The Well-Being Signs Tool

Standardized Opening Script

“I’d like to ask you some questions about how you are doing in your overall life. These questions may seem different than the typical questions you are asked at the VA. It is important for us to ask these questions because they will help your healthcare team provide better care to you. The three questions I am about to ask are very broad questions, so it is okay to estimate or give your best answer.

For these questions, please consider the most important things that you do, or wish to do, in your daily life. This might include having a job, managing your health and finances, spending time with family and friends, or participating in leisure-time activities. If you are not sure which response to choose, please make your best guess.”

The Well-Being Signs three-question tool

Over the past month, on average how often have you been:

1. Fully satisfied with how things are going?
2. Regularly involved in things that are important to you?
3. Functioning your best in the most important things you do?

Answers are recorded on a scale from 0 [none of the time] to 10 [all the time].

None of the time										All of the time
0	1	2	3	4	5	6	7	8	9	10

An average score is calculated based on ratings for each of the questions.

Optional: Modifications for use with Older Adults

In geriatrics, the utility of the tool may be improved by asking the following questions after the 3 question scale:

1. When you were answering these questions about your satisfaction, involvement, and function in the most important things that you do, what were you thinking of for the most important things?

2. For the question that asks, *“Over the past month, how often have you been functioning your best in the most important things you do?”* tell me more about why you choose #_ and not #_ (a higher or lower number) out of 10.

Inviting a care partner to answer Well-Being Signs Question #2 (regular involvement) and #3 (functioning) to the best of their ability about the older adult may provide additional insights. Finally, asking the person administering the tool to note any clinically relevant observations, such as perceived difficulty with understanding the questions or differences of opinions between care partners and older adults, can be helpful.

Please note: These modifications for older adults were part of a two-site pilot in outpatient VA geriatrics clinics. They were not part of the original validity testing by Whole Health.