

Does one size fit all?
**Assessing the preferences of younger
and older people for attributes of quality of life**

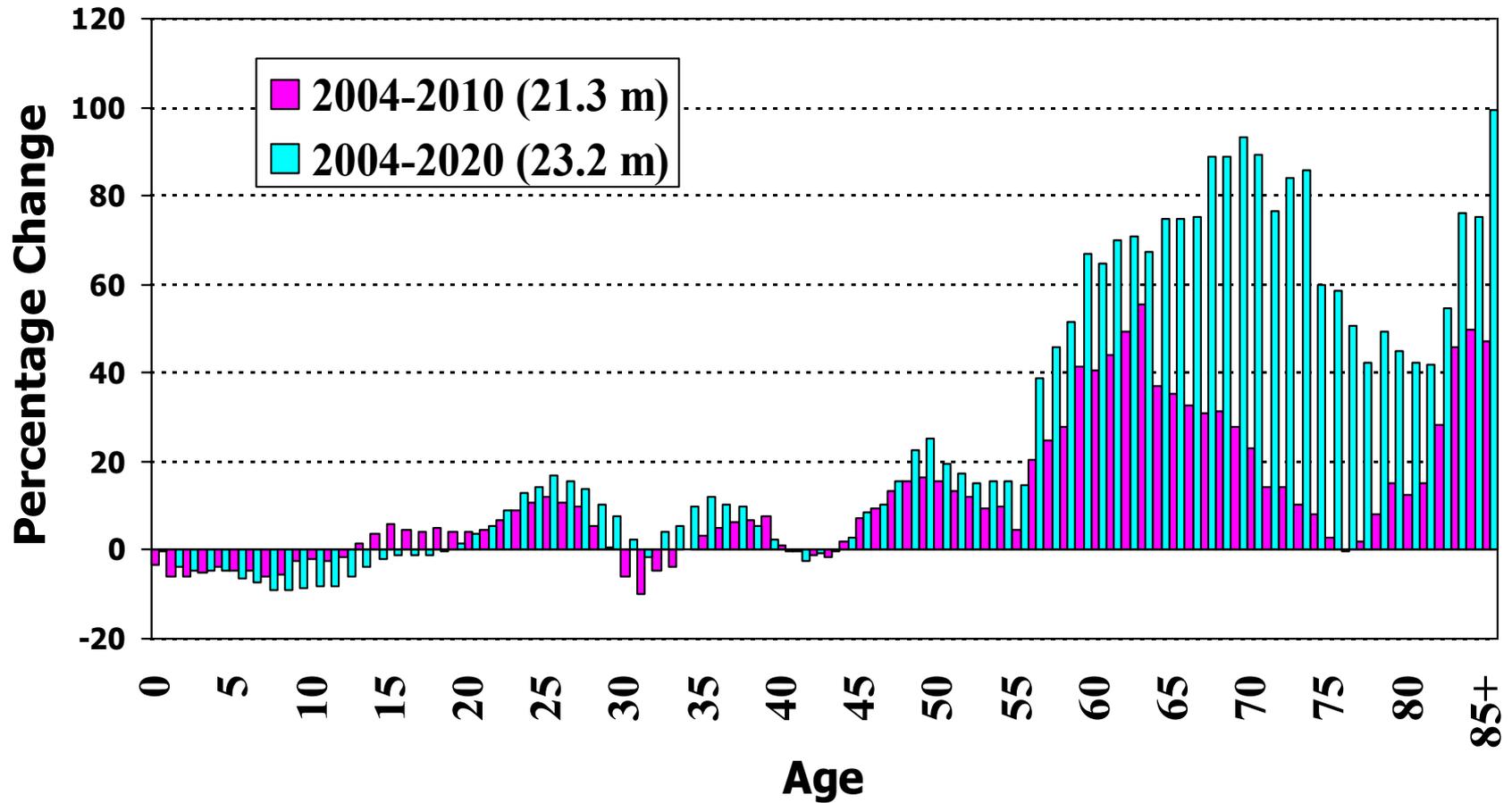
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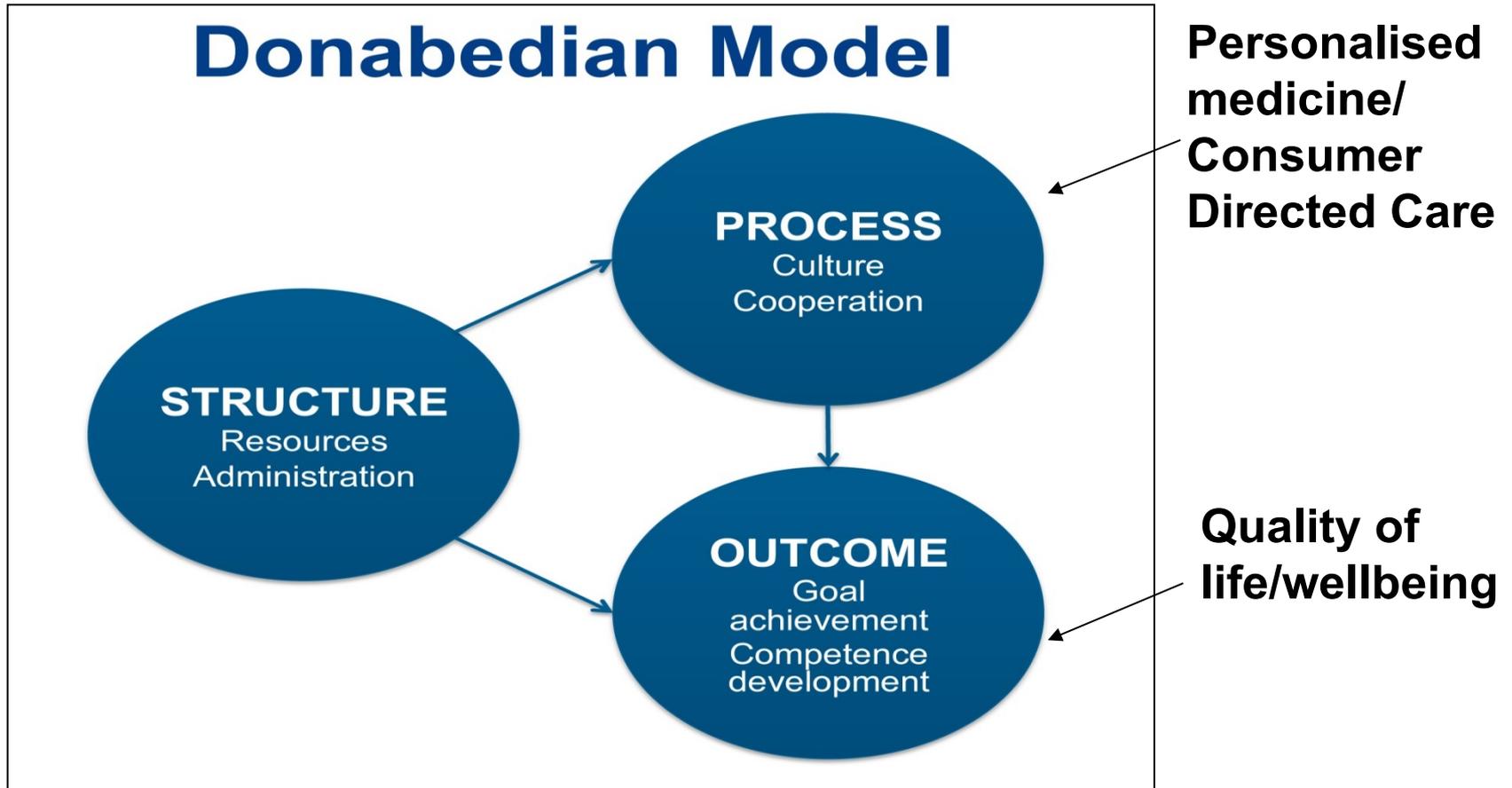
Flinders
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inspiring achievement

Changing demographics



Quality of life: the ultimate outcome



Economic evaluations by instrument (Web of Science; Richardson et al 2013)

MAUI	Frequency	Percent
EQ5D	1047	63
HUI	241	14.5
SF-6D	147	8.8
15D	117	7.0
AQOL-8D (4D,6D)	70	4.2
QWB	41	2.5

EQ-5D-5L descriptive system

Under each heading, please tick the ONE box that best describes your health TODAY

MOBILITY

- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

SELF-CARE

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

PAIN / DISCOMFORT

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

ANXIETY / DEPRESSION

- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

What's important in defining quality of life?

[Ref: Milte C, Walker R, Luszcz M, Lancsar E, Kaambwa B, Ratcliffe J (2014). How important is health status in defining quality of life for older people? An exploratory study of the views of older South Australians. *Applied Health Economics and Health Policy*.12(1):73-84]

Quality of life domains

Health

"I am healthy enough to get out and about"

Social relationships

"My family, friends or neighbours would help me if needed"

Independence, control over life, freedom

"I am healthy enough to have my independence"

"I can please myself what I do"

Home and neighbourhood

"I feel safe where I live"

"I can please myself what I do"

Psychological and emotional well-being

"I take life as it comes and make the best of things"

"I feel lucky compared to most people"

Financial circumstances

"I have enough money to pay household bills"

Leisure and activities

"I have social or leisure activities/hobbies that I enjoy doing"

"I try to stay involved with things"

Categorisation of Quality of Life domains according to instrument content

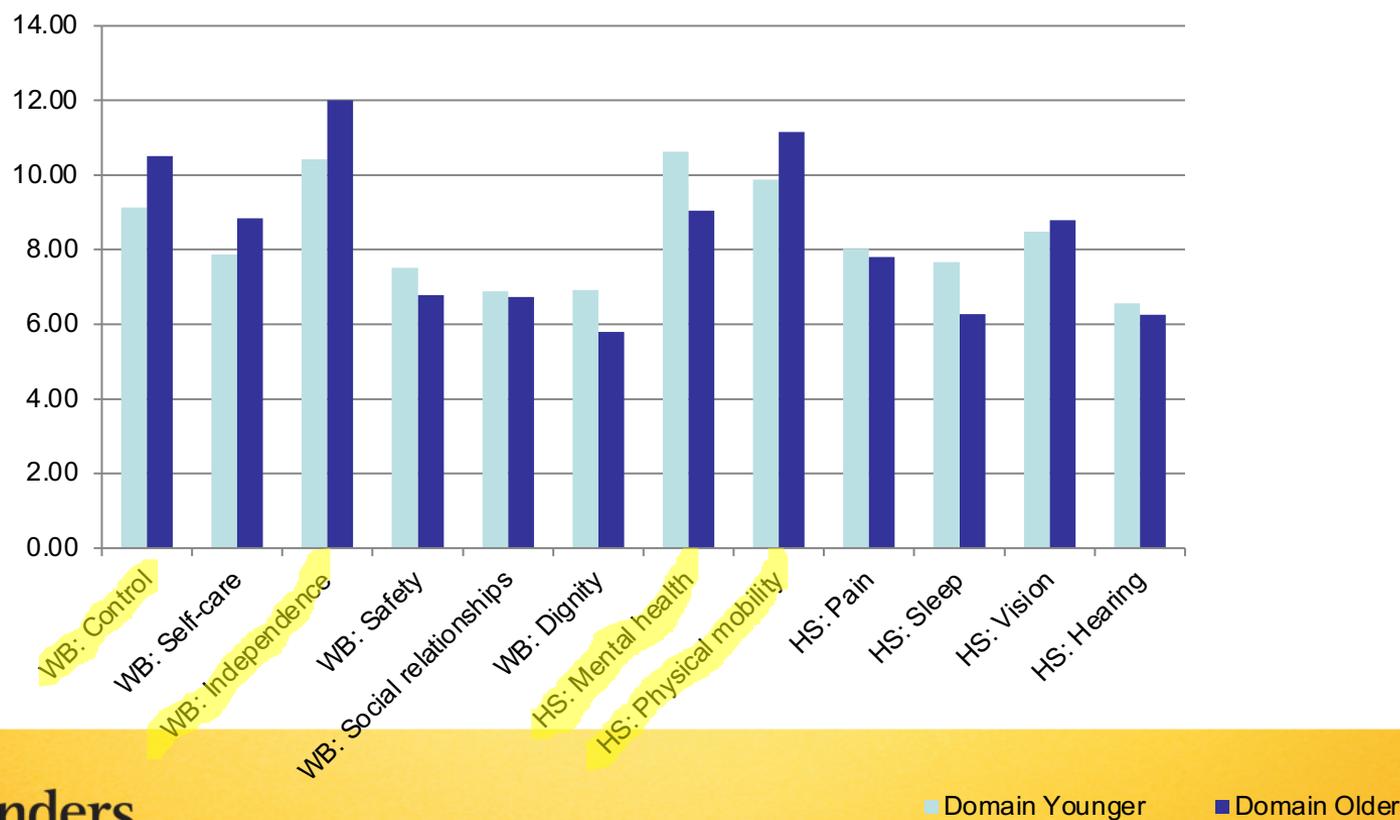
(Generic preference based instruments scored on the QALY scale)

Health status	Wellbeing
Physical mobility (EQ-5D, AQoL) <i>Being able to get around your home and community by yourself without any difficulty</i>	Control (ASCOT) <i>Having as much control over your daily life as you want</i>
Mental health (EQ-5D, AQoL) <i>Not feeling anxious, worried or depressed</i>	Self-care (ASCOT, EQ-5D, AQoL) <i>Feeling clean and being able to present yourself in the way you like</i>
Pain (EQ-5D, AQoL) <i>Having no pain or discomfort</i>	Independence (ASCOT, EQ-5D, AQoL) <i>Being able to spend your time as you want, doing things you value and enjoy</i>
Sleep (AQoL) <i>Being able to sleep without difficulty most of the time</i>	Safety (ASCOT) <i>Feeling as safe as you want</i>
Vision (AQoL) <i>Being able to see normally</i>	Social relationships (ASCOT, AQoL) <i>Having as much social contact as you want with people you like</i>
Hearing (AQoL) <i>Being able to hear normally</i>	Dignity (ASCOT) <i>Having help which makes you think and feel better about yourself</i>

Does one size fit all? Assessing the preferences of older and younger people for attributes of quality of life

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Figure 1: Relative importance of quality of life dimensions by ranking task (WB= well-being, HS = health status)



OUR CURRENT PROJECT: QOL-ACC

- ARC linkage project due for completion in 2021
- A suite of new decision support tools co-created from inception with older Australians accessing aged care (community and residential)
- Includes consumer representatives as integral members of research team
- Designed for application in economic evaluation and quality assessment



QUALITY OF LIFE - AGED CARE CONSUMERS



KEY THEMES: HOME CARE SAMPLE

Independence

“The worst thing about getting old, is your lack of independence”

“Well, I think quality of life to me means everything. It means independence, to be in charge of yourself”

Physical Health

“Quality of life I think is that I’m able to get up in the morning and make decisions as to what I want to do for the day and healthy enough and fit enough to do those duties”

“Life is so much easier if you’re physically mobile. I used to always be really active and mobile. Now the simplest things like walking and standing are an issue so good physical mobility definitely adds to your quality of life”

Emotional Wellbeing

“I think your outlook on life and for you to realise ‘yep, I’ve got a pretty good quality of life’...I think if you’re able to accept that at times you’re going to be all these things, anxious, a little bit worried or a little bit depressed”

“When I first lost my sight, I went into depression... I was a dressmaker, I was a china painter....then not to be able to do any of it... it took a lot out of me because I was so depressed”

Social Connections

“Keeping my social contacts, which is very important to me, especially as I get older and, you know, we can buoy each other up when we need to”

“it’s company times. One girl comes in and does the cleaning...and we have a little bit of a chatter and cup of tea. It’s quite good. The other girl comes in and we go shopping and have a cup of coffee out, so that’s my enjoyment as far as the week’s concerned.”

Activities

“I like to get out and – with my volunteering job at the library and... keep fit class and all those sorts of things”

“I like to have interest in things. I’m a member of the jazz club. I don’t always get there as often as I’d like to but, yeah, probably the jazz club and the – I just like to keep busy.”

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<https://www.qol-acc.org/>

Thank you

