

MTSA

QoL Conceptual Framework

Domain	QoL Indicators (Examples)
Physical well-being	About your health and lifestyle. Examples: maintaining mental health, weight, exercise; managing health concerns such as diabetes, gastrointestinal disorders, hypertension; getting dental care and medical help if needed
Emotional well-being	About how you feel about things in your life. Examples: happiness; freedom from abandonment, abuse, neglect, segregation, exclusion, bullying, violence; treated with respect, empathy, patience, trust; feel understood, self-awareness and acceptance
Material well-being	About issues related to finances and things you own and pay for and are important to you. Examples: discretionary income; a job you are happy with; discloses and requests accommodations as needed; aware of strengths and needs; maintain a positive attitude; individualized training; socially connected through work and community
Social relationships	About relationships with other people and time you spend with them. Opportunities to meet people; having friends; having a partner; choice of sexual orientation; co-workers; support people; things you do with family and friends
Social inclusion	About the kinds of activities you do in your community and who you do them with. Examples: promoting own rights and equality, awareness of disability and disclosure; engage in leisure activities in different environments: health facilities, community centers, education, workplace; public transportation; freedom to move about; living independently in the community; receive needed supports; voting
Personal development	About doing and learning new skills and information; doing things important to you. Examples: inclusive education, individualized supports, maximized social communication and academic development; professionals involved; training in sexuality, independent living, vocational guidance, training getting a job, friends
Self-determination	About goals, decisions and choices and realizing your dreams. Examples: person-centered planning; supported decision-making; choices about what to cook, where to live, who to live with, health, not overprotected or underestimated by family, control over life; how to spend free time; makes sexual decision and decides whether to marry or have children
Rights	About how other people respect you and your right to do the same things as other adults. Examples: right to privacy, using insurance for health care; right to freely express views; asked views and preferences during legal proceedings; maintain safety; promotes various decision-making options such as supported decision making; awareness of laws such as ADA