

Are you happy with your quality of life?

Are you in control of your lung symptoms, or are your lung symptoms controlling you?

Do you feel you could be doing more and living better with your lung disease?

Is your lung disease stopping you from doing the things you enjoy?

Are you becoming over-burdened by everyday tasks?

## Quality of Life Checklist

Lung Foundation Australia has developed a brief assessment to assist you identify if you or your carer may need some extra help in managing your lung disease and its symptoms, especially if everyday tasks are becoming more and more difficult and you're less able to function independently.

This checklist will also assist your doctor in identifying how he/she can best support you and what supportive services you may benefit from.

There are services within the health care system that could help you, ranging from occupational therapy, home care, pulmonary rehabilitation and other exercise or peer support groups, speech pathology, meal delivery services or assistance with the care of your home. Your doctor may also refer you to a Supportive and Palliative Care Specialist for a needs assessment.

Supportive and palliative care allows you to enhance your quality of life in a way that is meaningful to you. It is a process that is designed to assist you throughout your journey to have a better quality of life commencing from the day of your diagnosis right through to various end of life issues. It does not mean you are near the end of your life, in fact, the earlier you access these services the better quality of life you will have.

## How can you tell if you need extra help?

Tick which is most appropriate to you for these following questions:

	Not at all	A Little	A Lot
<b>Do you have difficulties completing daily activities?</b> <i>(such as showering, toileting, dressing, household tasks and preparing meals)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Are you experiencing symptoms that are bothering you?</b> <i>(such as breathlessness, coughing, pain, not sleeping, poor appetite, constipation, fatigue, depression or anxiety)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Have you been in hospital more frequently recently?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Do you or your carer need more support?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Do you require more information about your lung disease?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you answered questions in the **A Little** or **A Lot** category, there may be something that can be offered to you to improve your quality of life and get you back doing the things you enjoy doing. You owe it to yourself and those who care for you.

We suggest you print this checklist and speak with your doctor about your responses and how you are feeling. Then together you can identify services that you may benefit from.

*This document was prepared by Lung Foundation Australia's Supportive and Palliative Care Advisory Committee.*

For more information on Lung Foundation Australia and other resources available please visit our website [www.lungfoundation.com.au](http://www.lungfoundation.com.au) or call our Information and Support Centre on 1800 654 301

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*"When you can't breathe... nothing else matters"*