

Quality of Life Inventory® Guide

The Quality of Life Inventory® (QOLI®) is an evidence-based, widely validated positive psychology test. It should be administered in-person at the first interview, or shortly thereafter.

Depending on when the QOLI® is administered, it can be used as a jumping off point for some of the deep dive questions in the first interview.

The QOLI® also helps prioritize applicants, based on how they rate satisfaction and importance for 16 key areas of their life.

The Quality of Life Inventory® may be purchased from a number of vendors.

Results	Interpretation
Very Low 0 – 37	<p>Clients who score Very Low due to multiple internal <i>and</i> external factors are less likely to succeed in the Homeward Bound program.</p> <p>Their score indicates that they are struggling with psychosocial issues that may impact their ability to complete the program milestones.</p> <p>However, clients who score Very Low due to external factors like Housing, Work or Community are more likely to succeed in the program.</p> <p>The practitioner is encouraged to use their judgement when interpreting a Very Low score.</p>
Low to Average 38 – 58	<p>Clients who score Low and Average would most likely benefit from the program, and should be selected to move on to the next stage of the intake process.</p> <p>However, clients who score Low due to mainly internal factors may be less likely to succeed. Internal factors may be things like Self-Esteem, Health and Goals & Values.</p>
High 59 – 77	<p>Clients who score High are unlikely to get the full benefit from the program, as they already have higher than average life satisfaction.</p> <p>Therefore, a High score may mean that the client has skewed their answers to improve the application, because they misunderstand the exercise.</p> <p>If the practitioner suspects that this is the case, they should re-explain the purpose of the QOLI® and ask the client to complete it again.</p>

Topics	Deep Dive Questions
Health	• What do you do to take care of your physical and mental health?
Self-Esteem	• How do you think others see you? Why is that the case?
Goals & Values	• What are your goals, personal and professional? Why did you set those goals? How are you meeting them?
Money	• What are your biggest financial pressures?
Work	• What are your job/career goals? Why do you think Homeward Bound will help you reach these goals?
Play	• What are your hobbies outside of work and parenting?
Learning	• How do you view school? What are your educational goals?
Creativity	• What in your life inspires you? What are your creative outlets?
Helping	• Do you feel you are getting the help you need? How much do you help others (friends/family)?
Love	• What are your past/current relationships like? What would you change/improve?
Friends	• How do you feel about your social circle?
Children	• What is your approach to parenting?
Relatives	• How do you feel about your extended family?
Home & Neighbourhood	• How do you feel about your past/current living situation?
Community	• What do you look for in a community? What do you contribute to a community?

Tips for Administering the Tool

- Ask the client to complete the tool by themselves, and then review the results together and have a deeper conversation
- In areas where the client has rated their satisfaction low, have a discussion about if/how Homeward Bound would make a difference
- At the end of the conversation, the client should come away with greater self-awareness and a better understanding of what is impacting their well-being