

Appendix B: Assessing your bird's quality of life ²³

As objectively as you can, evaluate the quality of life you bird is experiencing:

Domain	Regularly	Sometimes	Rarely
<i>Physical</i>			
Is your bird's energy level normal?			
Is your bird eating normal amounts of food and drinking sufficient water			
Does your bird eat the normal variety of foods offered?			
Does your bird greet you with alertness and vocalization?			
Does your bird walk easily?			
Does your bird fly easily?			
Is your bird breathing normally, without tail-bobbing?			
Does your bird become out-of-breath after light exertion?			
Does your bird let you touch the painful area?			
Does your bird sleep comfortably on a perch?			
Does your bird sleep on the cage floor?			
Does he spend awake time on the cage floor?			
Does your bird alternate its sleeping positions?			
Does your bird sit for long periods with its feathers fluffed and head under the wing?			
Does your bird react adversely to any medications?			
Is your bird presently on any medications?			
Is your bird's plumage in good condition?			
Are your bird's eyes clear and bright? Is there any discharge from the eyes?			
When you lift the eyelid, is it red?			
Are the nares clear and not filled with debris?			
Does your bird stumble due to poor vision?			
Does your bird fly into windows or furniture?			
Is there any discharge from the nares?			
Does your bird hear normally?			
Does your bird recognize his name and turn his head when you speak to him?			
Are there any unusually lumps or growths on your bird?			
Is your bird's vent red, inflamed, or swollen?			
Is there any tissue coming out of the vent?			
Does his preen gland appear normal?			
<i>Behavioral</i>			
Is your bird behaving normally?			
Does your bird play with toys?			
Does your bird enjoy foraging opportunities?			
Does your bird engage in normal self-grooming/preening behavior?			
Does your bird engage in social grooming of other birds?			
Does your bird preen normally after a bath?			
Does your bird appear chilled and remain still after a bath instead of preening normally?			
Is your bird easy to awaken?			
Is your bird ever unusually anxious or nervous?			
Does your bird cry out unexpectedly?			

Does your bird exhibit guarding behavior by changing body positions in order to protect a painful area?

Does your bird withdraw to a corner or other solitary place and sit still?

Does your bird engage in feather-destructive behavior?

Does your bird engage in painful grooming behavior or self-mutilation at a specific site?

Does your bird engage in painful grooming behavior or self-mutilation generally?

Does your bird experience long periods of decreased activity?

Is your bird increasingly aggressive toward other birds of the same species?

Is your bird increasingly aggressive toward you?

Is your bird increasingly aggressive toward guests?

Is your bird fearful of other pets in the house?

Do the other pets frighten or harm the bird?

Social

Is your bird happy to see you when you get home?

Does your bird interact normally with you?

Does your bird interact normally with other people?

Does your bird interact normally with other birds of the same species?

Does your bird choose to perch away from other birds of the same species?

Do you think your bird is happy?

What is your bird's quality of life?

Quality of life could not be worse.

Quality of life could not be better

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