

PET QUALITY-OF-LIFE CHECKLIST

Choosing what's best for a pet in their later stages is one of the hardest things any pet parent faces. This checklist is here to help you step back and look honestly at how your pet is doing across the areas that matter most to their comfort and happiness. There are no wrong answers; the goal is to give you a clearer, more grounded picture to talk through with your Rialto Animal Hospital care team. And remember: quality of life isn't only about your pet. It applies to you and your family, too.



SCORING

Read each statement and rate how well it describes your pet right now:

0 = This is still true for my pet

1 = I've noticed some changes

2 = This is no longer true for my pet

Add up the scores in each section, then combine them for a total.

COMPANIONSHIP

- ____ Still seeks out time with the people and pets they love
- ____ Greets and interacts with the household the way they always have
- ____ Still wants affection, attention, or play

COMFORT:

- ____ Breathes easily — no new coughing, wheezing, or heavy panting
- ____ Moves and rests without visible signs of pain (whimpering, restlessness, or flinching when touched are common signs)
- ____ Settles and sleeps comfortably
- ____ Overall condition has held steady, with no recent decline

MIND & MOOD

- ____ Enjoys favorite toys, games, or activities as much as before
- ____ Responds to familiar likes and dislikes the same way (a favorite person still delights them; a longtime annoyance still bothers them)
- ____ Seems calm and content, with no new signs of stress or anxiety
- ____ Stays alert and engaged — not withdrawn, confused, or disoriented
- ____ Keeps a normal nighttime routine — no new pacing, restlessness, or waking

BODY & BASICS

- ____ Eats with a normal appetite
- ____ Drinks a normal amount of water
- ____ Uses the bathroom normally (urination and bowel movements)
- ____ Gets up and moves around as easily as before

YOUR RESULTS **Total score:** ____

0–10: Quality of life appears steady. Your pet seems comfortable and engaged. No medical intervention may be needed right now, but checking in with your veterinarian can help you recognize early signs to watch for down the road.

11–20: Quality of life is uncertain. Some meaningful changes are showing up. Your pet would benefit from a visit with our team so we can evaluate what's happening and help you understand the road ahead.

21–32: Quality of life is a serious concern. These changes are likely to progress and may become more difficult in the near future. Veterinary guidance can help you understand where your pet is in their disease process and support you in making a compassionate, well-informed decision about comfort care or a peaceful goodbye.

If you have any questions or would like to discuss the results of your pet's Quality of Life Checklist, please don't hesitate to contact us. We're here for you and your pet.