*Indicates required field

Introduction

Quality of Life is about how well you live your life.

For example:

- How well do you get on with the people in your local area?
- How happy are you that you can have what you need?
- Have you got all the things that you desire?
- Are you able to do all the things you wish to do?

The quality of your life is the result of the experiences you have when you interact with the people and places around you. You have goals and you expect things to happen. W the quality of your life.

This questionnaire is called the Quality-of-Life Impact Assessment Tool - the QIAT. It is designed to allow you to let the people in the service you attend know how well the serv

The figure below shows you the areas of quality of life that the QIAT asks you to consider. which includes:

- Individual Empowerment (Personal Development and Self-Determination).
- Social Participation & Active Inclusion (Interpersonal Relationships, Rights & Citizenship, Employability and Community Participation).
- Wellbeing (Emotional, Physical and Material).



As you work through the QIAT, you will be asked to think about whether the service, which you have been receiving, has made any difference to you in each of the areas listed

The QIAT presents you with a short description of each area so that you are clear about what it covers and asks you whether you agree or disagree with a set of statements al

On the next page, you will find more detailed directions for how to complete the questionnaire.

Directions

We want to know if your service has made a difference to your quality of life. By filling in this survey, you can let your service know how you feel about this. Filling in the survey w other people. We want to know if the service helped you to become more able to do things, take part in activities in your area and feel better about yourself.

You will be able to see the answers you gave when you have finished. But it is important for you to know that no one else can. Your name is not used and your answers are cor summary. So, the staff in your service will not know what you answered.

If you want additional information, you can click on the ⓘ icon to see some examples.

Here is how you answer the survey.

- You read a sentence about your service
- You think if it is true for you
- Then mark the answer that is nearest to what you feel
- There are 4 possible answers

Status	Suggestions
1 Totally Disagree	Mark this one if you are certain the sentence is not true for you
2 Disagree	Mark this one if you think the sentence is mainly not true for you
3 Agree	Mark this one if you think the sentence is mainly true for you
4 Totally Agree	Mark this one if you are certain the sentence is true for you

- Sometimes, you may not know or be unsure if the sentence is true for you or not. If this is what you feel, then you can mark:
  5 Don't Know
- Other times, you may feel that the sentence does not apply to you at all and you did not need what the sentence is about. If this is what you feel then you can mark:
  6 Not Relevant

The numbers 1 to 6 can sometimes be in a different order.

Sometimes they go: 1-2-3-4-5-6

Other times they go: 6-5-4-3-2-1

Look out for the order of the number each time you mark an item to make sure you mark the right one for you.

The next page presents you with some examples of how to complete the questions.

Examples

Now, look at the sentences below. Sentences 1 and 2 have been marked for you.

Sentence 1 says that attending the service helps you to fly to the moon. This cannot happen, so the right answer is 6=Not Relevant. The numbers run from left to right, so '6' is tl marked.

Sentence 2 says that attending the service helps you learn. This is most likely to be true, so the right answer is 3=Agree. The numbers run from right to left, so '3' is the 4th numb you.

Now you do Sentences 3 and 4 to make sure you know how to mark the survey. Then you can mark the other sentences.

If you are not sure what a sentence means, you can click on the ⓘ.

This will give you some examples which could make things clearer for you.

1. Totally Disagree
2. Disagree
3. Agree
4. Totally Agree
5. Not Sure/Don't Know
6. Not Relevant

Attending my service helps me to:

example

Ex1 : Travel to the moon

1= Totally Disagree | 2= Disagree | 3= Agree | 4= Totally Agree | 5= Not Sure/Don't Know | **6= Not Relevant**

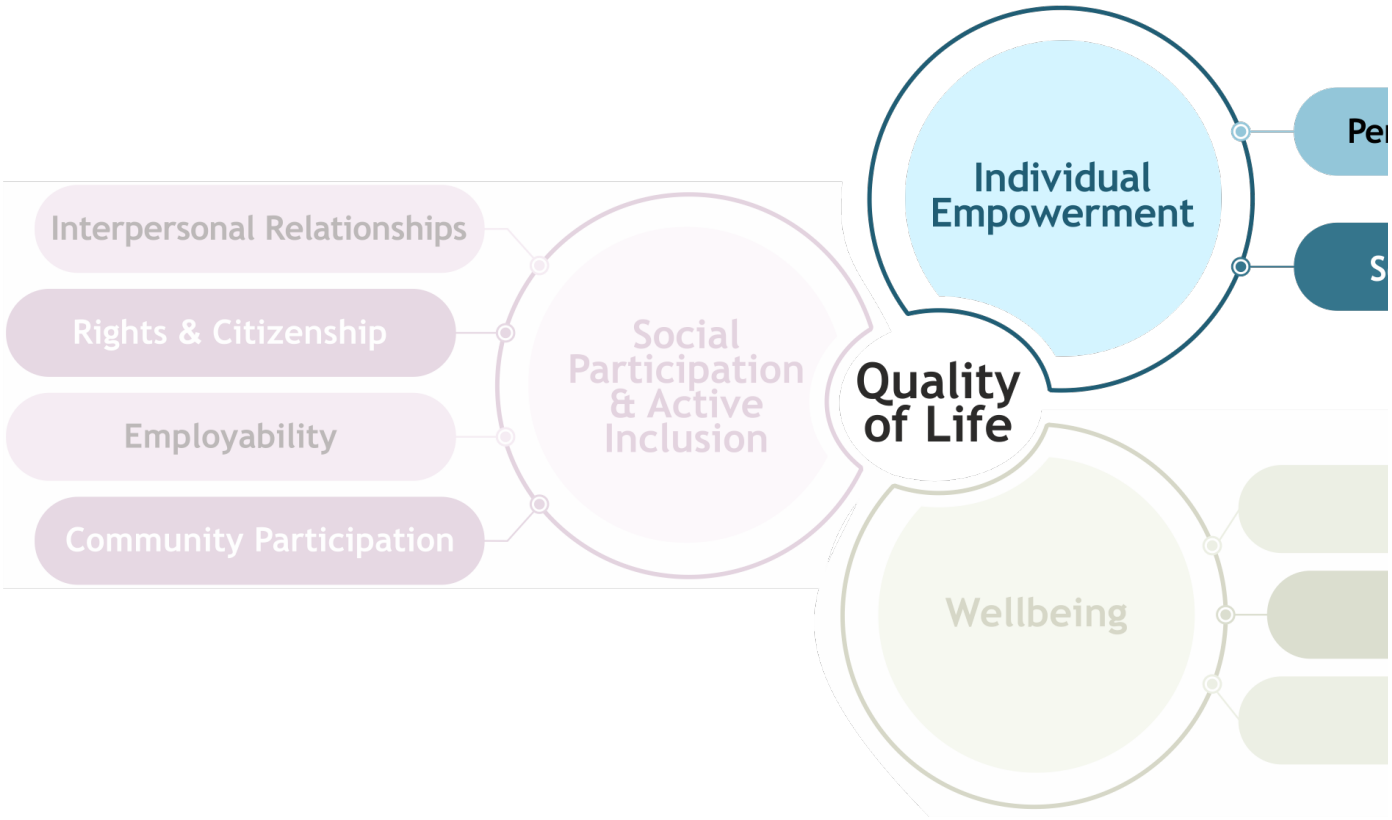
Ex2 : Learn

6= Not Relevant | 5= Not Sure/Don't Know | 4= Totally Agree | **3= Agree** | 2= Disagree | 1= Tota

If you are happy that you know how to mark the survey, then go on to the other sentences on the next pages. If you need help, just let someone know and they will help you.

Individual Empowerment

You are empowered when you can choose what you want to do and decide things for yourself.
When you are empowered, you can set your own goals and learn how to do new things. You can change things in the place where you live. You can deal with things that stanc



There are two parts to Individual Empowerment: Personal Development and Self-Determination.

Read the questions on the next page and let us know if you agree or disagree with them.

Personal Development

▸ **Help text**

Remember that some of the sentences below may not apply to you or your service. You may also be unsure about some of them. If you feel this, then choose the 'Not Relevant

Attending my service helps me to:

PQI.1 : Find things I like to do.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.2 : Try out new things.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.3 : Learn new things.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

---

PQI.4 : Be more able to deal with problems.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

---

Self-Determination

▸ **Help text**

Attending my service helps me to:

PQI.5 : Be clear about the goals I want to reach in life.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.6 : Decide things for myself.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.7 : Know what help I need to do what I want in life.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

---

Social Participation & Active Inclusion

Your quality of life is better when you can take part in the things that are going on around you. This includes getting with your family, having friends and dealing with strangers in your local area, going to events, such as shows or games and voting in elections. You are more included when you know what your rights are and how to make sure they ar important to inclusion.



There are four parts to Social Participation and Active Inclusion: Interpersonal Relationships, Rights & Citizenship, Employability, and Community Participation.

Read the questions on the next page and let us know if you agree or disagree with them.

Interpersonal Relationships

▸ **Help text**

Remember that some of the sentences below may not apply to you or your service. You may also be unsure about some of them. If you feel this, then choose the 'Not Relevant

Attending my service helps me to:

PQI.8 : Meet more people.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.9 : Get on better with my friends and family.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

PQI.10 : Make it clearer to other people what I want to say.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

---

Rights & Citizenship

▸ Help text

Attending my service helps me to:

PQI.11 : Know what is going on in the news.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.12 : Be a part of society, like voting in elections.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.13 : Know what my rights are.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

PQI.14 : Stick up for my rights and get help to do this.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.15 : Know when my rights are not being met.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

Employability

▸ Help text

Attending my service helps me to:

PQI.16 : Be better at getting a job.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.17 : Do what I need to look for a job.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

PQI.18 : Believe I can keep the job that I get.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

Community Participation

▸ **Help text**

Attending my service helps me to:

PQI.19 : Join in activities to help others in my area.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 1= Totally Disagree 2= Disagree

---

PQI.20 : Find new things to do with other people.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 6= Not Relevant 5= Not Sure/Don't Know

---

PQI.21 : Be able to move around places in my local area more easily.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 6= Not Relevant 5= Not Sure/Don't Know

---

PQI.22 : Want to try to join in with local groups and events.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 6= Not Relevant 5= Not Sure/Don't Know

---

Wellbeing

When you are feeling well, you are happier with your life. This can be about your health. It can also be about how you are feeling and having money to do the things you want. feelings can improve the quality of your life.



There are three parts to Wellbeing: Emotional Wellbeing, Physical Wellbeing, and Material Wellbeing.

Read the questions on the next page and let us know if you agree or disagree with them.

Emotional Wellbeing

▸ **Help text**

Remember that some of the sentences below may not apply to you or your service. You may also be unsure about some of them. If you feel this, then choose the 'Not Relevant

Attending my service helps me to:

PQI.23 : Deal with my feelings, such as not getting angry or sad too easily.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

PQI.24 : Handle things that make me worry.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

PQI.25 : Know what I can do and when I need help.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

Physical Wellbeing

▸ **Help text**

Attending my service helps me to:

PQI.26 : Be more healthy.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.27 : Take better care of myself each day.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.28 : Be better at exercising.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

Material Wellbeing

▶ Help text

Attending my service helps me to:

PQI.29 : Use my money better.

6= Not Relevant 5= Not Sure/Don't Know 4= Totally Agree 3= Agree 2= Disagree 1= Totally Disagree

PQI.30 : Be able to earn a living in the future.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

PQI.31 : Use my free time better.

1= Totally Disagree 2= Disagree 3= Agree 4= Totally Agree 5= Not Sure/Don't Know 6= Not Relevant

Personal Details

Additional Tracking Code (Optional):

Note: In order to keep track of the results of this questionnaire, an additional reference code can be inserted here. This will allow you to filter the data set to identify responses can be used to track the responses of participants who are involved in innovative projects or to gather together responses which share similar characteristics.

Demographics:

In order for your responses to be most useful in helping to improve services, it is important for you to provide some information about yourself. As has been explained previous one will be able to know how you have responded.

If you do not wish to answer any of the questions below, feel free to leave the question blank. However, the more information you give, the more useful your responses will be.

Age in years:

Gender:

Other

Gender: Enter other...

Have you ever been employed?

Yes No

Highest study level:

Status immediately prior to attending the service:

You live:

Dependent persons:

What type of service do you attend?

Do you attend the service on a full time or part time basis?

Please indicate by selecting below any areas in which you have experienced barriers:

Physical activities
(For example: getting around inside or outside buildings, handling things; moving heavy things from one place to another)

Seeing
(Even with the use of corrective lenses)

Hearing
(Without a hearing aid)

Speaking
(So that people can understand you)

Mental wellbeing
(Feeling ok about yourself)

Remembering
(Recalling things that happened recently)

Learning or problem solving
(Dealing with new information or things you are unfamiliar with)

Relationships
(Getting on with other people)

Chronic Ill-health
(For example, heart or breathing problems)

Pain
(That interferes with your life on a daily basis)