

NEW BLOCK

HeTimI @

Time at start of ADL section (set by HeAvoid)

TIME

HeAvoid

When you go on a trip away from your home like a trip to the shop, restaurant, or visits to friends, how often do you purposely limit the amount of walking you have to do? Is it ...READ OUT...

- 1 never,
- 2 rarely,
- 3 sometimes,
- 4 often,
- 5 or, always?
- 6 SPONTANEOUS Never takes trip away from home

HeADLa @

SHOW CARD L

We need to understand difficulties people may have with various activities because of a health or physical problem. Please tell me whether you have any difficulty doing each of the everyday activities on this card. Exclude any difficulties that you expect to last less than three months.

Because of a health problem, do you have difficulty doing any of the activities on this card?

PROBE : What others? CODE ALL THAT APPLY

- 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 [Exclusive code]

[Multiple responses to HeADLa are recorded in variables heada01 to heada11].

HeADLb @

SHOW CARD M

Here are a few more everyday activities. Please tell me if you have any difficulty with these because of a physical, mental, emotional or memory problem. Again exclude any difficulties you expect to last less than three months.

Because of a health or memory problem, do you have difficulty doing any of the activities on this card?

PROBE : What others? CODE ALL THAT APPLY

- 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 [Exclusive code]

[Multiple responses to HeADLb are recorded in variables headb01 to headb14].