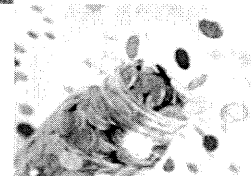
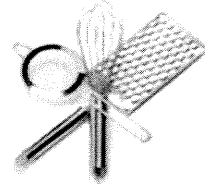


Exploring Quality of Life: This project is about self-advocates interviewing adults with developmental disabilities about their lives.



What is Quality of Life?

Quality of Life is about how people experience their lives.

How can Quality of Life be measured?

Quality of Life can be looked at by people describing their own lives; or by someone else describing your life. Both ways measure the same things by asking questions about different areas of an individual's life experiences.

A person who has spent many years studying Quality of Life is Dr. Robert Schalock. He describes **8** areas (domains):

1. **Personal Development:** asks about learning and doing different and new things that matter to you
2. **Self-Determination:** asks about goals, decisions and choices
3. **Interpersonal Relations:** asks about the relationships you have with other people and the time you spend with your family and your friends
4. **Social Inclusion:** asks about the kinds of things you do in your community and who you do them with
5. **Rights:** asks about your rights as an adult, like how other people respect you and your right to do the same things as all adults
6. **Emotional Well Being:** asks about how you feel about things in your life
7. **Physical Well-Being:** asks about your overall health and your lifestyle
8. **Material Well-Being:** asks about things related to money and things you own that are important to you

Questions are asked about important points from each of the eight domains. Quality of Life has been looked at in many countries for over 20 years, using Dr. Shalock's 8 domains. There are similar projects to the one CLBC and its partners are doing in Edmonton, Alberta and in Maryland, USA.

Why are CLBC and its partners interested in measuring Quality of Life?

CLBC's role is to work with families, friends, agencies and community as they support adults with developmental disabilities to have good lives in welcoming communities. It is important that CLBC and its partners ensure that services give quality support.

How will CLBC know if people are having a good life?

In this project service providers will get information from interviews of people who receive supports in the Fraser Region. People will be asked questions about their life.

The answers will be put in a final report and given to CLBC and the partner agencies so they can learn where they can do a better job in supporting people.

How will people be chosen for the Quality of Life interviews?

An agency will put its name forward to take part in the project. Some of the people being supported by the agency will be contacted and asked if they want to be interviewed. People can say yes or no to an interview. It is voluntary. The 7 agencies that are part of the project are:

Burnaby Association for Community Inclusion (BACI)	Langley Association for Community Living (LAACL)
Semiahmoo House Society (SHS)	Milieu Family Services
Community Integration Services Society (CISS)	Healthy Opportunities for Meaningful Experiences Society (HOMES)
Community Living Society (CLS)	

Are individuals' names kept private?

Yes. Each survey has a number on it instead of the person's name. This makes sure that identities are private and safe. All the answers from all the interviews are given to a consultant. The final results are shared in a written report for each agency. No individual information is shared with the agency or CLBC.

How will the interviews be done?

A team of two trained self-advocates will meet with an individual. They will talk to the person about how the interview works; and ask them to sign a consent form that says they are saying "Yes" to the interview. The trained self-advocates will ask questions and write down the answers. Each interview will take about 1 hour.