



CREATING BETTER LIVES FOR PEOPLE AFFECTED BY MEMORY LOSS

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## Quality of Life for Alzheimer's Disease: Person Living with Dementia

The Quality of Life for Alzheimer's Disease: Person Living with Dementia (QOL-AD) is recommended for use in the Memory Keepers intake process to assess the quality of life (QOL) for the person living with dementia (PLWD). A Memory Keepers facilitator or another qualified individual should go through the assessment with the person living with memory loss in-person or virtually. It is recommended that the assessment be completed prior to participation in the Memory Keepers program to gather baseline information (pre-test) and then repeated after each 15-week set (post-test) to track change in QOL. Findings can be shared with PLWD and the family. Memory Keepers program providers are encouraged to share findings with Memory Keepers, LLC following each post-test to help gather longitudinal data demonstrating the effectiveness of the intervention.

**Instructions for use:** This screening tool is administered with the PLWD. QOL-AD for the PLWD is a 13-item questionnaire that assesses the QOL from the PLWD's perspective. The administrator should use an interview format to conduct the assessment. Allow the participant to have the form in front of them to read it. Point to each question and the words "poor, fair, good, and excellent" as they appear after each question. Make a note if the participant is unable to answer the question. If the participant is able, let them circle their answer. If they need assistance, circle their answer for them, but have them point to their answer and read it out loud. Score each item as indicated at the bottom of the page.

Source: <https://www.cogsclub.org.uk/professionals/files/QOL-AD.pdf>

## Instructions for Interviewers

The QOL-AD is administered in interview format to individuals with dementia, following the instructions below. The interview is carried out with the subject and/or an informant. The subject should be interviewed alone.

Hand the form to the participant, so that he or she may look at it as you give the following instructions (instructions should closely follow the wording given in bold type):

**I want to ask you some questions about your quality of life and have you rate different aspects of your life using one of four words: poor, fair, good, or excellent.**

Point to each word (poor, fair, good, and excellent) on the form as you say it.

**When you think about your life, there are different aspects, like your physical health, energy, family, money, and others. I'm going to ask you to rate each of these areas. We want to find out how you feel about your current situation in each area.**

**If you're not sure about what a question means, you can ask me about it. If you have difficulty rating any item, just give it your best guess.**

It is usually apparent whether an individual understands the questions, and most individuals who are able to communicate and respond to simple questions can understand the measure. If the participant answers all questions the same, or says something that indicates a lack of understanding, the interviewer is encouraged to clarify the question. However, under no circumstances should the interviewer suggest a specific response. Each of the four possible responses should be presented, and the participant should pick one of the four.

If a participant is unable to choose a response to a particular item or items, this should be noted in the comments. If the participant is unable to comprehend and/or respond to two or more items, the testing may be discontinued, and this should be noted in the comments.

As you read the items listed below, ask the participant to circle her/his response. If the participant has difficulty circling the word, you may ask her/him to point to the word or say the word, and you may circle it for him or her. You should let the participant hold his or her own copy of the measure, and follow along as you read each item.

1. **First of all, how do you feel about your physical health? Would you say it's poor, fair, good, or excellent? Circle whichever word you think best describes your physical health right now.**
2. **How do you feel about your energy level? Do you think it is poor, fair, good, or excellent?** If the participant says that some days are better than others, ask him or her to rate how she/he has been feeling most of the time lately.
3. **How has your mood been lately? Have your spirits been good, or have you been feeling down? Would you rate your mood as poor, fair, good, or excellent?**
4. **How about your living situation? How do you feel about the place you live now? Would you say it's poor, fair, good, or excellent?**
5. **How about your memory? Would you say it is poor, fair, good, or excellent?**
6. **How about your family and your relationship with family members? Would you describe it as poor, fair, good, or excellent?** If the respondent says they have no family, ask about brothers, sisters, children, nieces, nephews.
7. **How do you feel about your marriage? How is your relationship with (spouse's name). Do you feel it's poor, fair, good, or excellent?** Some participants will be single, widowed, or divorced. When this is the case, ask how they feel about the person with whom they have the closest relationship, whether it's a family member or friend. If there is a family caregiver, ask about their relationship with this person. If there is no one appropriate, or the participant is unsure, score the item as missing.

8. **How would you describe your current relationship with your friends? Would you say it's poor, fair, good, or excellent?** If the respondent answers that they have no friends, or all their friends have died, probe further: **Do you have anyone you enjoy being with besides your family? Would you call that person a friend?** If the respondent still says they have no friends, ask **how do you feel about having no friends—poor, fair, good, or excellent?**
9. **How do you feel about yourself—when you think of your whole self, and all the different things about you, would you say it's poor, fair, good, or excellent?**
10. **How do you feel about your ability to do things like chores around the house or other things you need to do? Would you say it's poor, fair, good, or excellent?**
11. **How about your ability to do things for fun, that you enjoy? Would you say it's poor, fair, good, or excellent?**
12. **How do you feel about your current situation with money, your financial situation? Do you feel it's poor, fair, good, or excellent?** If the respondent hesitates, explain that you don't want to know what their situation is (as in amount of money), just how they feel about it.
13. **How would you describe your life as a whole. When you think about your life as a whole, everything together, how do you feel about your life? Would you say it's poor, fair, good, or excellent?**

### **Scoring instructions for QOL-AD:**

Points are assigned to each item as follows: poor = 1, fair = 2, good = 3, excellent = 4.

The total score is the sum of all 13 items.

UWMC/ADPR/QOL Aging and Dementia: Quality of Life in AD <b>Quality of Life: AD</b> (Participant Version)					Score (for clinician's use only)
ID Number □□□□□□	Assessment Number □□	Interview Date □□ □□ □□ Month Day Year			
<b>Instructions:</b> Interviewer administer according to standard instructions. Circle your responses.					
1. Physical health	Poor	Fair	Good	Excellent	
2. Energy	Poor	Fair	Good	Excellent	
3. Mood	Poor	Fair	Good	Excellent	
4. Living situation	Poor	Fair	Good	Excellent	
5. Memory	Poor	Fair	Good	Excellent	
6. Family	Poor	Fair	Good	Excellent	
7. Marriage	Poor	Fair	Good	Excellent	
8. Friends	Poor	Fair	Good	Excellent	
9. Self as a whole	Poor	Fair	Good	Excellent	
10. Ability to do chores around the house	Poor	Fair	Good	Excellent	
11. Ability to do things for fun	Poor	Fair	Good	Excellent	
12. Money	Poor	Fair	Good	Excellent	
13. Life as a whole	Poor	Fair	Good	Excellent	
Comments: _____ _____					Total