

# Quality of Life Calculator

Quality of life is essential to an individual's well-being, which is why it's so important to check in with yourself or someone you love regularly to see if there's room for improvement.

Quartet Senior Living creates an environment that fosters enrichment and support.

With various services and programs tailored to individual interests and needs, residents can enjoy a fulfilling lifestyle that promotes overall well-being and happiness.

To get started, answer the following questions as honestly as possible, then use the scale to calculate and find your quality of life score.

## I visit with my family members...

- A. Once a week, at least
- B. A few times a month
- C. Rarely

## I experience feelings of loneliness...

- A. Hardly ever
- B. Occasionally
- C. Often

## I regularly participate in my favorite activities...

- A. Often
- B. Occasionally
- C. Hardly ever

## I volunteer and get involved in my local community...

- A. Often
- B. Occasionally
- C. Hardly ever

## I socialize with my friends consistently...

- A. Once a week, at least
- B. A few times a month
- C. Rarely

## I feel physically, emotionally, and mentally supported...

- A. Often
- B. Occasionally
- C. Not very often

## The last time I felt a sense of purpose was...

- A. This week
- B. This month
- C. Longer than a month ago

## I feel fulfilled and content with my life...

- A. Constantly
- B. Sometimes
- C. Rarely

## The last time I participated in a hobby was...

- A. This week
- B. This month
- C. Longer than a month ago

## Overall, my well-being could be described as...

- A. Excellent
- B. Good
- C. Poor

# Scales from 0-20 Points:

**A answers = 2 points**

**B answers = 1 point**

**C answers = 0 point**



If your score is:

**16**  
points  
or higher

Congratulations! You're leading a happy and fulfilling life full of social connections, support and purpose. You're on a strong path to an enriching life!

between  
**11-15**  
points

There's room for improvement, but you're still engaging in a fulfilling and supportive lifestyle. Try to implement some changes that can improve your overall wellness and allow you to explore new opportunities to bring purpose into your daily life. Keep in mind that you could benefit from moving to a senior living community!

**10**  
points  
or lower

Your quality of life might not be ideal, but the good news is that there are plenty of adjustments that you can make to help improve your well-being! Contact Quartet Senior Living today to learn how our community can help support you and enhance your lifestyle.



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