Vorm 3.6.

Projekt „Isikukeskse erihoolekande teenusmudeli

rakendamine kohalikus omavalitsuses 2022“

# Hinnang inimese elukvaliteedile

1. Sinu nimi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Sinu vanus (aastates): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Tänane kuupäev (kuupäev, kuu, aasta)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2022

Soovime teada üht-teist Sinu elukvaliteedi kohta, et paremini hinnata oma tööd ja vajadusel seda parendada.

**Palun hinda allpool nimetatud eluvaldkondi oma isiklikus elus, mõeldes viimase nädala kogemustele. Palun ole vastamisel võimalikult aus.**

Sinu vastused on salastatud ja neid ei kasutata ilma nõusolekuta.

*Hinda igat teemat skaalal 1 kuni 10 (1= väga halb, 6= nii ja naa, 10= väga hea).*

1. *Sinu* ***füüsilise tervise*** *olukord* (sh füüsiline valu või on sul ravimitest kõrvalnähud).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***toimetulek igapäevategevustega*** (näiteks: söömine, pesemine, riidesse panemine, tualeti kasutamine, liiklemine/liikumine ja transpordi kasutamine jms).

täiesti sõltuv

vajan abi ainult pesemisel

täiesti iseseisev

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***psühholoogiline seisund*** (kas sa rõõmustad ja naudid elu või tunned ennast alaväärsena, pinges, ärevana, sageli murelikuna?).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu*  ***töö, õpingud või teised töösarnased tegevused*** (mõtle oma tööle, õpingutele, muudele töösarnastele või vabatahtlikele tegevustele).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***rahaline olukord.***

puudub raha esma- vajalike asjade ostuks

ootamatute kulutuste puhul jääb rahast puudu

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu suhted* ***sugulastega*** (välja arvatud abikaasa, poiss/tüdruksõbra või muu lähedase partneriga).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu suhted* ***sõprade ja teiste inimestega*** *üldiselt* (näiteks töökaaslaste, naabrite, teiste teenuse kasutajatega jt.).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***romantilised ja seksuaalsed suhted*** (näiteksabikaasa, poiss/tüdruksõbra või muu lähedase partneriga).

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***huvid ja vabaaja tegevused.***

väga halb

nii ja naa

väga hea

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***elukoht,*** *kus praegu elad*(korter, asutus vms)***.***

räpane ja ebaturvaline

nii ja naa

see sobib mulle hästi

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***elutingimused piirkonnas,*** *kus elad**(s*otsiaal-, vaba aja- ja kultuuriteenused, kuritegevuse tase, kas esineb vägivalda või kiusamist, kas naabrid on viisakad).

räpane ja ebaturvaline

nii ja naa

see sobib mulle hästi

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

1. *Sinu* ***praegune elu tervikuna.***

kohutav

nii ja naa

suurepärane

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | |  | 2 | |  | 3 | |  | 4 | |  | 5 | |  | 6 | |  | 7 | |  | 8 | |  | 9 | |  | 10 | |
|  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |

*Gigantesco, A, Giuliani, M. „Quality of life in mental health services with a focus on psychiatric rehabilitation practice“, 2011.* [*https://www.scielosp.org/pdf/aiss/2011.v47n4/363-372/en*](https://www.scielosp.org/pdf/aiss/2011.v47n4/363-372/en)