

Quality of Life – A Complex Concept

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It Is

A Summary Evaluation

At a Particular Point in Time

Announcing the Perceived Overall Condition

Of All Aspects of a Person's Life

Physical, Social, Emotional, Mental, Spiritual

As Determined by an Individual for Him or Herself

Or as Attributed by Others.

It Is

Constantly Subject to Change

As Conditions Change

In the Moment

And Over the Stages of Life.

It Is

More or Less Objective and Holistic

With Immediate Positive or Negative Circumstances

Often Being Highly Influential.

It Is

Always Conceived

In Terms of One's Conditions and Expectations

As Compared to Others

In One's Experiential Sphere.