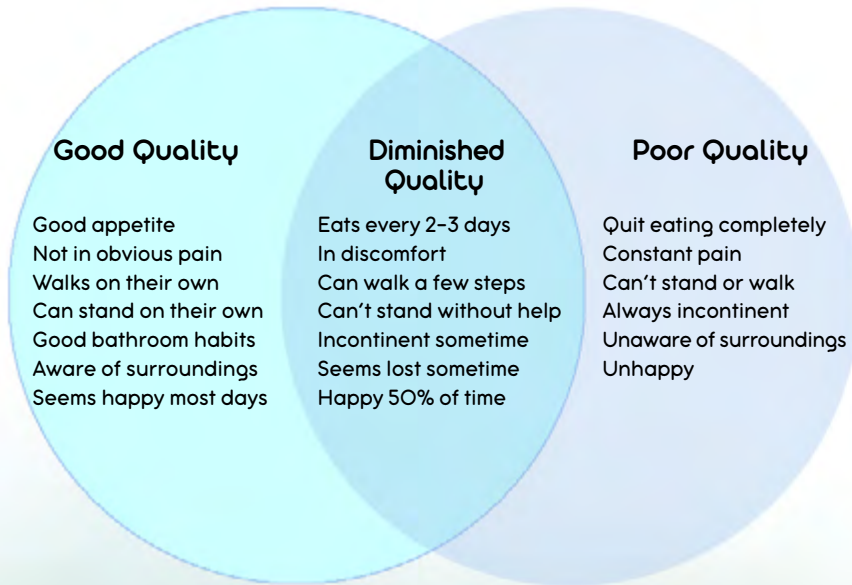


## How Do I Know When It's Time?

### Your Dog's Point of Diminishing Quality of Life



While, of course, this is a deeply personal decision. Here are a few changes to watch for in your dog's behavior that may signal they are nearing the end. The Venn Diagram to the left also illustrates the window of dignity maintained vs. when it is not.

We may not have any control over the overall scheme of things, but we do have the ability to say goodbye to our dogs near the convergence of time in which they still have dignity and quality of life and when they don't.

- o Won't eat or drink
- o Can't stand or walk
- o Incontinent
- o Not aware of surroundings
- o The light goes out of their eyes

**The most conclusive signal, for me, is the loss of sparkle in their eyes. There is a feeling of, "I'm done."**

Your veterinarian will usually be able to offer guidance from a medical standpoint. Each veterinarian has a different comfort level of how much personal input to give.

**One question you might ask your veterinarian is, "If this were your dog would you let them go now?"**

Deciding when to have our dog euthanized is heart-breaking. The best we can hope for is to make a decision that is best for our dog which leaves us with the least feelings of regret.

The chart/journal on the next page is another tool to use in evaluating your dog's quality of life. While not considered 100% definitive, it can help you honestly assess your dog's quality of life over time.





# Quality of Life Record for

Date

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ate &amp; Drank</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Stood</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Walked</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Bathroom</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Pain Level</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Interacted</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Awareness</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Happiness</b>	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<b>Total</b>							

## Points

- 1 Not At All
- 2 Somewhat
- 3 Moderate
- 4 More
- 5 Very Much

## Scores

- 7 Very Low
- 8-14 Low
- 15-21 Average
- 22-28 Good
- 29-35 Very Good

Scores are a tool or guideline to help assess quality of life

## Notes: