.g., yoga, running) that are also enjoyable.
- Reduce time spent on activities that are costly and not valued.
- Introduce new activities that may be of interest.

Completing the tool

- 1. Frequency:** Note how often the individual engages in listed activities.
- 2. Value:** Rate the importance of these activities based on the individual's enjoyment, satisfaction, and other positive experiences.

Guidelines

- The individual should complete the tool themselves, or with support.
- Include input from family, friends, and carers for a well-rounded view.
- Focus on the individual's perspective, not others' opinions on the activity's value.

Post-assessment actions

- Increase the frequency of low-cost, highly valued activities.
- Ensure high-cost, highly valued activities are provided as often as possible.
- Reduce or eliminate costly activities with low value.
- Introduce movement-based activities with health benefits.
- Explore new activities not currently part of the individual's routine.



Frequency	Value
0 = never 1 = Less than every three months 2 = At least every three months 3 = Monthly or more frequently 4 = Weekly or more frequently 5 = Daily or more frequently	A = High pleasure / satisfaction and importance B = Some pleasure / satisfaction and importance C = Not important, no/low value but not disliked D = Disliked or detrimental (if not known, mark with a dash)

Activity	Frequency	Value	Details
Read or engage with a book, newspaper or magazine			
Play video games			
Watch TV			
Listen to music			
Listen to the radio or a podcast			
Browse the internet			
Browse the internet			
Exercise class			
Interact with pets/animals			
Creative art / craft			
Specific hobby or special interest			
Collect / engage with collection			
Housework / cleaning			



Activity	Frequency	Value	Details
DIY / Decorating			
Gardening			
Building/dismantling			
Tidying/sorting/arranging			
Cooking/baking			
Eating favourite foods			
Personal grooming / pampering / skincare regime			
Uninterrupted alone time			
Bath / shower for relaxation			
Dance class			
Online social networking			
Phone call with friends or family			
Outdoor movement (walking, cycling, running) Specific sensory activity			
Help others at home			

