Quality of Life

MLTCOP

MICHIGAN LONG TERM CARE OMBUDSMAN PROGRAM

F675 Quality of life

Quality of life is a fundamental principle that applies to all care and services provided to facility residents. Each resident must receive and the facility must provide the necessary care and services to attain or maintain the highest practicable physical, mental, and psychosocial well-being, consistent with the resident's comprehensive assessment and plan of care.

How to engage the residents at a Resident Council Meeting:

⇒ Give an example of what quality of life means to you. Or use the example given.

⇒ Ask any of the following questions to start a conversation:

- Quality of life means something different to each person. What does it mean to you?

- Think about what is important to you. What is one thing that would bring you some joy? (example: hot cup of coffee, privacy, warm shower, visit from your pet, being outside)

- Do you feel like you have control over your own life? How could you take back some control?

- Do you feel like you have self-worth and self-esteem? What does that mean to you?

⇒ Talk about how quality of life should be included in the residents' care plans.

⇒ Ask if there are any larger issues in the home that would affect quality of life for all residents and how the ombudsman can help.

Definition of Quality of Life

An individual's "sense of well-being, level of satisfaction with life and feeling of self-worth and self-esteem. For nursing home residents, this includes a basic sense of satisfaction with oneself, the environment, the care received, the accomplishments of desired goals, and control over one's life."

Quality of life example

- **It is important to me that I wake up naturally. Please do not wake me up in the morning. After I wake up, I enjoy at least an hour of quiet and privacy with a hot cup of coffee with milk and a good book.**

- **I enjoy being outdoors daily. The fresh air and sounds of nature help my mental and physical health. Being outdoors daily helps me to stay positive throughout the day and sleep better at night.**