

HEADLA*

SHOW CARD C10

Because of a health problem, [^do you /does he /does she] have difficulty doing any of the activities on this card? Exclude any difficulties that you expect to last less than three months

INTERVIEWER: PROBE - 'What others?'

INTERVIEWER: CODE ALL THAT APPLY.

01 Walking 100 yards

02 Sitting for about two hours

03 Getting up from a chair after sitting for long periods

04 Climbing several flights of stairs without resting

05 Climbing one flight of stairs without resting

06 Stooping, kneeling, or crouching

07 Reaching or extending [^your / his / her] arms above shoulder level (either arm)

08 Pulling or pushing large objects like a living room chair

09 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

[code maximum 10 out of 11 possible responses]

Description	Variable	Archive
Mobility: difficulty walking 100 yards	HeADLa1	Hemobwa
Mobility: difficulty sitting 2 hours	HeADLa2	Hemobsi
Mobility: difficulty getting up from chair after sitting long periods	HeADLa3	Hemobch
Mobility: difficulty climbing several flights stairs without resting	HeADLa4	Hemobcs
Mobility: difficulty climbing one flight stairs without resting	HeADLa5	Hemobcl
Mobility: difficulty stooping, kneeling or crouching	HeADLa6	Hemobst
Mobility: difficulty reaching or extending arms above shoulder level	HeADLa7	Hemobre
Mobility: difficulty pulling or pushing large objects	HeADLa8	Hemobpu
Mobility: difficulty lifting or carrying weights over 10 pounds	HeADLa9	Hemobli
Mobility: difficulty picking up 5p coin from table	HeADLa10	Hemobpi
Mobility: whether said had none of listed difficulties	HeADLa96	Hemob96

[CHECK HE59]

HEADLB*

SHOW CARD C11

Here are a few more everyday activities. Please tell me if [^you have / ^name] has] 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 /does he /does she] have difficulty doing any of the activities on this card?

INTERVIEWER: PROBE - 'What others?'

INTERVIEWER: CODE ALL THAT APPLY.

- 01 Dressing, including putting on shoes and socks
- 02 Walking across a room
- 03 Bathing or showering
- 04 Eating, such as cutting up ^[your / his / her] food
- 05 Getting in or out of bed
- 06 Using the toilet, including getting up or down
- 07 Using a map to figure out how to get around in a strange place
- 08 Recognising when you are in physical danger
- 09 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

[code maximum 13 out of 14 possible responses]

Description	Variable	Archive
ADL: difficulty dressing, including putting on shoes and socks	HeADLb1	Headldr
ADL: difficulty walking across a room	HeADLb2	Headlwa
ADL: difficulty bathing or showering	HeADLb3	Headlba
ADL: difficulty eating, such as cutting up food	HeADLb4	Headlea
ADL: difficulty getting in and out of bed	HeADLb5	Headlbe
ADL: difficulty using the toilet, including getting up or down	HeADLb6	Headlwc
IADL: difficulty using map to figure out how to get around strange place	HeADLb7	Headlma
IADL: difficulty recognising when in physical danger	HeADLb8	Headlda
IADL: difficulty preparing a hot meal	HeADLb9	Headlpr
IADL: difficulty shopping for groceries	HeADLb10	Headlsh
IADL: difficulty making telephone calls	HeADLb11	Headlph
IADL: difficulty with communication (speech, hearing or eyesight)	HeADLb12	Headlsp
IADL: difficulty taking medications	HeADLb13	Headlme
IADL: difficulty doing work around house and garden	HeADLb14	Headlho
IADL: difficulty managing money, eg paying bills,keeping track expenses	HeADLb15	Headlmo
ADL&IADL: whether said had none of listed difficulties	HeADLb96	Headl96