

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