

## The Quality of Life Framework

The *My Life: Personal Outcomes Index™* is one way for PDD to measure personal outcomes for the adults with developmental disabilities that PDD funds. It is a survey that profiles how individuals feel about their **quality of life** in eight different domains. The domains are grouped into three factors:

- **Well-being**                                       emotional; material; physical
- **Independence**                                   personal development; self-determination
- **Social Participation**                           interpersonal relations; social inclusion; rights

### FACTORS and DOMAINS

Emotional Well-Being	Material Well-Being	Physical Well-Being	Personal Development
<ul style="list-style-type: none"> <li>▪ Contentment</li> <li>▪ Self-Concept</li> </ul>	<ul style="list-style-type: none"> <li>▪ Financial Status</li> <li>▪ Housing</li> <li>▪ Employment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Health</li> <li>▪ Activities of Daily Living</li> <li>▪ Leisure</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Personal Skill</li> <li>▪ Competence</li> <li>▪ Performance</li> </ul>
Self-Determination	Interpersonal Relations	Social Inclusion	Rights
<ul style="list-style-type: none"> <li>▪ Autonomy &amp; Personal Control</li> <li>▪ Goals &amp; Personal Values</li> <li>▪ Choice</li> </ul>	<ul style="list-style-type: none"> <li>▪ Interactions</li> <li>▪ Relationships</li> <li>▪ Supports</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community Integration &amp; Participation</li> <li>▪ Community Roles</li> <li>▪ Social Supports</li> </ul>	<ul style="list-style-type: none"> <li>▪ Human</li> <li>▪ Legal</li> </ul>

Schalock, R.L. & Verdugo, M.A., 2002

### DOMAIN descriptions

- **Emotional well being:** happiness and safety, and how individuals feel about their life
- **Interpersonal relations:** type of support and help individuals get, relationships with family and friends, and the types of activities that individuals do with people in their life
- **Social inclusion:** the activities and things individuals do and would like to do in the community, the people individuals do things with and places they go in their community
- **Personal development:** the things that individuals are interested in learning about, and things that they enjoy and are important to them
- **Self-determination:** the choices and decisions individuals make about areas that matter to them in their life
- **Physical well-being:** energy levels, being able to get medical help, health and lifestyle
- **Material well-being:** personal possessions that are important to individuals, how much individuals can use money for things they want or need
- **Rights:** individuals' right to privacy, how individuals are treated by people, how much individuals are listened to