



American Chronic Pain Association

Quality Of Life Scale

A Measure Of Function
For People With Pain

0 Non-functioning	Stay in bed all day Feel hopeless and helpless about life
1	Stay in bed at least half the day Have no contact with outside world
2	Get out of bed but don't get dressed Stay at home all day
3	Get dressed in the morning Minimal activities at home Contact with friends via phone, email
4	Do simple chores around the house Minimal activities outside of home two days a week
5	Struggle but fulfill daily home responsibilities No outside activity Not able to work/volunteer
6	Work/volunteer limited hours Take part in limited social activities on weekends
7	Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends
8	Work/volunteer for at least six hours daily Have energy to make plans for one evening social activity during the week Active on weekends
9	Work/volunteer/be active eight hours daily Take part in family life Outside social activities limited
10 Normal Quality of Life	Go to work/volunteer each day Normal daily activities each day Have a social life outside of work Take an active part in family life



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Pain is a highly personal experience. The degree to which pain interferes with the quality of a person's life is also highly personal.

The American Chronic Pain Association Quality of Life Scale looks at ability to function, rather than at pain alone. It can help people with pain and their health care team to evaluate and communicate the impact of pain on the basic activities of daily life. This information can provide a basis for more effective treatment and help to measure progress over time.

The scale is meant to help individuals measure activity levels. We recognize that homemakers, parents and retirees often don't work outside the home, but activity can still be measured in the amount of time one is able to "work" at fulfilling daily responsibilities be that in a paid job, as a volunteer, or within the home.

With a combination of sound medical treatment, good coping skills, and peer support, people with pain can lead more productive, satisfying lives. The American Chronic Pain Association can help.

For more information, contact the ACPA:

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