

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:

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree



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:

www.livingwithdementiatoolkit.org.uk



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



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Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree



I keep my mind occupied

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I have people to talk to

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I usually sleep well

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I like where I live

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I am able to stay active

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I spend time with friends

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I am able to relax

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I can get out and about when I want to

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I feel useful

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I have someone I can call on in an emergency

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree