

Why use Quality-of-Life?

by Tracey Campbell

based on the World Health Organization Quality of Life scales



The World Health Organization have Quality-of-Life (QoL) scales.



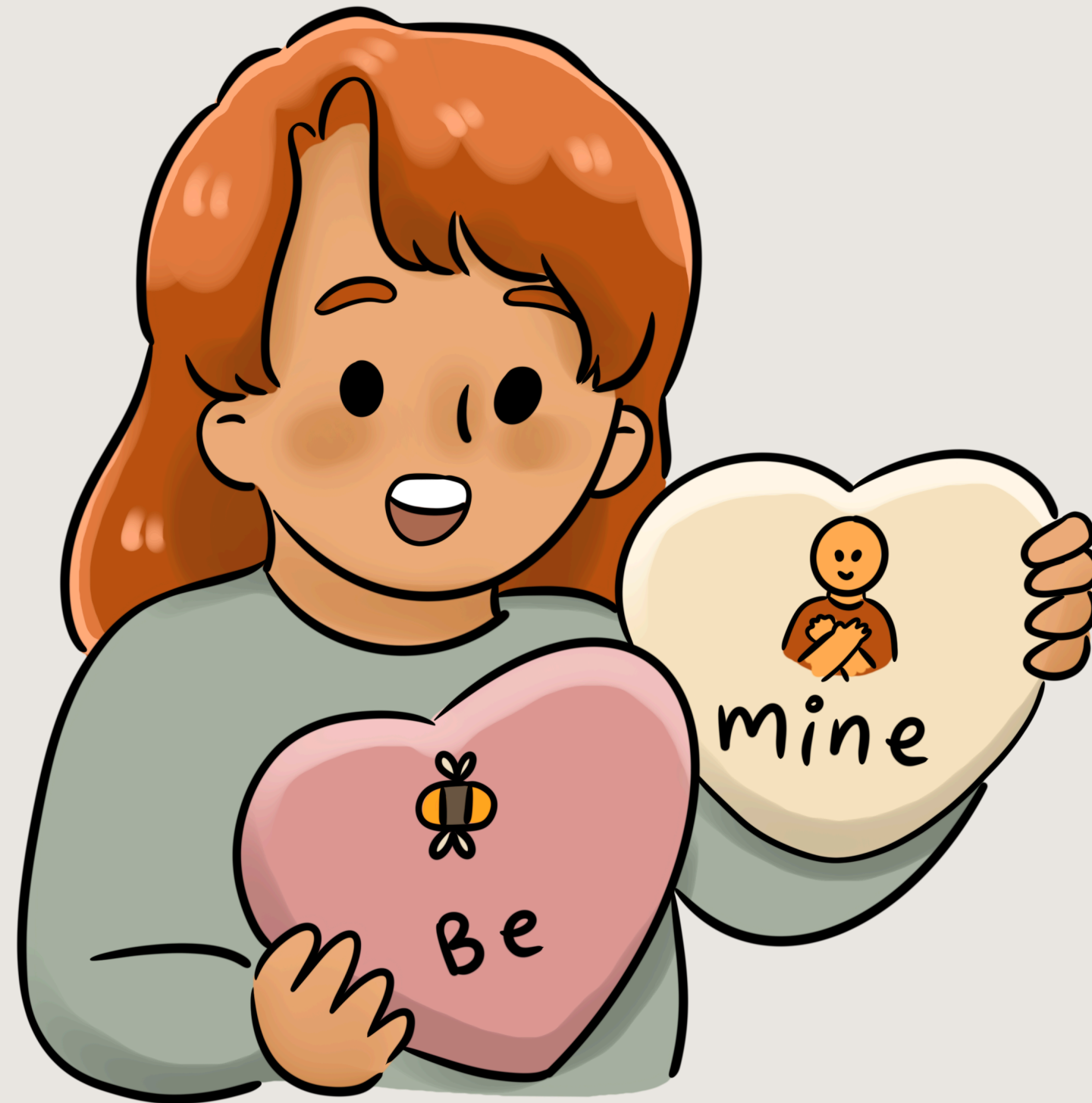
People can use QoL scales to think and talk about how good life is.



The resources can help people to think about what makes their life good.



Thinking can help people choose what happens in their life.



Thinking can help people understand why things happen.



Thinking can help people understand why things have happened.



Thinking can help people learn from the things that have happened.



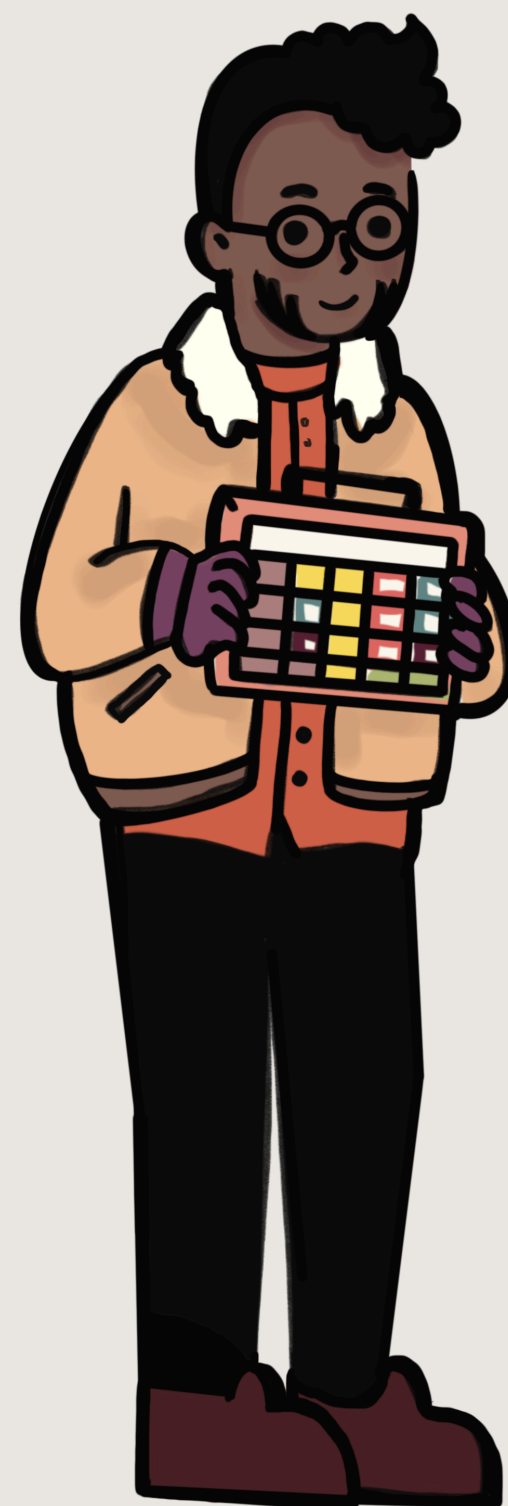
Thinking can help people remember the good things that have happened.



Thinking can help people know all the good things in their life.



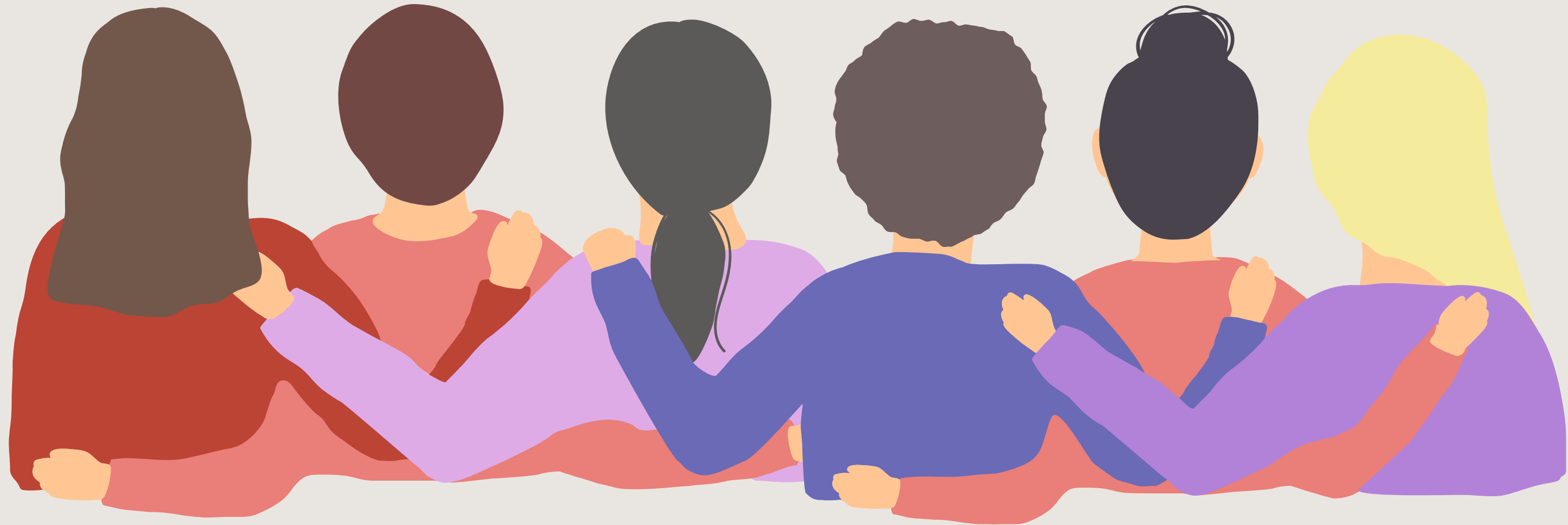
People can use the resources to talk about their lives.



Talking can be telling other people what is good in their lives.



Talking can be asking for help.



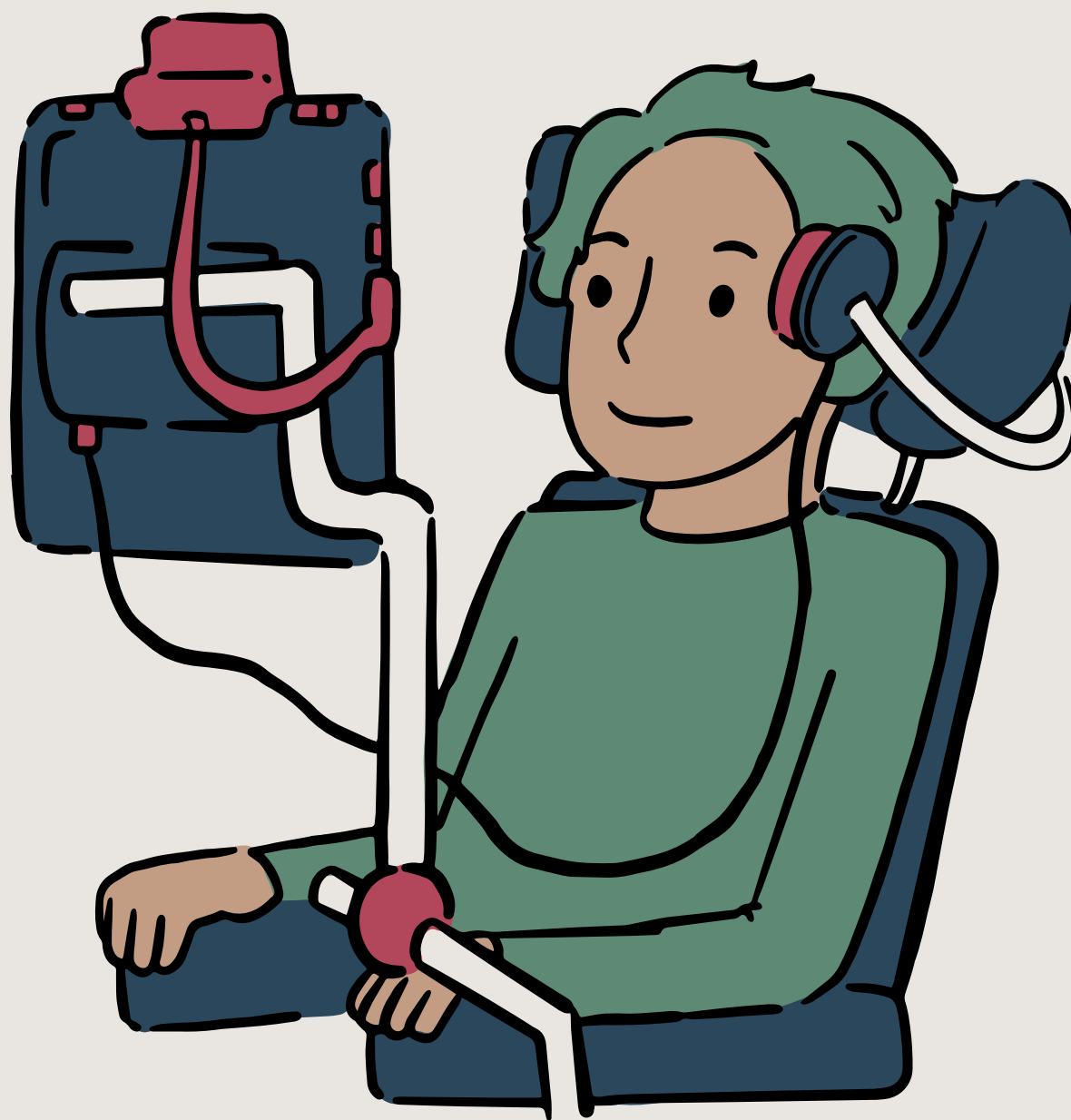
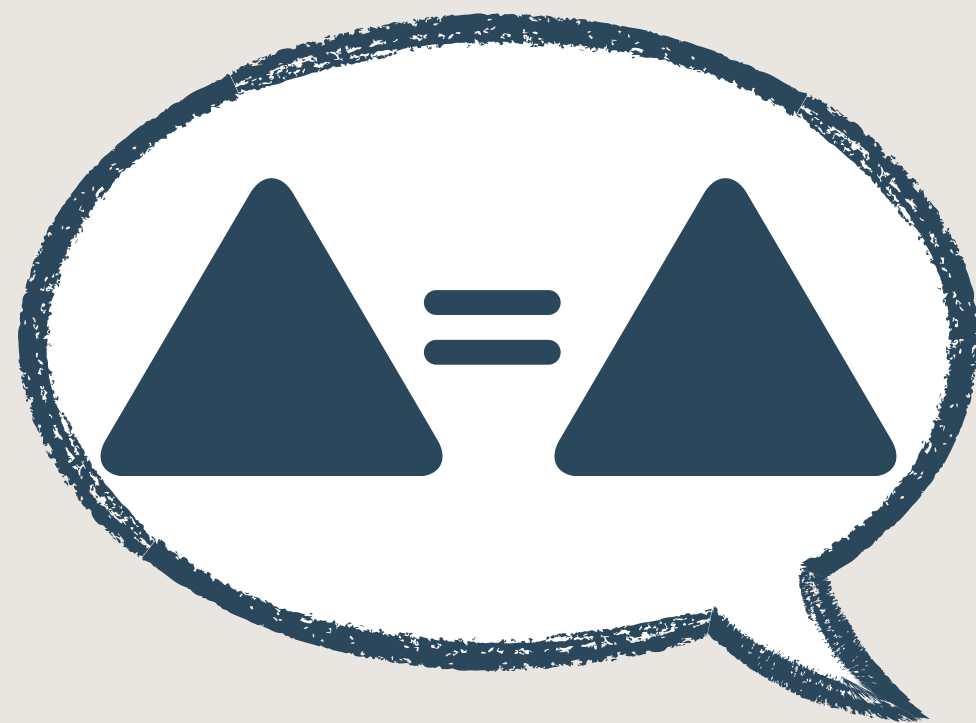
Talking can be telling other people what is important.



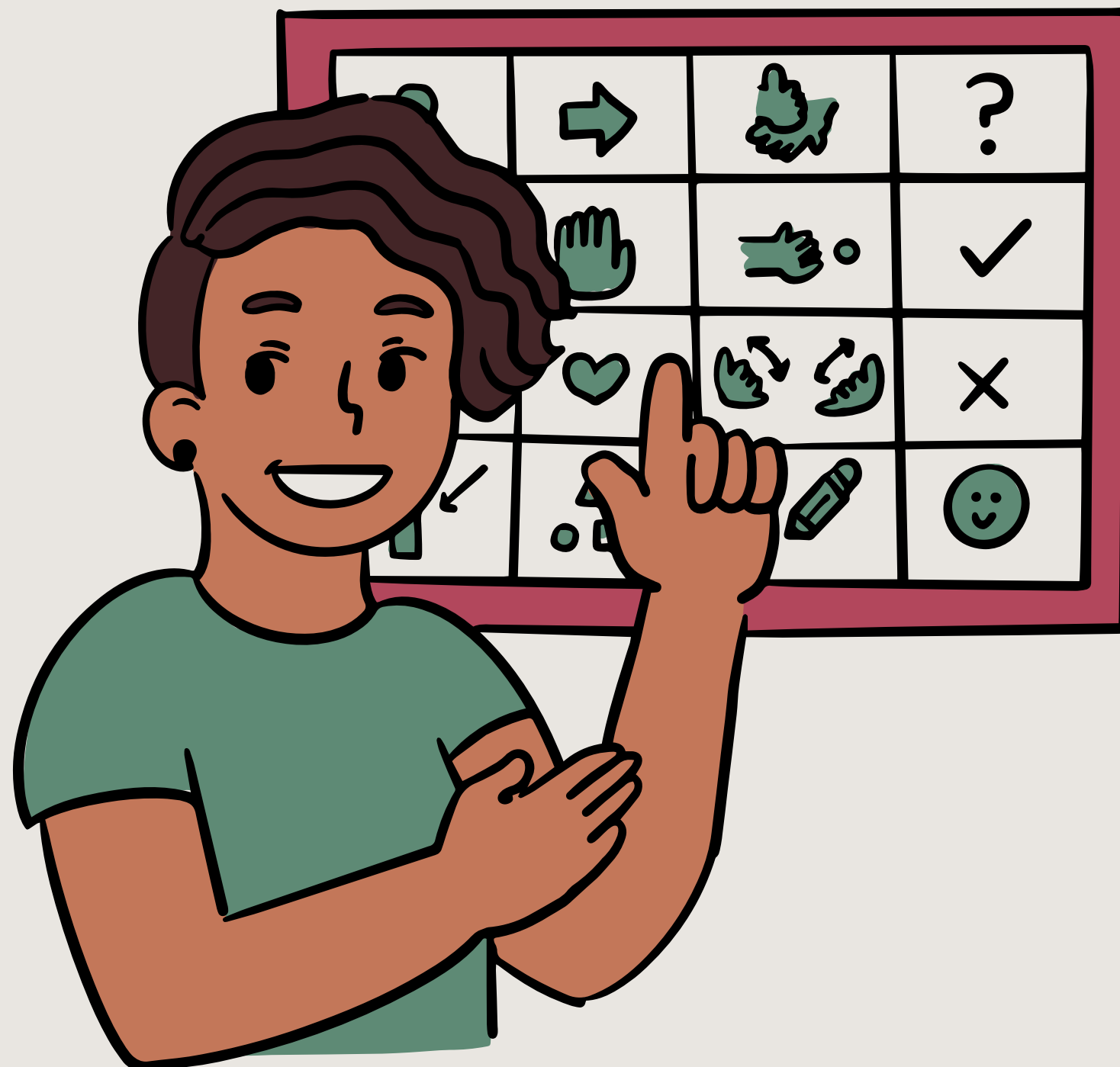
Talking can be discussing what can be different.



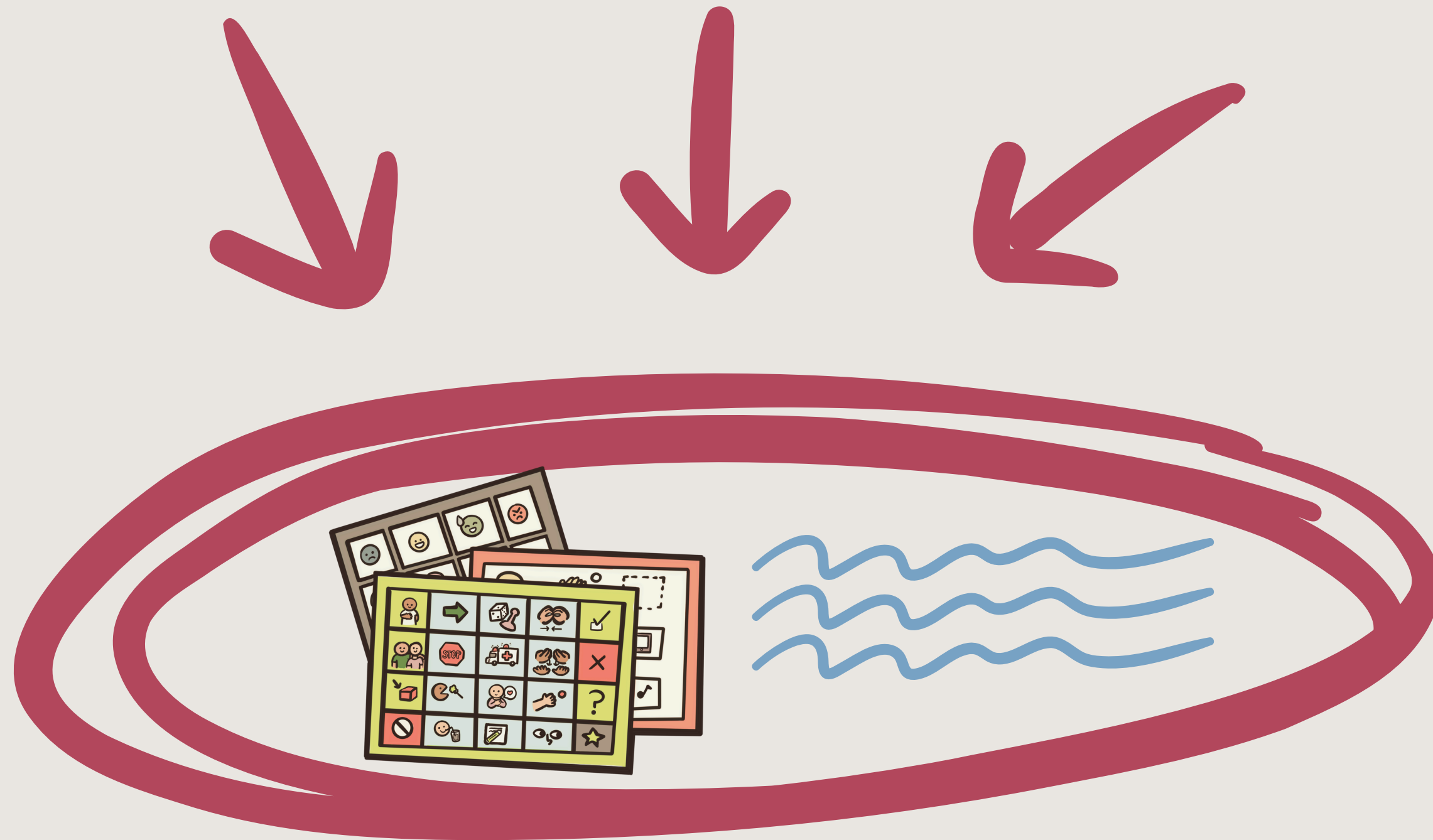
Talking can be discussing what can be the same.



Talking can teach other people all the good things in life.



Recording what people think and say about QoL is important.



Recording what people think and say about QoL can help everyone remember.



It is important to record what people are thinking and saying about their QoL.



It is important to act on the things that people think and say about their QoL.



Action can be helping people plan their lives.



Action can be helping people understand what they can change.



Action can be doing what makes life good.



Thinking, talking, recording and acting on QoL can make life better.

