

**HEALTH AND LIFESTYLES
OF PEOPLE AGED
50 AND OVER**

(P2058)

SHOWCARDS

CARD A

- 1 Husband/Wife
- 2 Partner/Cohabitee
- 3 Natural son/daughter
- 4 Adopted son/daughter
- 5 Foster son/daughter
- 6 Step-son/step-daughter/child of partner
- 7 Son-in-law/Daughter-in-law
- 8 Natural parent
- 9 Adoptive parent
- 10 Foster parent
- 11 Step-parent/parent's partner
- 12 Parent-in-law
- 13 Natural brother/sister
- 14 Half-brother/sister
- 15 Step-brother/sister
- 16 Adopted brother/sister
- 17 Foster brother/sister
- 18 Brother-in-law/Sister-in-law
- 19 Grandchild
- 20 Grandparent
- 21 Other relative
- 22 Other non-relative

CARD B

- 1 Single, that is never married
- 2 Married, first and only marriage
- 3 Remarried, second or later marriage
- 4 Legally separated
- 5 Divorced
- 6 Widowed

CARD C

- 1 Cancer
- 2 Heart Attack
- 3 Stroke
- 4 Other cardiovascular related illness
- 5 Respiratory disease
- 96 None of these

CARD D

- 1 Chest pain
- 2 Fatigue/too tired
- 3 Shortness of breath
- 4 Tremor(s)
- 5 Pain in leg or foot
- 6 Swelling in leg or foot
- 7 Incontinence or fear of incontinence
- 8 Seeing difficulty
- 9 Hearing difficulty
- 10 Confusion
- 11 Difficulty concentrating
- 12 Memory problems
- 13 Unsteady on feet or balance problems
- 14 Lightheaded or dizziness
- 15 Fear of falling
- 16 Anxiety or fear
- 95 Some other problem or symptom

CARD E

- 1 High blood pressure or hypertension
- 2 Angina
- 3 A heart attack (including myocardial infarction or coronary thrombosis)
- 4 Congestive heart failure
- 5 A heart murmur
- 6 An abnormal heart rhythm
- 7 Diabetes or high blood sugar
- 8 A stroke (cerebral vascular disease)
- 95 Any other heart trouble (please say what)
- 96 None of these

CARD F

- 1 Chronic lung disease such as chronic bronchitis or emphysema
- 2 Asthma
- 3 Arthritis (including osteoarthritis, or rheumatism)
- 4 Osteoporosis, sometimes called thin or brittle bones
- 5 Cancer or a malignant tumour (excluding minor skin cancers)
- 6 Parkinson's disease
- 7 Any emotional, nervous or psychiatric problems
- 8 Alzheimer's disease
- 9 Dementia, organic brain syndrome, senility or any other serious memory impairment
- 96 None of these

CARD G

- 1 Lung
- 2 Breast
- 3 Colon, bowel or rectum
- 4 Lymphoma
- 5 Leukaemia
- 6 Melanoma or other skin cancer
- 95 Somewhere else

CARD H

- 1 Hallucinations
- 2 Anxiety
- 3 Depression
- 4 Emotional problems
- 5 Schizophrenia
- 6 Psychosis
- 7 Mood swings
- 8 Manic depression
- 95 Something else

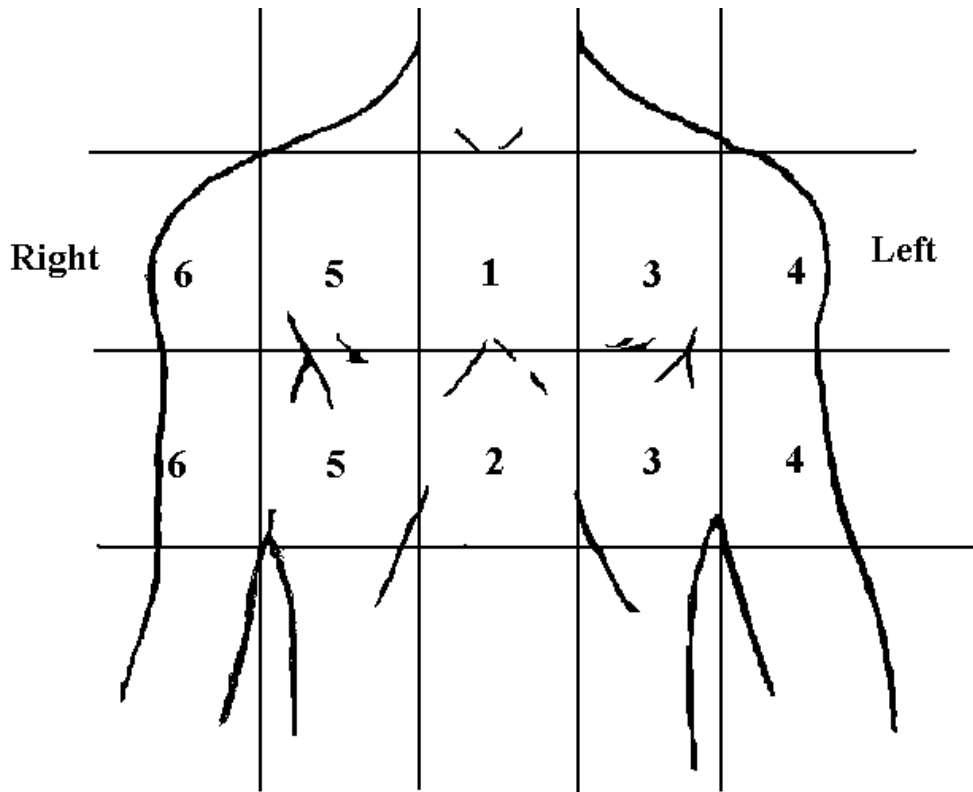
CARD I

- 1 Much improved
- 2 A bit improved
- 3 Not much change
- 4 A bit worse
- 5 Much worse

CARD J

- 1 Always
- 2 Very Often
- 3 Often
- 4 Sometimes
- 5 Never

CARD K



CARD L

- 1 Walking 100 yards
- 2 Sitting for about two hours
- 3 Getting up from a chair after sitting for long periods
- 4 Climbing several flights of stairs without resting
- 5 Climbing one flight of stairs without resting
- 6 Stooping, kneeling, or crouching
- 7 Reaching or extending your arms above shoulder level
- 8 Pulling or pushing large objects like a living room chair
- 9 Lifting or carrying weights over 10 pounds like a heavy bag of groceries
- 10 Picking up a 5p coin from a table
- 96 None of these

CARD M

- 1 Dressing, including putting on shoes and socks
- 2 Walk across a room
- 3 Bathing or showering
- 4 Eating, such as cutting up your food
- 5 Getting in or out of bed
- 6 Using the toilet, including getting up or down
- 7 Using a map to figure out how to get around in a strange place
- 8 Preparing a hot meal
- 9 Shopping for groceries
- 10 Making telephone calls
- 11 Taking medications
- 12 Doing work around the house or garden
- 13 Managing money, such as paying bills and keeping track of expenses
- 96 None of these

CARD N

- 1 Husband or wife or partner
- 2 Mother or father
- 3 Son
- 4 Son-in-law
- 5 Daughter
- 6 Daughter-in-law
- 7 Sister
- 8 Brother
- 9 Grandson
- 10 Granddaughter
- 11 Other relative
- 12 Unpaid volunteer
- 13 Privately paid employee
- 14 Social or health service worker
- 15 Friend or neighbour
- 95 Other person

CARD O

Vigorous

For example:

Running or jogging

Swimming

Cycling

Aerobics or gym workout

Tennis

Digging with a spade or shovel

Moderate

For example:

Gardening

Cleaning the car

Walking at a moderate pace

Dancing

Floor or stretching exercises

Mild

For example:

Vacuuming

Laundry

Home repairs

CARD P

- 1 Twice a month or more
- 2 About once a month
- 3 Every few months
- 4 About once or twice a year
- 5 Less than once a year
- 6 Never

CARD Q

- 1 Paid work
- 2 Self employment
- 3 Voluntary Work
- 4 Cared for sick or disabled adult
- 5 Looked after home or family
- 6 Attended a formal educational or
training course
- 96 None of these

CARD R

- 1 Retired
- 2 Employed
- 3 Self employed
- 4 Unemployed
- 5 Permanently sick or disabled
- 6 Looking after home or family
- 95 Other (please say what)

CARD S

1 Sedentary occupation:

You spend most of your time sitting

2 Standing occupation:

You spend most of your time standing or walking. However the way you spend your time does not require intense physical effort

3 Physical work:

This involves some physical effort including handling of heavy objects and use of tools

4 Heavy manual work:

This involves very vigorous physical activity including handling of very heavy objects

CARD T

- 1 Employer provided (occupational)
pension scheme
- 2 Private Personal Pension
- 3 Group Personal Pension
- 4 Stakeholder pension
- 5 S226 plan (self-employed personal
pension)
- 6 Retirement Annuity pension (personal
pension taken out before 1986)
- 95 Other retirement saving scheme

CARD U

Type A:

My pension contributions are put into a fund which grows over time and my pension will depend on the size of this fund when I retire

Type B:

My pension will be based on a formula involving age, years of service and salary

Don't know

CARD V

- 1 Some fraction of my final year's salary
- 2 Some fraction of my salary from all
years when I have been in the scheme
- 3 Some fraction of my last five years
salary
- 4 In some other way
- 5 Don't know

CARD W

- 1 Employer provided (occupational) pension scheme
- 2 Private Personal Pension
- 3 Group Personal Pension
- 4 Stakeholder pension
- 5 S226 plan (self-employed personal pension)
- 6 Retirement Annuity pension (personal pension taken out before 1986)
- 95 Other retirement saving scheme

CARD X

- 1 Own ill health
- 2 Ill health of a relative/friend
- 3 Made redundant/dismissed/had no choice
- 4 Offered reasonable financial terms to retire early or take voluntary redundancy
- 5 Could not find another job
- 6 To spend more time with partner/ family
- 7 To enjoy life while still young and fit enough
- 8 Fed up with job and wanted a change
- 9 To retire at the same time as husband/wife/partner
- 10 To retire at a different time to husband/wife/partner
- 11 To give the young generation a chance
- 95 Other (specify)
- 96 None of these

CARD Y

- 1 Reached retirement age
- 2 Own ill health
- 3 Ill health of a relative/friend
- 4 Made redundant/dismissed/had no choice
- 5 Could not find another job
- 6 To spend more time with partner/ family
- 7 To enjoy life while still young and fit enough
- 8 Fed up with my job and wanted a change
- 9 To retire at the same time as husband/wife/partner
- 10 To retire at a different time to husband/wife/partner
- 11 To give the young generation a chance
- 95 Other (please say what)
- 96 None of these

CARD Z

- 1 Incapacity Benefit (previously Invalidity Benefit)
- 2 Severe Disablement Allowance (SDA)
- 3 Statutory sick pay (SSP)
- 4 Attendance Allowance
- 5 Disability Living Allowance
- 6 Industrial Injuries Disablement Benefit
- 7 War Disablement Pension or War Widow's Pension
- 8 Invalid Care Allowance
- 9 Disabled person's tax credit (formerly Disability Working Allowance)
- 95 Some other benefit for people with disabilities (please say what)
- 96 None of these

CARD AA

- 1 Income Support or Minimum Income Guarantee (MIG)
- 2 Working Families Tax Credit (formerly Family Credit)
- 3 Job-seeker's Allowance (formerly Unemployment Benefit)
- 4 Guardian's Allowance
- 5 Widow's pension/Widowed mother's allowance/Widowed Parent's allowance/Bereavement allowance
- 6 Child Benefit
- 95 Some other State Benefit (please say what)
- 96 None of these

CARD BB

- 1 Current Account at a bank, building society or elsewhere
- 2 Savings Account at a bank, building society or elsewhere
- 3 TESSA
- 4 ISA
- 5 Premium Bonds
- 6 National Savings Accounts or Certificates
- 7 PEP
- 8 Stocks and/or Shares
- 9 Share Options/Employee share ownership
- 10 Share clubs
- 11 Unit or Investment Trusts
- 12 Bonds and Gilts (government or corporate)
- 95 Other savings or investments
- 96 None of these

CARD CC

- 1 Houses, flats or holiday homes, including time shares (not including this home)
- 2 Farm or Business Property (such as a shop, warehouse or garage)
- 3 Other land
- 4 Money owed to you by others
- 5 A trust
- 6 A covenant or inheritance
- 95 Other assets (including works of art or collectibles such as antiques or jewellery)
- 96 None of these

CARD DD

- 1 Life insurance policy
- 2 Lump sum pension payout
- 3 Personal Accident plan
- 4 Other Insurance Payment
- 5 Redundancy payment
- 6 Inheritance or bequest (inc. inherited property)
- 7 Win(s) on the football pools, national lottery or other form of gambling
- 95 Other payment (please say what)
- 96 None of these

CARD EE

- 1 Hire purchase agreements
 - 2 Personal loans (from bank, building society or other financial institution)
 - 3 Overdraft
 - 4 Catalogue or mail order purchase agreements
 - 5 DSS Social fund loan
 - 6 Loan from a money lender or `tally man`
- 96 None of these

CARD FF

- 1 Manage very well
- 2 Manage quite well
- 3 Get by alright
- 4 Don't manage very well
- 5 Have some financial difficulties
- 6 Have severe financial difficulties

CARD GG

- 1 I look after all the household money except my partner's personal spending money
- 2 My partner looks after all the household money except my personal spending money
- 3 I am given a housekeeping allowance. My partner looks after the rest of the money
- 4 My partner is given a housekeeping allowance. I look after the rest of the money
- 5 We share and manage our household finances jointly
- 6 We keep our finances completely separate
- 95 Some other arrangement

CARD HH

- 1 Own it outright
- 2 Buying it with the help of a mortgage
or loan
- 3 Pay part rent and part mortgage
(shared ownership)
- 4 Rent it
- 5 Live here rent free (including rent free
in relative's/friend's property; excluding
squatting)
- 6 Squatting

CARD II

- 1 Local authority or council
- 2 Housing association or co-operative or charitable trust
- 3 Individual private landlord
- 4 Employer of a household member
- 5 Relative/friend of a household member
- 95 Another organisation / individual

CARD JJ

- 1 Widened doorways or hallways
- 2 Ramps or street level entrances
- 3 Hand rails
- 4 Automatic or easy open doors
- 5 Accessible parking or drop off site
- 6 Bathroom modifications
- 7 Kitchen modifications
- 8 Lift
- 9 Chair lift or stair glide
- 10 Alerting devices, such as button alarms
- 95 Any other special features
- 96 None of these

CARD KK

- 1 Water charges
- 2 Sewerage charges
- 3 Land or business premises
- 4 Separate Garage
- 5 Heating or lighting or hot water
- 6 Council Tax
- 96 None of these

CARD LL

- 1 Meals
- 2 Gardening
- 3 Cleaning
- 4 Warden or porter
- 5 Security service/guard
- 95 Other services (please say what)
- 96 None of these

CARD MM

- 1 Private Owner
- 2 Council or Local Authority
- 3 Housing Association
- 4 Landlord
- 5 Family or relative
- 96 None of these

CARD NN

- 1 A repayment mortgage or loan (where your mortgage payments cover interest and part of the original loan)
- 2 An endowment mortgage (where your mortgage payments cover interest only and you save separately to pay off the capital)
- 3 Part repayment and part endowment
- 4 A pension mortgage (where your mortgage payments cover interest only)
- 5 A PEP, ISA or Unit Trust mortgage
- 95 Another type of mortgage or loan

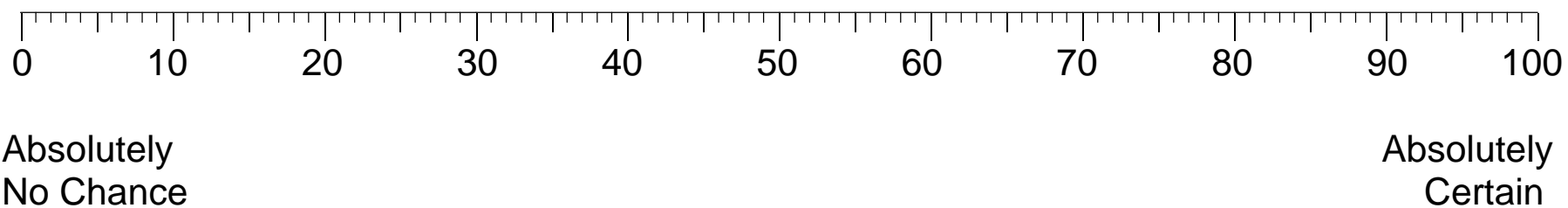
CARD OO

- 1 Shortage of space
- 2 Noise from neighbours
- 3 Other street noise, such as traffic, businesses, factories
- 4 Too dark, not enough light
- 5 Pollution, grime or other environmental problems caused by traffic or industry
- 6 Rising damp in floors and walls
- 7 Water getting in from roof, gutters or windows
- 8 Bad condensation problem
- 9 Problems with electrical wiring or plumbing
- 10 General rot and decay
- 11 Problems with insects, mice or rats
- 12 Too cold in winter
- 95 Other problems (please say what)
- 96 None of these

CARD PP

- 1 Television
- 2 Video recorder
- 3 CD player
- 4 Deep freeze or fridge freezer (exclude fridge only)
- 5 Washing machine
- 6 Tumble Drier/Washer - Dryer
- 7 Dishwasher
- 8 Microwave oven
- 9 Computer
- 10 On-line-digital/Satellite/Cable Television
- 11 Phone (landline)
- 95 All of these
- 96 None of these

CARD QQ



CARD RR

- 1 The next few weeks
- 2 The next few months
- 3 The next year
- 4 The next few years
- 5 The next 5-10 years
- 6 Longer than 10 years

CARD SS

White

Mixed ethnic group

Black

Black British

Asian

Asian British

Any other group

CARD TT

- 1 Degree/degree level qualification (including higher degree)
- 2 Teaching qualification
- 3 Nursing qualifications SRN, SCM, SEN, RGN, RM, RHV, Midwife
- 4 HNC/HND, BEC/TEC Higher, BTEC Higher/SCOTECH Higher
- 5 ONC/OND/BEC/TEC/BTEC not higher
- 6 City and Guilds Full Technological Certificate
- 7 City and Guilds Advanced/Final Level
- 8 City and Guilds Craft/Ordinary Level
- 9 A-levels/Higher School Certificate
- 10 AS level
- 11 SLC/SCE/SUPE at Higher Grade or Certificate of Sixth Year Studies
- 12 O-level passes taken in 1975 or earlier
- 13 O-level passes taken after 1975 GRADES A-C
- 14 O-level passes taken after 1975 GRADES D-E
- 15 GCSE GRADES A-C
- 16 GCSE GRADES D-G
- 17 CSE GRADE 1/SCE BANDS A-C/Standard Grade LEVEL 1-3
- 18 CSE GRADES 2-5/SCE Ordinary BANDS D-E
- 19 CSE Ungraded
- 20 SLC Lower
- 21 SUPE Lower or Ordinary
- 22 School Certificate or Matriculation
- 23 NVQ Level 5
- 24 NVQ Level 4
- 25 NVQ Level 3/Advanced level GNVQ
- 26 NVQ Level 2/Intermediate level GNVQ
- 27 NVQ Level 1/Foundation level GNVQ
- 28 Recognised Trade Apprenticeship completed
- 29 Clerical or Commercial Qualification (eg typing/book-keeping/commerce)
- 95 Other qualifications (please say what)
- 96 None of these