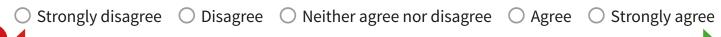
My Life Questionnaire

This questionnaire is about your daily life. We hope that, as you look over your answers, you can see which areas are going well for you. You might also identify areas where you or others could make changes to improve how you feel about your life. You might want to discuss your answers with your family, friends or health and care professionals.

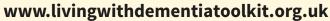
Filling in the questionnaire

Over the page are 10 statements about daily life. For each statement, please choose the response that best matches how you feel. These are the responses you can choose from:



You can respond to the statements in any order.

If you feel emotional as you complete the questionnaire, you could take a look at the Living with Dementia Toolkit. It is full of support, ideas, and inspiration from people with dementia:





Scoring the questionnaire

You score the questionnaire as follows:

- 1 Award points for each statement:
 - Strongly disagree = 1
 - Disagree = 2
 - Neither agree nor disagree = 3
 - Agree = **4**
 - Strongly agree = **5**

- 2 Add up the points for all 10 items to get the score.
- 3 The minimum possible score is 10. The maximum possible score is 50.

The My Life Questionnaire has been co-produced by people living with dementia and the IDEAL research team, and scientifically validated as part of the IDEAL research programme.

Please turn over to begin















My Life Questionnaire

Strongly disagree	Disagree	O Neither agree nor disagree	O Agree	Strongly agree
I keep my mind occupied				
O Strongly disagree	○ Disagree	O Neither agree nor disagree	O Agree	O Strongly agree
I have people to t	alk to			
O Strongly disagree	○ Disagree	O Neither agree nor disagree	O Agree	O Strongly agree
I usually sleep well				
O Strongly disagree	O Disagree	O Neither agree nor disagree	O Agree	O Strongly agree
I like where I live				
O Strongly disagree	○ Disagree	O Neither agree nor disagree	O Agree	Strongly agree
I am able to stay active				
O Strongly disagree	○ Disagree	O Neither agree nor disagree	O Agree	O Strongly agree
I spend time with friends				
Strongly disagree	○ Disagree	O Neither agree nor disagree	○ Agree	Strongly agree
I am able to relax				
O Strongly disagree	O Disagree	O Neither agree nor disagree	O Agree	O Strongly agree
I can get out and a	about when	I want to		
Strongly disagree	○ Disagree	O Neither agree nor disagree	○ Agree	Strongly agree
I feel useful				
Strongly disagree	○ Disagree	O Neither agree nor disagree	○ Agree	O Strongly agree
I have someone I can call on in an emergency				
O Strongly disagree	○ Disagree	O Neither agree nor disagree	O Agree	O Strongly agree











