

# 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
<b>Very Low 0 – 37</b>	<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>
<b>Low to Average 38 – 58</b>	<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 &amp; Values.</p>
<b>High 59 – 77</b>	<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	<ul style="list-style-type: none"> <li>What do you do to take care of your physical and mental health?</li> </ul>
Self-Esteem	<ul style="list-style-type: none"> <li>How do you think others see you? Why is that the case?</li> </ul>
Goals & Values	<ul style="list-style-type: none"> <li>What are your goals, personal and professional? Why did you set those goals? How are you meeting them?</li> </ul>
Money	<ul style="list-style-type: none"> <li>What are your biggest financial pressures?</li> </ul>
Work	<ul style="list-style-type: none"> <li>What are your job/career goals? Why do you think Homeward Bound will help you reach these goals?</li> </ul>
Play	<ul style="list-style-type: none"> <li>What are your hobbies outside of work and parenting?</li> </ul>
Learning	<ul style="list-style-type: none"> <li>How do you view school? What are your educational goals?</li> </ul>
Creativity	<ul style="list-style-type: none"> <li>What in your life inspires you? What are your creative outlets?</li> </ul>
Helping	<ul style="list-style-type: none"> <li>Do you feel you are getting the help you need? How much do you help others (friends/family)?</li> </ul>
Love	<ul style="list-style-type: none"> <li>What are your past/current relationships like? What would you change/improve?</li> </ul>
Friends	<ul style="list-style-type: none"> <li>How do you feel about your social circle?</li> </ul>
Children	<ul style="list-style-type: none"> <li>What is your approach to parenting?</li> </ul>
Relatives	<ul style="list-style-type: none"> <li>How do you feel about your extended family?</li> </ul>
Home & Neighbourhood	<ul style="list-style-type: none"> <li>How do you feel about your past/current living situation?</li> </ul>
Community	<ul style="list-style-type: none"> <li>What do you look for in a community? What do you contribute to a community?</li> </ul>

- 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

**Tips for  
Administering  
the Tool**