

Vorm 3.6. Elukvaliteedi hindamise küsimustik

„Isikukeskse erihoolekande teenusmudeli jätkurakendamine

kohalikus omavalitsuses 2025-2026“

1. **Sinu nimi** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Sinu vanus** (aastates)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **Tänane kuupäev** (kuupäev, kuu, aasta) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Soovime teada üht-teist Sinu elukvaliteedi kohta, et paremini hinnata oma tööd ja vajadusel seda parendada.

Palun hinda allpool nimetatud eluvaldkondi oma isiklikus elus, **mõeldes viimase nädala (7 päeva) kogemustele.** Palun ole vastamisel võimalikult aus. Sinu vastused on salastatud ja neid ei kasutata ilma nõusolekuta.

**Hinda igat teemat skaalal 1 kuni 10 (1= väga halb, 6= nii ja naa, 10= väga hea).**

1. Sinu **füüsilise tervise olukord** (sh füüsiline valu või on sul ravimitest kõrvalnähud).

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1. Sinu **toimetulek igapäevategevustega** (näiteks: söömine, pesemine, riidesse panemine, tualeti kasutamine, liiklemine/liikumine ja transpordi kasutamine jms).

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|  | täiesti sõltuv | | | |  | |  | | vajan abi ainult pesemisel | | | |  | |  | | täiesti iseseisev | | | |  |

1. Sinu **psühholoogiline seisund** (kas sa rõõmustad ja naudid elu või tunned ennast alaväärsena, pinges, ärevana, sageli murelikuna?).

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1. Sinu **töö, õpingud või teised töösarnased tegevused** (mõtle oma tööle, õpingutele, muudele töösarnastele või vabatahtlikele tegevustele).

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1. Sinu **rahaline** **olukord**.

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|  | puudub raha esma- vajalike asjade ostuks | | | |  | |  | | ootamatute kulutuste puhul jääb rahast puudu | | | |  | |  | | väga hea | | | |  |

1. Sinu **suhted sugulastega** (välja arvatud abikaasa, poiss/tüdruksõbra või muu lähedase partneriga).

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1. Sinu **suhted sõprade ja teiste inimestega üldiselt** (näiteks töökaaslaste, naabrite, teiste teenuse kasutajatega jt.).

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1. Sinu **romantilised ja seksuaalsed suhted** (näiteks abikaasa, poiss/tüdruksõbra või muu lähedase partneriga).

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1. Sinu **huvid ja vabaaja tegevused**

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1. Sinu **elukoht**, kus praegu elad (korter, asutus vms).

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1. Sinu **elutingimused piirkonnas**, kus elad (sotsiaal-, vaba aja- ja kultuuriteenused, kuritegevuse tase, kas esineb vägivalda või kiusamist, kas naabrid on viisakad).

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1. Sinu **praegune elu tervikuna**.

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*Gigantesco, A, Giuliani, M. „Quality of life in mental health services with a focus on psychiatric rehabilitation practice“, 2011.* [*https://www.scielosp.org/pdf/aiss/2011.v47n4/363-372/en*](https://www.scielosp.org/pdf/aiss/2011.v47n4/363-372/en)