## Quality Of Life Scale
### A Measure Of Function
#### For People With Pain

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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</table>
| 0     | Non-functioning  
Stay in bed all day  
Feel hopeless and helpless about life |
| 1     | Stay in bed at least half the day  
Have no contact with outside world |
| 2     | Get out of bed but don’t get dressed  
Stay at home all day |
| 3     | Get dressed in the morning  
Minimal activities at home  
Contact with friends via phone, email |
| 4     | Do simple chores around the house  
Minimal activities outside of home two days a week |
| 5     | Struggle but fulfill daily home responsibilities  
No outside activity  
Not able to work/volunteer |
| 6     | Work/volunteer limited hours  
Take part in limited social activities on weekends |
| 7     | Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends |
| 8     | Work/volunteer for at least six hours daily  
Have energy to make plans for one evening social activity during the week  
Active on weekends |
| 9     | Work/volunteer/be active eight hours daily  
Take part in family life  
Outside social activities limited |
| 10    | Go to work/volunteer each day  
Normal daily activities each day  
Have a social life outside of work  
Take an active part in family life |

**Normal Quality of Life**
Pain is a highly personal experience. The degree to which pain interferes with the quality of a person’s life is also highly personal.

The American Chronic Pain Association Quality of Life Scale looks at ability to function, rather than at pain alone. It can help people with pain and their health care team to evaluate and communicate the impact of pain on the basic activities of daily life. This information can provide a basis for more effective treatment and help to measure progress over time.

The scale is meant to help individuals measure activity levels. We recognize that homemakers, parents and retirees often don’t work outside the home, but activity can still be measured in the amount of time one is able to “work” at fulfilling daily responsibilities be that in a paid job, as a volunteer, or within the home.

With a combination of sound medical treatment, good coping skills, and peer support, people with pain can lead more productive, satisfying lives. The American Chronic Pain Association can help.

For more information, contact the ACPA:

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