

## ACTIVITIES AND DISCUSSION QUESTIONS

### Chapter 2.3: Core Elements for Enhancing Quality of Life

#### Part 1: Review of Concepts

- *Quality of life* is a measure of an individual's well being based on multiple domains which include:
  - Physical well-being
  - Emotional well-being
  - Material well-being
  - Interpersonal relations
  - Social inclusion
  - Self-determination
  - Personal growth
  - Individual rights
- Quality of life is an important component of service provision for individuals with disabilities and should be a core consideration for transition planning across the lifespan.
- *Choice*, the degree to which individuals are given a say in areas such as day-to-day activities and long-term-planning, is also an important element to enhancing an individual's quality of life.

#### Part 2: Discussion Questions for Staff

1. *How can giving individual's choice, impact quality of life?*
  - **Answer:** There is not a "correct" answer for this question. Encourage discussion among staff about their thoughts.
2. *What are some ways that you could incorporate choice into daily activities within a residential setting?*
  - **Answer:** There is not a "correct" answer for this question. Encourage discussion among staff about their thoughts.
3. *How could you promote quality of life for individuals in a residential setting?*
  - **Answer:** There is not a "correct" answer for this question. Encourage discussion among staff about their thoughts.