



HERON'S
CROSSING

J O U R N E Y S ~ A Quality of Life Scale for Pets

Developed by Katie Hilst, DVM and used with permission.

The JOURNEYS scale was created to provide guidance when considering the factors that affect your pet's happiness and sense of well-being. There are no hard and fast rules; in general, a higher score is better. A low score on any of the measures may be a reason to consider euthanasia. Please address your concerns with a veterinarian.

JOURNEYS :	J	Jumping or Mobility
	O	Ouch or Pain
	U	Uncertainty and Understanding (factors that affect YOU)
	R	Respiration or Breathing
	N	Neatness or Hygiene
	E	Eating and Drinking
	Y	You
	S	Social Ability

For each variable there is an assigned value of 10 points with an example for scores of 1, 5 and 10 as guidance. Use your judgment to decide how your pet scores.

Example: **E – Eating and Drinking**. If your pet is refusing regular food and is "only eating treats" you may assign a value of 2 or 3. It deserves higher score than 1(not eating at all) but should be less than 5 (eating slightly less of their regular food than is normal).

J - Jumping or mobility:

- 1 pt:** Cannot walk or stand without assistance.
- 5 pt:** Can move around as long as they have pain medication. They can do about half the activities they did when they were healthier or can get about half the distance on a walk or spend half the time doing their activities (chasing a Frisbee, swimming, hunting) as they used to.
- 10 pt:** Fully active and enjoying all their activities.

O - Ouch or pain:

- 1pt:** Seems painful (whining, crying, not willing to move) even while taking pain medication. Note: many animals will hide pain or weakness as a survival trait.
- 5pt:** On pain medications and they are helping at least 75% of the time.
- 10pt:** Pain free.

U - Uncertainty and Understanding:

- 1pt:** Diagnosis (medical condition) that cannot be predicted. You may not understand the diagnosis, or the problem may be prone to sudden, catastrophic events.
- 5pt:** Medical condition that can change over time, is currently stable, and you are able to monitor it (with the help of your veterinarian) and adjust when necessary. You understand what to watch for, the treatment plan, and when your pet needs medical attention.
- 10pt:** Happy and healthy; there are no medical issues beyond routine preventative care.



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R - Respiration or breathing:

- 1pt:** Severe episodes of difficulty breathing, coughing or open mouth breathing. They are not eating or drinking because breathing is difficult. At this point, seek immediate medical attention for your pet.
- 5pt:** Occasional bouts of coughing, wheezing, or exercise intolerance. They are short (less than 2 minutes) and they are on medication from your veterinarian that can be adjusted to help.
- 10pt:** No coughing, wheezing, or exercise intolerance.

N - Neatness or hygiene:

- 1pt:** Spends time laying in their urine and/or feces. They may be unable to control their elimination or be unable to move after elimination. Your pet may have an external tumor or mass that is bleeding, foul smelling, and infected, and you are unable to keep it clean and/or bandaged. Your pet may have pressure sores (bed sores) from lying down and being unable to move.
- 5pt:** Needs assistance to urinate/defecate but they do not spend time lying in their waste. They can hold their urine/feces until they get assistance. They may have an external tumor or mass, but it can be kept clean and/or bandaged and is not infected. They groom themselves but may need some assistance (rear end).
- 10pt:** Urinates, defecates, and grooms themselves without assistance. They have no medical issues that are causing them to have a bad odor. You can provide any care issues to address their hygiene (baths, trip to the groomer, anal gland expression, teeth cleaning, etc.)

E - Eating and drinking:

- 1pt:** Refusing food and water. They may be vomiting or having diarrhea (or both). They may be nauseous. Cats may "hang out" at the water bowl, next to it, or with their heads hanging over it.
- 5pt:** Eating more slowly and not as interested in food as they used to be. They may go back several times before they finish a meal. They are eating slightly less than usual but are eating their regular food.
- 10pt:** Eating and drinking normally.

Y - You:

- 1pt:** You are constantly worried about your pet. You may not understand what is happening. You feel overwhelmed and stressed trying to provide for their needs. You may feel you can't provide for their needs physically, emotionally, or financially. You may be worried about how they will fare when you are away. There may be tension in the family and disagreement on how to proceed.
- 5pt:** You understand your pet's condition, and are able, with some effort, to meet their needs. You may have concerns, but they are manageable.
- 10pt:** You are easily able to meet your pet's needs, and not worried about any aspect of their care.

S - Social ability:

- 1pt:** Does not spend time with the family. They may hide, become irritable or snippy if bothered. Some pets that do not enjoy being petted may not seem to care if they are petted. Perhaps your pet is unable physically to get to the room where they usually spend time with others.
- 5pt:** Spends at least half the time with the family. They are not irritable or snippy. They happily greet you.
- 10pt:** Enjoys you, the family, and others (including animals), greets you at the door and seeks out company.



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Journal

Use this table to keep track of your pet's quality of life. You can record entries daily, every few days, or weekly, depending on your pet's current condition.

Date	J	O	U	R	N	E	Y	S