

HANDOUT: Quality of Life Concepts*

Quality of Life Research Unit, University of Toronto - www.utoronto.ca/qol/profile/adultVersion.html (accessed 10/8/2006)

BEING	<p>Physical</p> <p>Psychological</p> <p>Spiritual</p>	<p>My body and health:</p> <ul style="list-style-type: none"> Physical health; nutrition; hygiene; activity; sexual expression <p>My thoughts and feelings:</p> <ul style="list-style-type: none"> Mental health; self-acceptance; freedom from stress; independence in thought and action <p>My beliefs and values:</p> <ul style="list-style-type: none"> Standards and beliefs; feelings of hope and purpose; celebrating special events of meaning
BELONGING	<p>Physical</p> <p>Social</p> <p>Community</p>	<p>Where I live and spend my time:</p> <ul style="list-style-type: none"> Your home and possessions; privacy; feelings of safety; neighborhood and country of residence <p>Relating to the people around me:</p> <ul style="list-style-type: none"> Relationships with significant others; family; friends and acquaintances; social groups; the culture of interest groups with which you identify <p>My access to the community:</p> <ul style="list-style-type: none"> Connection to resources like education, employment, social and medical services; access to community places and events
BECOMING	<p>Practical</p> <p>Leisure</p> <p>Growth</p>	<p>Purposeful aspects of my life:</p> <ul style="list-style-type: none"> Home maintenance; employment; school; helping others do things; managing finances and supplies; volunteering; pet care; caregiving; seeking needed services <p>What I do for fun and enjoyment:</p> <ul style="list-style-type: none"> Relaxation; entertainment; time with friends; holidays and vacations; TV and movies; reading; hobbies <p>Things I do to cope and change:</p> <ul style="list-style-type: none"> Learning; maintaining relationships; solving problems; trying out new ideas; adjusting to changes in your life

*More satisfaction with and positive personal feelings about items in right-hand column = higher quality of life as perceived by the individual.