

# *When is it Time to Say Goodbye?*



*An Exploration of the Determination of Quality of Life*

***Janie von Waldburg D.V.M.***

*In Loving Memory of Poppy, My First Best Friend*

# ***When is it Time To Say Goodbye?***

At Home and At Peace  
Janie von Waldburg D.V.M

I know you are having a hard time reading this.  
Our pets are our family....

It is hard to know when it is time to put down your dog or cat. You are making a big decision that has an enormous impact on another life, your family and your future. Many people feel mixed emotions in the time that leads up to the loss of their pet.

In this ebook we will go through several criteria that can help each individual feel better about their decision making process. Specifically this ebook will cover:

***Chapter 1: Physical Exam Findings***

***Chapter 2: Pain Level***

***Chapter 3: Appetite, Hydration,***

***Chapter 4: Hygiene and Mobility,***

***Chapter 5: Pet Happiness & Owner Happiness***

***Chapter 6: General Behavioral Patterns and Summary***

At each section we will go through common struggles for pets as well as their owners which includes possible solutions or methods of coping for animals and their families. To help you get the most out of this program please see appendix.



### ***About Dr. Janie***

Dr. Janie von Waldburg is dedicated to helping pets pass comfortably at the right time in a loving home environment. Dr. Janie grew up exploring the open spaces of Northern California with her yellow lab Poppy. Dr. Janie is now happy to call Colorado home and enjoys spending time with husband Jon, Bailey the QH and Katie the crazy collie mix.

## ***How To Know When It is Time To Say Goodbye***

### ***Chapter One - Physical Exam***

**In this chapter I will help you look at your pet the same way a veterinarian would look at them. It is often hard to look at your animal as a doctor because they trigger so much emotion and love. We often overlook little things that can tell us if our animal has a good quality of life.**

#### ***General Physical Exam Findings***

We can learn a lot by looking at our pet from head to tail and trying to be objective about their physical appearance. Sometimes it is hard to see changes in your pet when they occur gradually. Sometimes we almost relate to our pets as how they used to be instead of how they are today. This section will help you write down objective measurements to describe your pet.

***Please go through and choose which of the following best describes your pet. You can print the quality of life worksheet found in the appendix and circle your choices or write down your answers on a piece of paper. In chapters 2-6 we will take each category, break it down and discuss the different possible groups of pets, their quality of life and possible ways to improve their situations.***

Appearance/Attitude:

Bright

Quiet

Depressed

Unresponsive

A happy pet is mentally bright. They recognize you and are happy to be with you. It is normal for geriatric pets to express their happiness differently. Sometimes a dog or cat will acknowledge you with a glance even if they do not get up. A happy tail wag from a geriatric pet can still give you evidence that they are mentally bright. A quiet pet still has a gleam in their eye even if they do not react physically to your presence. A depressed pet does not usually give any indication that they are interested in their surroundings. An unresponsive pet is hard to rouse and may be laying on their side or can act mentally confused. Often time older pets are still mentally bright even if their physically compromised. Pets with a good mental status can still enjoy car rides, rides in a stroller, or may even enjoy walking with the assistance of a wheelchair. (<http://www.handicappedpets.com/>)

Pulse/Respiration:

Normal

Abnormal

Distressed

Compromised

A normal pet can do other activities while breathing. They can eat, drink water, wag their tails and give kisses. A pet with abnormal respiration is actively coughing, gagging, or making respiratory sounds. A pet that is in respiratory distress may stand with their elbows bowed outward in a sitting position. Animals in respiratory distress have only one focus - breathing. You may hear noise as they breathe or

the color of their gums may be a light pink, white, grey or blue color. Animals in respiratory distress can be agitated and do not want to change position.

Eyes/Vision:

Normal  
Normal-Geriatric  
Abnormal  
Absent

A normal geriatric dog may have a hazy look to their eyes. Animals can develop cataracts and may have a hard time differentiating between objects or seeing at night. Animals can usually make up for poor vision with their sense of smell. A pet with compromised or absent vision can be very confused, may fall down stairs, hurt themselves on obstacles or bump into objects. You can help your pet by moving furniture out of their path or setting up sleeping quarters downstairs.

Dental Health:

Normal  
Normal-Geriatric  
Painful  
Decreased appetite

A normal geriatric pet may have dental tartar and bad breath. As dental disease progresses some pets experience mouth pain and may have difficulty chewing or swallowing. Sometimes feeding moistened food can help your pet and relieve pain. Pets with internal organ failure can also develop oral ulcerations and bad breath. Sometimes pets will want to eat but will feel sick or have severe mouth pain that restricts their food intake. Pets in kidney or liver failure have a hard time excreting toxins from their blood and can feel nauseous and lose their appetite.

Muscle Tone:

Normal  
Normal-Geriatric  
Weak  
Unable to rise

Normal geriatric pets typically have lost muscle mass over their backs and rear legs. Sometimes you can feel their spines with your hands or see the bones of their legs. Weak pets have a hard time rising although sometimes do well once they get moving. Pets with advanced arthritis, muscle or neurological disease may not be able to get up on their own. Some solutions include increasing muscle tone with swimming, pain relief with acupuncture, NSAID or PSGAG medications, pet slings, or back surgery. Pets that are unable to rise can be difficult to feed and clean-up after. Often times such pets feel isolated from the family and suffer from a decreased quality of life.

Skin:

Normal  
Cosmetic Only  
Painful  
Debilitating

Normal geriatric pets often have some masses or dry skin. Your veterinarian can test your pet's masses and identify the cells as benign or malignant. Sometimes a biopsy is required to get enough cells to identify the cells correctly. Some masses can bleed or become infected even if the cells are benign. Some owners chose to have masses removed, other owners do not want to put their pet through the stress and trauma of surgery and recovery.

Mobility:

Normal  
Normal-Geriatric  
Restrictive  
Unable to rise

Mobility is a very big deal for our pets. It is a big part of feeling independent, staying clean and keeps pets feeling part of the family. Lots of geriatric pets can become socially isolated if they have trouble getting to specific areas of the house. The hardest part for owners is taking care of a pet that can no longer go outside to relieve themselves or can no longer reach or step into the litter box. Exercise is also important for pets. Sometimes for dogs going on walks is the most mentally stimulating part of their day. Some ways to replace walks include car rides, stroller rides, or a pet wheelchair. Some owners use ramps or rearrange their sleeping quarters to accommodate geriatric pets.

Hygiene:

Normal  
Normal-Geriatric  
Restrictive  
Poor quality of life

A pet's hygiene is often the deciding factor for many owners. Sometimes a pet's mobility is so poor they have to urinate and defecate wherever they lay. Sometimes a pet will have advanced skin disease or infected skin tumors. Sometimes a pet may be mentally bright but have urine or fecal material cause severe skin disease. Many owners feel they should try harder to care for their aging pet. It is normal to feel a strange mixture of guilt for an inner desire to put the pet down due to poor hygiene conditions. Many owners are just straight-up exhausted from caring for a pet that cannot urinate or defecate properly. It is common for owners to wake up multiple times a night to clean up messes or carry their pet outside. Many times a lack of sleep then causes us to suffer in other areas of our lives.

## ***How To Know When It is Time To Say Goodbye***

### ***Chapter 2- Pain***

#### **PAIN**

When your dog or cat cries or whimpers it breaks your heart. Sometimes animals are stoic and can hide their pain well. We will go over some questions you can ask about your particular pet to see if they are in a low or high degree of pain. Consider the following and mark as yes or no:

- My pet hurts.
- My pet limps.
- My pet pants frequently, even at rest.
- My pet's respirations are forced, exaggerated, or otherwise not normal.
- My pet licks repeatedly at one site on his/her body or at a site of a cancer/tumor.
- My pet guards or protects an area of his/her body and may snap if that area is approached or touched.
- My animal's posture is abnormal or different than normal.
- My pet shakes or trembles sometimes during rest.
- My pet is on pain medication and it doesn't work.

Some possible ways to alleviate pain include looking further into possible pain medications. Some medications are classified as NSAIDs, PSGAGs, or Opioids. Some common NSAIDs include Rimadyl, Deramaxx, or Etogesic. These drugs interrupt the chemical cascade that releases inflammatory cytokines. These drugs can also have side-effects that include stomach upset, vomiting, diarrhea, and kidney damage in dehydrated pets. Opioids are drugs that are similar to Morphine. Commonly used medications include Tramadol, Buprenorphine and Fentanyl. These drugs do also have side-effects and can slow down intestinal motility and depress respiration. PSGAGs are medications that lubricate joints and help decrease inflammation from arthritis pain. One common medication is called Adequan. It is given as an injection either in the muscle or under the skin. Adequan does require multiple injections to reach therapeutic concentrations in the bloodstream. Other more natural methods for pain relief include acupuncture, massage, and omega 3 fatty acid supplementation. Some pets benefit from a combination of pain medications. As a pet's pain progresses often the side-effects become more pronounced than the pain relief. Often owners choose more natural types of pain relief to avoid unwanted side-effects.

## ***How To Know When It is Time To Say Goodbye***

### **Chapter 3 - Appetite/Hydration**

#### **APPETITE**

Your pet's appetite is a strong indication of how he or she feels. Some pets are very strongly food motivated and a decrease in appetite may be the only sign you see indicating pain or nausea. Some animals are fussy about what they eat and it is hard to tell if their appetite has declined. Please go through the following checklist to evaluate any changes in your own pet.

- My pet doesn't eat his/her normal food anymore.
- My pet picks at his/her food now but never used to do this.
- My pet walks over to his/her food but won't eat or walks away from the food.
- My pet doesn't even want (treats, human foods, snacks anymore).
- My pet acts nauseated or vomits.
- My pet is losing weight.

When pets appetite changes there can be multiple causes of their change in behavior. Sometimes pets have a hard time walking over slick surfaces to reach their food. Sometimes pets suffer from dental disease despite a good appetite. Some pets with kidney or liver failure will feel sick to their stomach and will have no desire to eat. Some things to try include feeding moist food, adding chicken broth to food or pieces of meat, hand or syringe feeding or trying appetite stimulants prescribed by your veterinarian. One common appetite stimulate for cats is cyproheptadine. If your pet is in a hospital your vet may also try giving your cat Valium. In severe cases some pets can be nourished by feeding tubes placed in their esophagus or intestine. Every pet and family is different and it is good to know what is and what is not an acceptable intervention. Often it help owners to think about what intervention is acceptable and how they would feel if they were their pets.

#### **HYDRATION**

Hydration status helps determine how well your pet feels. It helps the heart pump blood and nutrients to the body's tissues and gives pets strength. If a pet is vomiting or having diarrhea they often cannot remain hydrated and then become weak.

Please answer the following questions:

- My pet doesn't drink as much as he/she used to.
- My pet frequently has dry, sticky gums.
- My pet is vomiting or has diarrhea

Dehydration can be fatal. Pets that are dehydrated can have increased heart-rates or pale and dry gums. Pets that are losing blood are also compromised and cannot maintain the health of their organs. One way vets help re-hydrate pets includes intravenous or subcutaneous fluids. Intravenous fluids are the most efficient way to rehydrate pets. Sometimes pets with kidney disease are in a chronic state of dehydration. Often a pet's quality of life can be improved by giving fluids under the skin at home.



Sometimes however if a pet does not enjoy medical treatment the benefit of rehydrating them with IV or subcutaneous fluids does not outweigh the trauma or fear the pet feels during the procedure. Sometimes pets that receive subcutaneous fluids will hide or vocalize when they know it is time for their treatment. It is important to weigh the benefits of treatment with any negative impact on the human-animal relationship.

## ***How To Know When It is Time To Say Goodbye***

### **Chapter 4 - Hygiene/Mobility**

#### **HYGIENE**

Animals that don't feel well, do not groom themselves. This is especially pronounced in cats because they are very good at hiding other signs of illness. A pet with a dull coat or mats is not thriving.

Consider the following:

- My pet doesn't groom himself/herself any more.
- My pet's hair is matted, greasy, rough looking, dull, or foul smelling.
- My pet has stool pasted around his/her rectum or in his/her hair.
- My pet smells like urine or has skin irritation from urine.
- My pet has pressure sores/wounds that won't heal.

You can help your pet by brushing them and preventing mats. Some animals, particularly cats can be shaved to help cut down coat care. Dogs with bed sores can have their wounds bandaged or provided with orthopedic foam bedding. If your pet has a favorite place to lay you can make sure the bedding is clean and soft. Oral supplement such as omega 3 fatty acids can help with dry skin. There are also topical waterless shampoo sprays available for spot-cleaning fecal or urine material.

#### **ACTIVITY/MOBILITY**

Mobility and activity problems can be the biggest factor in a pet's quality of life. If a 60+ lb dog is unable to stand or go to the bathroom it is harder to provide assistance to that pet when needed. Answer the following questions about your pet:

- My pet cannot get up without assistance.
- My pet had a hard time getting around and/or limps.
- My pet lays in one place all day long.
- My pet does not want to play ball, go for walks, or do the things he/she used to do.
- My pet falls frequently.

A cat that is unable to rise is a different situation from a Rottweiler that is unable to rise. Smaller pets can use a wheelchair to improve mobility. Cats usually do very well unless they are severely debilitated. Possible solutions include adding ramps next to stairs, or rugs to enable pets to walk on slick surfaces. Some families will sleep in a downstairs bedroom temporarily or change the area in the house where the family relaxes. Physical therapy and acupuncture can improve pain relief and mobility. Often times,

families fear that their pet will fall or hurt themselves while they are not around. Another challenge is maintaining hygiene with a pet that cannot get outside or to the litter box to relieve themselves. Ultimately owners may have to help their pet defecate or clean up messes multiple times a night with a pet with limited mobility. Limited mobility is often a deciding factor in determining if you pet has a poor quality of life.

## ***How To Know When It is Time To Say Goodbye***

### **Chapter 5 - Happiness/Owner Happiness**

#### **HAPPINESS/MENTAL STATUS**

Happiness is an abstract term that is hard to measure. However, I feel that most pet owners do have a clear sense of if their pet is happy and what makes their life worth living.

Ask yourself the following questions about your pet:

- My pet does not express joy and interest in life.
- My pet does not respond to the people that he/she used to respond to.
- My pet does not want to play with toys or do other things that he/she used to enjoy.
- My pet seems dull, not alert, or depressed.

Every animal should have something that makes their life worth living. For some animals it is food, others walks, and still others just like being with their family and being snuggled. It is often helpful to make a list of things you pet likes to do. For example, this is my dog Poppy's list:

#### **Poppy's Favorite Things**

- wake up my person in am for morning walk by licking her face repeatedly
- chase squirrels or cats on walk
- eat breakfast, dinner and any snacks offered
- sit quietly with my person throughout the day
- be brushed and petted

One day my dog Poppy had a seizure and could no longer go on walks. According to my list of criteria this was an important criteria for Poppy's happiness. It is a good exercise to write a list and share it with your spouse or family. When it is time to make this hard decision your family can help you remember what made your pet happiest.

#### **OWNER PERCEPTIONS**

This is the hardest section for people to go through. Owners often feel a mixture of emotions when it comes to figuring out when to say goodbye to their pet. People can feel exhaustion from the effort that comes from taking care of an ill or elderly pet. It is even more of a drain when you are also a mother with children, pregnant or a father dealing with aging parents of his own. Pet owners love their animals and want to make the best decision possible. And although many families know it is time to stop they feel guilty about their decision. You are responsible for the life of another and it is the emotional

struggle with guilt and exhaustion that is hard to go through. Many times a family is aware that their pet is suffering but does not want to give up on their pet too early or wait too late.

Ask yourself the following questions:

- I wouldn't want to live if I were in a similar situation.
- I would be painful if I were in a similar situation.
- I have made appointments for euthanasia for this pet previously
- My pet is having more bad days than good days.
- I have lost sleep caring for my pet
- The quality of my work away from home has declined due to stress about my pet
- I have been unable to keep family obligations due to caring for my pet
- I have been unable to keep social obligations due to my pet
- I have made unreasonable financial sacrifices due to my pet

It is important not to underestimate the toll caring for an ill or elderly pet can take on the rest of your life. Many people lose sleep or suffer from low energy or low performance at work. Many families are unable to commit to travel or social events because they are unable to find someone to care for their pet. Often times, veterinary care can take a toll on your finances. If you are in debt from caring for your pet you have a valid reason to re-evaluate your personal philosophy on end of life care.

## ***How To Know When It is Time To Say Goodbye***

### **Chapter 6 - GENERAL BEHAVIOR PATTERNS/Summary**

Our last section deals with general changes in behavioral patterns. When you go through this section it is important to see your pet's behavior in the present and compare it with past behavior. These subtle changes often give us big clues into our pet's overall quality of life.

Ask yourself the following questions:

- My pet is hiding or sleeping in odd places.
- My pet doesn't greet me when I come home and he/she used to.
- My pet is overly clingy and is following me around and he/she never used to do this.
- My other pets are treating this pet differently, either overly attentive or ignoring pet completely.
- My pet doesn't care about what is going on around him/her.

For dogs, greeting family members at the door is a very important behavior. For cats greeting is also important but they are more likely to hide when they do not feel well. Mental confusion is common in older pets and other key signs are pets that lay facing the wall or lack any interest in the people or objects around them.

## Summary

Overall the decision to put down your pet requires serious thorough and a deep discussion with your family. Your personal feeling about medications, the degree of medical intervention, pet's disease condition, prognosis and quality of life all come in to play in this important decision. Here is a summary chart to help you delineate your overall feelings about your pet.

|                    |            |                 |                 |                           |
|--------------------|------------|-----------------|-----------------|---------------------------|
| Pain Overall:      | No Pain    | Manageable Pain | Consistent Pain | Suffering                 |
| Appetite:          | Hungry     | Inconsistent    | Uninterested    | Force-feeding             |
| Hydration:         | Good       | Inconsistent    | Dehydrated      | Serious                   |
| Hygiene:           | Clean      | Inconsistent    | Requires Care   | Requires<br>Constant Care |
| Activity/Mobility: | Normal     | Reduced         | Restricted      | Recumbent                 |
| Mental Status:     | Alert      | Engaged         | Disinterested   | Unresponsive              |
| General Behavior:  | Normal     | Interested      | Disinterested   | Unresponsive              |
| Owner Perceptions: | Acceptable | Struggling      | Compromised     | Suffering                 |

Count the number of yes and no answers that you have marked. \_\_\_\_Yes \_\_\_\_No

Unfortunately, there isn't a simple point system or scale that will tell you exactly what do for your pet. However, the more yes answers you have, the more likely it is that your pet has a poor quality of life. This is a tough decision for everyone and it is normal to feel a little frazzled or crazy during this process. We do grieve for our pets. For some people losing a pet is harder than losing a human family member. Our pets share our lives with us and love us unconditionally. It is normal to go through a grieving process even while still struggling with making a decision. Hopefully having this checklist will make the process easier for your family.

Link to download ebook and worksheet:

<http://athome-atpeace.weebly.com/quality-of-life-evaluation-ebook.html>

Works Cited:

Villalobos, A.E., Quality of Life Scale Helps Make Final Call, Veterinary Practice News, Sept. 2004; for Canine and Feline Geriatric Oncology Honoring the Human-Animal Bond, by Blackwell Publishing, Table 10.1, released 2006.

Appendix 1 – Quality of Life Worksheet



At Home and At Peace  
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**General Physical Exam Findings**

|                      |        |                  |             |                      |
|----------------------|--------|------------------|-------------|----------------------|
| Appearance/Attitude: | Bright | Quiet            | Depressed   | Unresponsive         |
| Pulse/Respiration:   | Normal | Abnormal         | Distressed  | Compromised          |
| Eyes/Vision:         | Normal | Normal-Geriatric | Abnormal    | Absent               |
| Dental Health:       | Normal | Normal-Geriatric | Painful     | Decreased appetite   |
| Muscle Tone:         | Normal | Normal-Geriatric | Weak        | Unable to rise       |
| Skin:                | Normal | Cosmetic Only    | Painful     | Debilitating         |
| Mobility:            | Normal | Normal-Geriatric | Restrictive | Unable to rise       |
| Hygiene:             | Normal | Normal-Geriatric | Restrictive | Poor quality of life |

**Quality of Life Checklist**

The decision to pursue additional medical treatments or consider euthanasia for a sick or chronically ill pet is a hard decision to make for many pet owners. This handout has been designed to help you consider the quality of life of your pet. Answer each of the questions in each section with a yes or no.

**PAIN**

Pain control is essential. Many animals do not complain in obvious, visible ways when they hurt. Many animals will hide their discomfort. Consider the following:

- \_\_\_ \_\_\_ My pet hurts.
- \_\_\_ \_\_\_ My pet limps.
- \_\_\_ \_\_\_ My pet pants frequently, even at rest.
- \_\_\_ \_\_\_ My pet’s respirations are forced, exaggerated, or otherwise not normal.
- \_\_\_ \_\_\_ My pet licks repeatedly at one site on his/her body or at a site of a cancer/tumor.

- My pet guards or protects an area of his/her body and may snap if that area is approached or touched.
- My animal's posture is abnormal or different than normal.
- My pet shakes or trembles sometimes during rest.
- My pet is on pain medication and it doesn't work.

Possible interventions: start pain medication, change pain medications, combinations of pain medications from different drug classes, surgical intervention, non-traditional medicine (acupuncture, etc.), treat the underlying disease/condition.

Comments:

### **APPETITE**

Appetite is one of the most obvious signs of wellness. Most animals are normally vigorous eaters. Consider the following:

- My pet doesn't eat his/her normal food anymore.
- My pet picks at his/her food now but never used to do this.
- My pet walks over to his/her food but won't eat or walks away from the food.
- My pet doesn't even want "good stuff" (treats, human foods, snacks) anymore.
- My pet acts nauseated or vomits.
- My pet is losing weight.

Possible interventions: hand feeding, heating food, adding moisture by soaking food or using canned varieties, careful addition of human foods, syringe feeding, stomach tube placement, medications for appetite stimulation, medications for nausea.

Comments:

## **HYDRATION**

Hydration status is equally important as appetite. Without adequate water consumption, your pet can become dehydrated. Dehydration can contribute to weakness and not feeling well.

Consider the following:

- My pet doesn't drink as much as he/she used to.
- My pet frequently has dry, sticky gums.
- My pet is vomiting or has diarrhea

Possible interventions: add moisture to the diet, subcutaneous fluid administration, medications to control vomiting or diarrhea.

Comments:

## **HYGIENE**

Animals that don't feel well, especially cats, do not have the energy to maintain normal hair and skin. Consider the following:

- My pet doesn't groom herself any more.
- My pet's hair is matted, greasy, rough looking, dull, or foul smelling.
- My pet has stool pasted around his/her rectum or in his/her hair.
- My pet smells like urine or has skin irritation from urine.
- My pet has pressure sores/wounds that won't heal.

Possible interventions: regular brushing and grooming, frequent bedding changes, adequate padding for areas where the pet spends a lot of time, appropriate wound care, treat the underlying condition.

Comments:

### **ACTIVITY/MOBILITY**

Changes in normal activity can be due to mobility problems, pain, illness, or aging (arthritis). Consider the following:

- My pet cannot get up without assistance.
- My pet had a hard time getting around and/or limps.
- My pet lays in one place all day long.
- My pet does not want to play ball, go for walks, or do the things he/she used to do.
- My pet falls frequently.

Possible interventions: pain medication addition or adjustment, physical therapy, wheelchair assistance, modification of home/stairs, modification of where family/pet sleeps.

Comments:

### **HAPPINESS/MENTAL STATUS**

Another important area of consideration is the pet's mental status and happiness. Consider the following:

- My pet does not express joy and interest in life.
- My pet does not respond to the people that he/she used to respond to.
- My pet does not want to play with toys or do other things that he/she used to enjoy.
- My pet seems dull, not alert, or depressed.

Comments:



### **GENERAL BEHAVIOR PATTERNS**

Changes in normal behavioral patterns are often a key indicator of how well and animal feels. Consider the following:

- My pet is hiding or sleeping in odd places.
- My pet doesn't greet me when I come home and he/she used to.
- My pet is overly clingy and is following me around and he/she never used to do this.
- My other pets are treating this pet differently, either overly attentive or ignoring pet completely.
- My pet doesn't care about what is going on around him/her.

Comments:

### **OWNER PERCEPTIONS**

Many times an owner is aware that their pet is suffering but does not want to give up on their pet. Consider the following:

- I wouldn't want to live if I were in a similar situation.
- I would be painful if I were in a similar situation.
- I have made appointments for euthanasia for this pet previously
- My pet is having more bad days than good days.
- I have lost sleep caring for my pet
- The quality of my work away from home has declined due to stress about my pet
- I have been unable to keep family obligations due to caring for my pet
- I have been unable to keep social obligations due to my pet
- I have made unreasonable financial sacrifices due to my pet

Comments:

## Summary

|                    |            |                 |                 |                           |
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| Activity/Mobility: | Normal     | Reduced         | Restricted      | Recumbent                 |
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| General Behavior:  | Normal     | Interested      | Disinterested   | Unresponsive              |
| Owner Perceptions: | Acceptable | Struggling      | Compromised     | Suffering                 |

Count the number of yes and no answers that you have marked. \_\_\_\_ Yes \_\_\_\_ No

Unfortunately, there isn't a simple point system or scale that will tell you exactly what do for your pet. However, the more yes answers you have, the more likely it is that your pet has a poor quality of life. Feel free to go through this worksheet again or reexamine specific areas. Remember that family factors or decisions about your own quality of life are valid and worth examining.