

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

**(ELSA - P2496)**

**SHOWCARDS**



# CARD A1

- 1 Husband/wife
- 2 Partner/cohabitee
- 3 Natural son/daughter
- 4 Adopted son/daughter
- 5 Foster son/daughter
- 6 Step son/daughter/child of partner
- 7 Son/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/sister-in-law
- 19 Grandchild
- 20 Grandparent
- 21 Other relative
- 22 Other non-relative

## CARD B1

- 1 Single, that is never married
- 2 Married, first and only marriage
- 3 A civil partner in a legally-recognised  
Civil Partnership
- 4 Remarried, second or later marriage
- 5 Legally separated
- 6 Divorced
- 7 Widowed

## **CARD B2**

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

## **CARD C1**

- 1 No natural teeth and wear dentures
- 2 Both natural teeth and denture(s)
- 3 Only natural teeth
- 4 Neither natural teeth nor dentures

## CARD C2

- 1 Difficulty eating food
  - 2 Difficulty speaking clearly
  - 3 Problems with smiling, laughing and showing teeth without embarrassment
  - 4 Problems with emotional stability, for example, becoming more easily upset than usual
  - 5 Problems enjoying the company of other people such as family, friends or neighbours
- 96 None of these

## CARD C3

- 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)
- 9 High cholesterol
- 95 Any other heart trouble (please say what)
- 96 None of these

## CARD C4

Accupro	<b>Lisinopril</b>
Amias	<b>Lisinopril with Diuretic</b>
Aprovel	<b>Losartan Potassium</b>
<b>Candesartan Cilexetil</b>	<b>Losartan Potassium with Diuretic</b>
Capoten	Micardis
Capozide	Micardis Plus
<b>Captopril</b>	Odrik
Carace	<b>Perindopril Erbumine</b>
Carace Plus	<b>Quinapril Hydrochloride</b>
<b>Cilazapril</b>	<b>Ramipril</b>
CoAprovel	<b>Ramipril with Calcium Channel Blocker</b>
Coversyl	Staril
Cozaar	Tanatril
Cozaar-Comp	Tarka
<b>Co-Zidocapt (Hydchloroth/Captopril)</b>	<b>Telmisartan</b>
Diovan	<b>Telmisartan with Diuretic</b>
<b>Enalapril Maleate</b>	Teveten
<b>Enalapril maleate with Diuretic</b>	<b>Trandolapril</b>
<b>Eprosartan</b>	<b>Trandolapril + Calcium Channel Blocker</b>
<b>Fosinopril Sodium</b>	Triapin
Gopten	Tritace
<b>Imidapril Hydrochloride</b>	<b>Valsartan</b>
Innovace	Vascace
Innozide	Zestoretic
<b>Irbesartan</b>	Zestril
<b>Irbesartan with Diuretic</b>	

## CARD C5

- 1 Just about everything you need to know
- 2 Most of what you need to know
- 3 Some of what you need to know
- 4 A little of what you need to know
- 5 Almost none of what you need to know

## CARD C6

- 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, senility or any other serious memory impairment
- 10 Malignant blood disorder, e.g. leukaemia
- 96 None of these

## **CARD C7**

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

## **CARD C8**

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

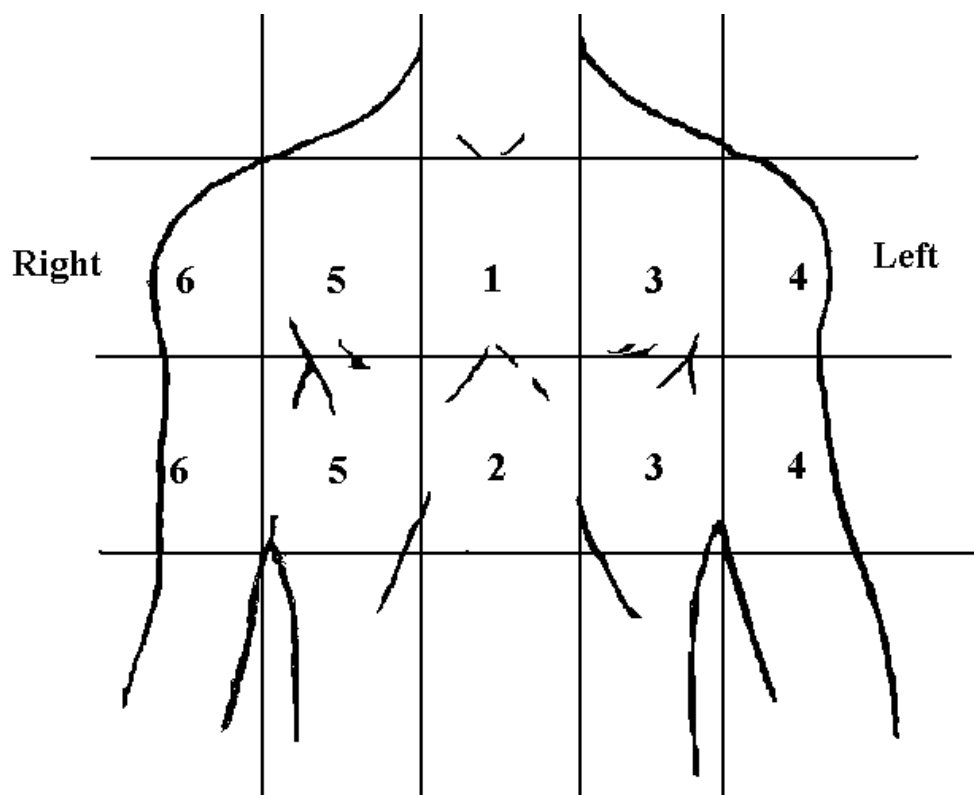
## **CARD C9**

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

## **CARD C10**

- 1 Back
- 2 Hips
- 3 Knees
- 4 Feet
- 5 Mouth/teeth
- 6 Other parts of the body
- 7 All over

# CARD C11



## CARD C12

- 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 arms above shoulder level (either arm)
- 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 C13

- 1 Dressing, including putting on shoes and socks
- 2 Walking 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 C14**

- 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 Home help or care arranged by social services
- 13 Home help or care arranged privately
- 14 Nurse, eg. district nurse or health visitor
- 15 Someone else from the health or social services
- 16 Someone from a voluntary organisation (e.g. Age Concern)
- 17 Friend or neighbour
- 95 Other person
- 96 Do not get any help

## CARD C15

- 1 Occupational therapist or physiotherapist
- 2 Chiropodist
- 3 Exercise classes run by the local authority
- 4 Exercise classes run by a voluntary organisation
- 95 Other (please say what)
- 96 None of these

## **CARD C16**

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## CARD C17

- 1 Doctor or nurse said I should stop
- 2 It is unhealthy
- 3 It is expensive / to save money
- 4 Pressure from family or friends
- 5 Worried about effect of passive smoke  
on people around me
- 6 Stopped enjoying it
- 7 Cosmetic reasons (e.g. smell, stained  
teeth, fingers, hair)
- 8 It's becoming harder to smoke in  
public or at work
- 9 Advertising
- 95 Other (please say what)

## CARD C18

### **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 D1**

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less
- 6 Never

## CARD D2

- 1 No public transport available
- 2 Public transport available does not take me  
where I want to go
- 3 Too expensive
- 4 Unreliable
- 5 Infrequent
- 6 My health prevents me
- 7 Do not need to
- 8 Fear of crime
- 9 Too dirty
- 10 Not convenient
- 11 Prefer to walk
- 95 Other (Please say what)

## CARD D3

- 1 Lifts from family or friends who do not live with you
  
- 2 Taxi
  
- 3 Door-to-door community transport, e.g. dial-a-ride
  
- 4 Transport provided by hospital / day centre / lunch club
  
- 96 None of these

## **CARD D4**

- 1 Every day or nearly every day
- 2 Two or three times a week
- 3 Once a week
- 4 Two or three times a month
- 5 Once a month or less

## **CARD E1**

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

## CARD E2

- 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 E3

- 1 Own ill health or disability
- 2 Job was too tiring/stressful
- 3 Ill health or disability of a relative/friend
- 4 Company went out of business/site closed down
- 5 Made redundant/dismissed/had no choice
- 6 Took voluntary redundancy
- 7 To spend more time with partner/family
- 8 Career progression
- 9 Fed up with job and wanted a change
- 10 Moved to a different area
- 95 Other reason

## **CARD E4**

- 1 Less physically demanding
- 2 Less mentally demanding/stressful
- 3 Fewer hours/job sharing
- 4 More flexible hours
- 5 Working from home sometimes
- 6 Special equipment/workplace adaptation
  
- 95 None of these

## **CARD E5**

- 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

## CARD E6

- 1 Own ill health or disability
- 2 Working was too tiring/stressful
- 3 Ill health or disability of a relative/friend
- 4 Company went out of business/site closed down
- 5 Made redundant/dismissed/had no choice
- 6 Took voluntary redundancy
- 7 Could not find another job
- 8 Could afford to stop working
- 9 To spend more time with partner/family
- 10 To enjoy life while still fit and young enough
- 11 Fed up with working and wanted a change
- 12 To stop working at same time as husband/wife/partner
- 13 To give young generation a chance
- 14 Moved to a different area
- 95 Other reason

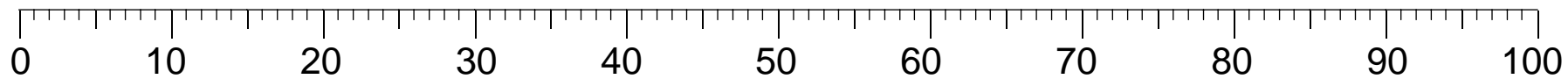
## CARD E7

- 1 Own ill health or disability
- 2 Job too tiring/stressful
- 3 Ill health or disability of a relative/friend
- 4 Company going out of business/site closing down
- 5 Being made redundant/dismissed/ have no choice
- 6 Taking voluntary redundancy
- 7 To spend more time with partner/family
- 8 Fed up with job and want a change
- 9 Fed up with employer/colleagues and want a change
- 10 To progress my career
- 11 To earn more money
- 12 Moving to a different area
- 95 Other reason

## CARD E8

- 1 Less physically demanding
- 2 Less mentally demanding/stressful
- 3 Fewer hours/job sharing
- 4 More flexible hours
- 5 Working from home sometimes
- 6 Special equipment/workplace adaptation
- 95 Other change
- 96 None of these

# CARD E9



Absolutely  
No Chance

Absolutely  
Certain

## **CARD E10**

- 1 A lot lower than expected
- 2 A little lower than expected
- 3 About what expected
- 4 A little higher than expected
- 5 A lot higher than expected
- 6 Hadn't thought about it before

## CARD E11

- 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 (please say what)
- 96 None of these

## CARD E12

- 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 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 E13**

### **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 E14

- 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 F1

- 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 Carer's Allowance
- 95 Some other benefit for people with disabilities (please say what)
- 96 None of these

## CARD F2

- 1 Income Support
- 2 Pension Credit (income support for the over 60s, replaced Minimum Income Guarantee in October 2003)
- 3 Working Tax Credit (formerly part of Working Families Tax Credit)
- 4 Job-seeker's Allowance (formerly Unemployment Benefit)
- 5 Guardian's Allowance
- 6 Widow's pension/Widowed mother's allowance/Widowed Parent's allowance/Bereavement allowance
- 7 Child Benefit
- 8 Child Tax Credit
- 95 Some other state benefit (please say what)
- 96 None of these

## CARD F3

- 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 F4

- 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 F5

- 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 F6

- 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 DWP Social fund loan
  - 6 Loan from a money lender or `tally man`
- 96 None of these

## **CARD F7**

- 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 F8

- 1 I look after all the household money except my partner's personal spending money
- 2 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 G1

- 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 G2**

- 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 G3**

- 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 G4

- 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 G5**

- 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 G6**

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

## **CARD G7**

- 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 G8

- 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 G9

- 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)
- 12 DVD player
- 95 All of these
- 96 None of these

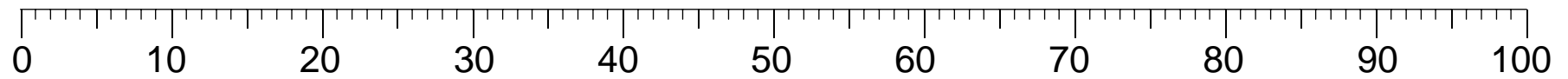
**CARD G10**

- 1 Mains gas
- 2 Electricity
- 3 Coal/Smokeless fuel
- 4 Paraffin/Bottled gas
- 5 Oil
- 6 Wood
- 95 Other source of fuel or power

## **CARD G11**

- 1 Direct debit
- 2 Monthly/quarterly bill (including standing orders)
- 3 Pre-payment (key/card or token) meters
- 4 Included in rent
- 5 Frequent cash payment (i.e. more frequent than once a month)
- 6 Fuel direct/direct from benefits
- 7 Staywarm scheme
- 95 Other

# CARD H1



Absolutely  
No Chance

Absolutely  
Certain

## **CARD H2**

1 Never

2 Rarely

3 Sometimes

4 Often

5 Most of the time

## **CARD H3**

- 1 Much worse off**
- 2 A bit worse off**
- 3 About the same**
- 4 A bit better off**
- 5 Much better off**

## CARD H4

- 1 Buy your first choices of food items
- 2 Have family and friends round for a drink or meal
- 3 Have an outfit to wear for social or family occasions
- 4 Keep your home in a reasonable state of decoration
- 5 Replace or repair broken electrical goods
- 6 Pay for fares or other transport costs to get to and from places you want to go
- 7 Buy presents for friends or family once a year
- 8 Take the sorts of holidays you want
- 9 Treat yourself from time to time
- 96 None of these

## CARD I1

- 1 To meet other people
- 2 To contribute something useful
- 3 For personal achievement
- 4 Because I am needed
- 5 To earn money
- 6 Because I enjoy it
- 7 To use my skills
- 8 To keep fit
- 9 Because I feel obliged to do it
- 96 None of these

## **CARD I2**

1 Strongly agree

2 Agree

3 Disagree

4 Strongly disagree

## CARD J1

- 1 White
- 2 Mixed ethnic group
- 3 Black
- 4 Black British
- 5 Asian
- 6 Asian British
- 95 Any other group

# CARD J2

- 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/SCOTTECH 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)