

Quality of Life and Vermont Community Needs Assessment

We need to understand the experiences of disabled Vermonters in our Community Needs Assessment. One way to do that is to ask about their Quality of Life. A person's quality of life is how good or bad they think things are going for them. This is usually organized into different areas. Some people who look at quality of life and disability have shared 8 broad areas to understand quality of life:

1. Personal Development is about learning and education.



- School inclusion.
- High-quality education.
- Learning skills your whole life.

2. Self-Determination is about making your own choices.



- Being able to decide where you go and what you do.
- Being able to choose your own goals.
- Having information you need.
- Having opportunities to give your opinion.

3. Interpersonal Relationships are choosing who you are with.



- Right to choose your own family.
- Right to be a parent.
- Dating people you choose.
- Choosing friends.

4. Rights is about your legal rights.



- Non-discrimination
- Making choices about end-of-life decisions
- Legal competence (supported decision-making)
- Accommodations in the judicial and penitentiary system

5. Social Inclusion is about doing the things you want in the community.



- Accessibility in streets, transportation, and community buildings.
- Living in a home with minimum intrusion from others.
- Have ways to move around community.
- Opportunity to travel
- Voting
- Participation in groups, boards/ committees, and public office.
- Participation in cultural events (like concerts, theaters, movies, museums).
- Participation in recreational or leisure events (like hobbies, sports).

6. Emotional well-being is about living in safety and not being hurt.



- Living in a safe environment.
- NOT being abused by others.
- Experiencing respect and dignity.

7. Physical well-being is about...



- Having health, mental health, and other interventions if needed
- Experiencing good health and wellness.

8. Material well-being is about having basic needs met.



- Having a paid job.
- Job training and other supports for employment.
- Income covers basics you need and some things you just want.
- Adequate housing.
- Public assistance.

Note: This framework (and images) come from [researchers in Spain](#).