

Personal Development

Do you have opportunities to learn and access to information that you need and want?



Self Determination

Do you make the decisions about your life and the things that matter to you?

Emotional Well-being

Do you feel safe in your home and have access to people you trust?

What is your Quality of Life measurement?



Interpersonal Relations

Do you have relationships with family and friends and opportunities to meet new people?



Social Inclusion

Are you involved in your community?



Rights

Do you have privacy and respect from people around you?

Physical Well-being

Do you have access to the health care that you need?

Material Well-being

Do you have the financial resources to do the things that are important to you?