ABOUT YOUR WELL-BEING

Please place a tick (✓) in ONE box in EACH group below, to indicate which statement best describes your situation at the moment. **For each group please tick one box only.**

### 1) Having a say – Your ability to influence where you would like to live or be cared for, the kind of treatment you receive, the people who care for you

- I can make decisions that I need to make about my life and care **most of the time** 4
- I can make decisions that I need to make about my life and care **some of the time** 3
- I can make decisions that I need to make about my life and care **only a little of the time** 2
- I can never make decisions that I need to make about my life and care 1

### 2) Being with people who care about you – Being with family, friends or caring professionals

- If I want to, I can be with people who care about me **most of the time** 4
- If I want to, I can be with people who care about me **some of the time** 3
- If I want to, I can be with people who care about me **only a little of the time** 2
- If I want to, I can never be with people who care about me 1

### 3) Physical suffering – Experiencing pain or physical discomfort which interferes with your daily activities

- I **always** experience significant physical discomfort 4
- I **often** experience significant physical discomfort 3
- I **sometimes** experience significant physical discomfort 2
- I **rarely** experience significant physical discomfort 1

### 4) Emotional suffering – Experiencing worry or distress, feeling like a burden

- I **always** experience emotional suffering 4
- I **often** experience emotional suffering 3
- I **sometimes** experience emotional suffering 2
- I **rarely** experience emotional suffering 1
Please remember to tick one box only.

5) **Dignity** – Being yourself, being clean, having privacy, being treated with respect, being spoken to with respect, having your religious or spiritual beliefs respected

- I can maintain my dignity and self-respect **most of the time** [4]
- I can maintain my dignity and self-respect **some of the time** [3]
- I can maintain my dignity and self-respect **only a little of the time** [2]
- I can **never** maintain my dignity and self-respect [1]

6) **Being supported** – Having help and support

- I am able to have the help and support that I need **most of the time** [4]
- I am able to have the help and support that I need **some of the time** [3]
- I am able to have the help and support that I need **only a little of the time** [2]
- I am **never** able to have the help and support that I need [1]

7) **Being prepared** – Having financial affairs in order, having your funeral planned, saying goodbye to family and friends, resolving things that are important to you, having treatment preferences in writing or making a living will

- I have had the opportunity to make **most** of the preparations I want to make [4]
- I have had the opportunity to make **some** of the preparations I want to make [3]
- I have **only** had the opportunity to make a **few** of the preparations I want to make [2]
- I have **not** had the opportunity to make any of the preparations I want to make [1]

Thank you for your help