

“QUALITY OF LIFE INDEX” - A conceptual framework

- The basic question for governance is – “How good, meaningful and enjoyable/happy are our lives?”
- The aim is to promote means for people, within their environments, to live in ways best for them.
- The chart below allows measurement over 3 life domains, each of which has 3 sub-domains.
- The Quality of Life Index approach has been recommended by Robert Theobald.
- It could tie in with “Balanced Scorecard” technology.

Being (ie. <i>who one is</i>)		Importance	Enjoyment
Physical Being	Physical health		
	Personal hygiene		
	Nutrition		
	Exercise		
	Grooming and clothing		
	General physical appearance		
Psychological Being	Psychological health and adjustment		
	Cognitions		
	Feelings		
	Self-esteem, self-concept and self-control		
Spiritual Being	Personal values		
	Personal standards of conduct		
	Spiritual beliefs		
Belonging (ie. <i>Connections with one's environments</i>)			
Physical Belonging	Home		
	Workplace/school		
	Neighbourhood		
	Community		
Social Belonging	Intimate others		
	Family		
	Friends		
	Co-workers		
	Neighbourhood and community		
Community Belonging	Adequate income		
	Health and social services		
	Employment		
	Educational programs		
	Recreational programs		
	Community events and activities		
Becoming (ie. <i>Achieving personal goals, hopes, and aspirations</i>)			
Practical Becoming	Domestic activities		
	Paid work		
	School or volunteer activities		
	Seeing to health or social needs.		
Leisure Becoming	Activities that promote relaxation and stress reduction		
Growth Becoming	Activities that promote the maintenance or improvement of knowledge and skills		
	Adapting to change.		

