

Quality of Life Scale for Dogs and Cats

Making decisions about a beloved pet's health and well-being is one of the most difficult responsibilities of pet ownership. This scale can support pet owners in recognizing signs of suffering or decline and making compassionate, informed decisions, including when to consider euthanasia. By using the Quality of Life scale regularly, you can track changes over time and ensure that your pet's comfort and dignity remain the top priority. Dr. Alice Villalobos, a veterinary oncologist, developed the HHHHHMM Scale to help pet owners evaluate their dog or cat's quality of life, especially when facing serious illness or aging.



The scale looks at seven key areas of a pet's well-being. Each category is scored from 1-10 with 10 being the best possible score correlating to an excellent quality of life.

Hurt - Is your pet in pain? Is it well-managed with medication or treatment?

1	2	3	4	5	6	7	8	9	10
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Hunger - Is your pet eating normally? Are they interested in food?

1	2	3	4	5	6	7	8	9	10
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Hydration - Is your pet drinking enough? Are they showing signs of dehydration?

1	2	3	4	5	6	7	8	9	10
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Hygiene - Can your pet stay clean, or do they need help with grooming or bathroom habits?

1	2	3	4	5	6	7	8	9	10
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Happiness - Does your pet still enjoy life, respond to affection, and show interest in favorite activities?

1	2	3	4	5	6	7	8	9	10
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Mobility - Can your pet move around comfortably? Are they able to walk, stand, or reposition themselves?

1	2	3	4	5	6	7	8	9	10
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More good days than bad - Are your pet's good days still outweighing the bad ones?

1	2	3	4	5	6	7	8	9	10
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TOTAL SCORE:

The maximum score is 70. A total score of 35 or higher may suggest your pet still has a good quality of life. Lower scores can indicate that your pet may be suffering and that euthanasia should be considered as a compassionate option, but this tool should not be used as the sole basis for decisions regarding euthanasia.