

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

(ELSA - P2796)

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 Chest pain
- 2 Fatigue/too tired
- 3 Shortness of breath
- 5 Pain in leg or foot
- 6 Swelling in leg or foot
- 7 Back pain
- 8 Seeing difficulty
- 9 Hearing difficulty
- 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 C2

- 1 Not during the last month
- 2 Less than once a week
- 3 Once or twice a week
- 4 Three or more times a week

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	Lisinopril with Diuretic
Accuretic	Losartan Potassium
Amias	Losartan Potassium with
Aprovel	Diuretic
Candesartan Cilexetil	Micardis
Capoten	Micardis Plus
Capozide	Moexipril Hydrochloride
Captopril	Olmersartan Medoxomil
Carace	Olmersrtan with diuretic
Carace Plus	Olmetec
Caralpha	Olmetec plux
Cilazapril	Perdix
CoAprovel	Perindopril Erbumine
CoDiovan	Perindopril with diuretic
Coversyl	Quinapril Hydrochloride
Coversyl Plus	Ramipril
Cozaar	Ramipril with Calcium
Cozaar-Comp	Channel Blocker
Co-Zidocapt	Staril
(Hydchloroth/Captopril)	Tanatril
Diovan	Tarka
Enalapril Maleate	Telmisartan
Enalapril maleate with	Telmisartan with Diuretic
Diuretic	Teveten
Eprosartan	Trandolapril
Fosinopril Sodium	Trandolapril + Calcium Channel
Gopten	Blocker
Imidapril Hydrochloride	Triapin
Innovace	Tritace
Innozide	Valsartan
Irbesartan	Valsartan with diuretic
Irbesartan with Diuretic	Vascace
Lisicostad	Zestoretic
Lisinopril	Zestril

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 or lymphoma
- 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 Always
- 2 Very often
- 3 Often
- 4 Sometimes
- 5 Never

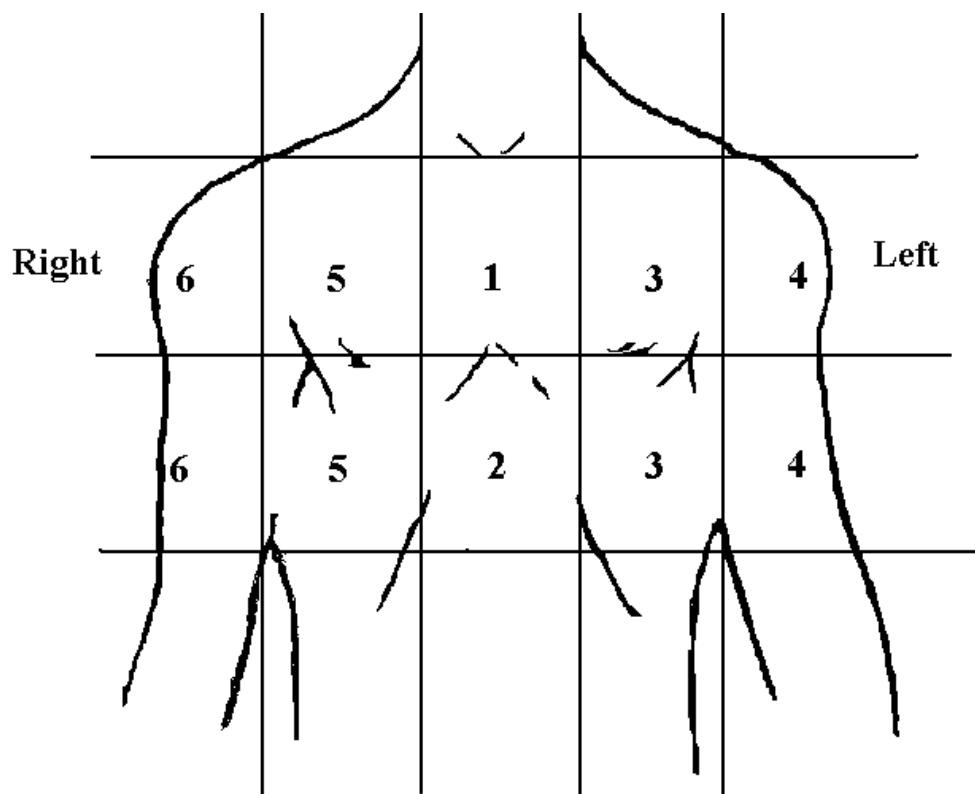
CARD C10

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

CARD C11

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

CARD C12



CARD C13

- 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 C14

- 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 Recognising when you are in physical danger
- 9 Preparing a hot meal
- 10 Shopping for groceries
- 11 Making telephone calls
- 12 Communication (speech, hearing or eyesight)
- 13 Taking medications
- 14 Doing work around the house or garden
- 15 Managing money, such as paying bills and keeping track of expenses
- 96 None of these

CARD C15

- 1 Husband or wife or partner
- 2 Son
- 3 Daughter
- 4 Sister
- 5 Brother
- 6 Other relative
- 7 Privately paid help
- 8 Local authority/social services helper,
e.g. home care worker
- 9 Nurse eg health visitor or district nurse
- 10 Member of staff at the care/nursing
home
- 11 Friend or neighbour
- 95 Other person
- 96 Do not get any help

CARD C16

- 1 Occupational therapist or physiotherapist
- 2 Chiropodist
- 3 Exercise classes, including yoga, pilates, gym
- 95 Other (please say what)
- 96 None of these

CARD C17

- 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 C18

- 1 Health Service (NHS)
- 2 Social services
- 3 You or your spouse/partner
- 95 Other (please specify)

CARD C19

- 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 (specify)

CARD C20

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
- 5 Transport provided by care home
- 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
- 96 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 objects

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

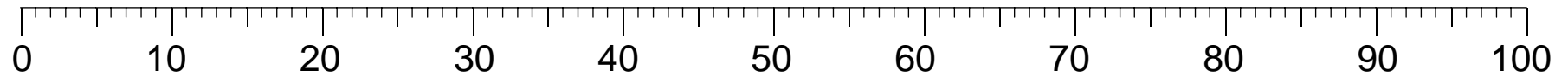
CARD E7

- 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 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 E11

- 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 E12

1 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

2 Type B:

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

3 Don't know

CARD E13

- 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 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 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 Health Service (NHS)
- 2 Social services
- 3 You or your spouse/partner
- 4 Someone else (please say who)

CARD G9

- 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 G10

- 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 G11

The cost of any visits to the cinema, theatre, sports, bingo etc, in the last four weeks (including any expenses whilst out).

Any payments that have been made in the last four weeks on:

- subscriptions to sports and social clubs and societies
- fees for day or evening classes
- subscriptions to the internet, cable or satellite
- TV licences and rentals.

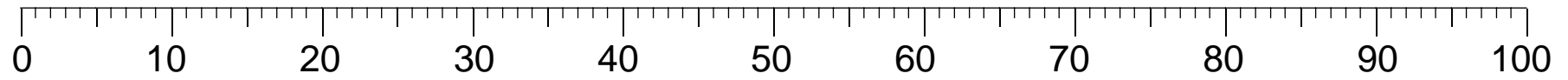
CARD G12

- 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 G13

- 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 Raising or handling money/taking part in sponsored events
- 2 Leading the group/member of a committee
- 3 Organising or helping to run an activity or event
- 4 Visiting people
- 5 Befriending or mentoring people
- 6 Educating/teaching/coaching
- 7 Providing information/counselling
- 8 Secretarial, admin or clerical work
- 9 Providing transport/driving
- 10 Representing
- 11 Campaigning
- 12 Other practical help (e.g. helping out at school, shopping)
- 95 Something else
- 96 None of these

CARD I2

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

CARD I3

- 1 Keeping in touch with someone who has difficulty getting out and about (visiting in person, telephoning or emailing)
- 2 Doing shopping, collecting pension or paying bills
- 3 Cooking, cleaning, laundry, gardening or other routine household jobs
- 4 Decorating or doing any kind of home or car repairs
- 5 Babysitting or caring for children
- 6 Sitting with or providing personal care (washing, dressing) for someone who is sick or frail
- 7 Looking after a property or a pet for someone who is away
- 8 Writing letters or filling in forms
- 9 Representing someone (for example talking to a council department, or to a doctor)
- 10 Transporting or escorting someone (for example to a hospital or to an outing)
- 96 No help given in the past 12 months

CARD I4

- 1 Strongly agree
- 2 Agree
- 3 Disagree
- 4 Strongly disagree

CARD I5

- 1 A sitting service to allow you to go out for a couple of hours
- 2 A befriending service – where a volunteer takes the person you care for out for the day
- 3 Day-care at a social day centre or hospital
- 4 In-home respite where a care worker comes to the home for a few hours
- 5 Overnight respite where the person you care for stays elsewhere
- 6 Overnight respite where a care worker comes and stays in the home
- 96 None of these

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/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)