

Showcard 1

1. No schooling/education at all
2. Some education, but less than primary
3. Special schools for students with special needs
4. Primary
5. Secondary (general) Includes Junior Lyceums, area secondary schools, grammar schools, lyceum and opportunity classes
6. Secondary vocational ex. Trade schools, apprentice school this option includes basic courses which are provided by MCAST. These courses give access to other learning programs which are of a more advanced level
7. Foundation courses at MCAST / Introductory courses at MCAST which last one year or less at MCAST includes trade schools at secondary level
95. No degree yet/still in school
97. Other

Showcard 2

1. No higher education/vocational training
- 2.
3. Intermediate Level / Advanced Level
4. City and Guilds (Basic/Part One) / Journeyman's Certificate - Craft level
5. City and Guilds (Part 2) / Journeyman's Certificate - Technical level
6. City and Guilds (Part 3) / Technician Diploma / Ordinary Technician Diploma (OTD)
7. First Diploma
8. National Diploma
9. Higher National Diploma (HND) / Advanced Technbician Diploam / Full Technological Diploma / Higher Technician Diploma (HTD)
10. University Diploma
11. First degree
12. Masters / Post graduate Diploma / Post graduate Certificate / ACCA
13. PhD / Doctorate / DBA
95. Still in education/vocational training
97. Other

Showcard 3

1. Married and living together with spouse
2. Registered partnership
3. Married, living separated from spouse
4. Never married
5. Divorced
6. Widowed

Showcard 4

1. In the same household
2. In the same building
3. Less than 1 kilometre away
4. Between 1 and 5 kilometres away
5. Between 5 and 25 kilometres away
6. Between 25 and 100 kilometres away
7. Between 100 and 500 kilometres away
8. More than 500 kilometres away

Showcard 5

1. Retired
2. Employed or self-employed (including working for family business)
3. Unemployed
4. Permanently sick or disabled
5. Homemaker
97. Other

Showcard 6

1. Full-time employed
2. Part-time employed
3. Self-employed or working for own family business
4. Unemployed
5. In vocational training/retraining/education
6. Parental leave
7. In retirement or early retirement
8. Permanently sick or disabled
9. Looking after home or family
97. Other

Showcard 7

1. A heart attack including myocardial infarction or coronary thrombosis or any other heart problem including congestive heart failure
2. High blood pressure or hypertension
3. High blood cholesterol
4. A stroke or cerebral vascular disease
5. Diabetes or high blood sugar
6. Chronic lung disease such as chronic bronchitis or emphysema
10. Cancer or malignant tumour, including leukaemia or lymphoma, but excluding minor skin cancers
11. Stomach or duodenal ulcer, peptic ulcer
12. Parkinson disease
13. Cataracts
14. Hip fracture
15. Other fractures
16. Alzheimer's disease, dementia, organic brain syndrome, senility or any other serious memory impairment
18. Other affective or emotional disorders, including anxiety, nervous or psychiatric problems
19. Rheumatoid Arthritis
20. Osteoarthritis, or other rheumatism
21. Chronic kidney disease
96. None
97. Other conditions, not yet mentioned

Showcard 8

1. Falling down
2. Fear of falling down
3. Dizziness, faints or blackouts
4. Fatigue
96. None

Showcard 9

1. Back
2. Hips
3. Knees
4. Other joints
5. Mouth/Teeth
6. Other parts of the body, but not joints
7. All over

Showcard 10

1. Drugs for high blood cholesterol
2. Drugs for high blood pressure
3. Drugs for coronary or cerebrovascular diseases
4. Drugs for other heart diseases
6. Drugs for diabetes
7. Drugs for joint pain or for joint inflammation
8. Drugs for other pain (e.g. headache, back pain, etc.)
9. Drugs for sleep problems
10. Drugs for anxiety or depression
11. Drugs for osteoporosis
13. Drugs for stomach burns
14. Drugs for chronic bronchitis
15. Drugs for suppressing inflammation (only glucocorticoids or steroids)
96. None
97. Other drugs, not yet mentioned

Showcard 11

1. Walking 100 metres
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/5 kilos, like a heavy bag of groceries
10. Picking up a small coin from a table
96. None of these




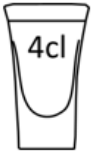
Showcard 12

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
14. Leaving the house independently and accessing transportation services
15. Doing personal laundry
96. None of these

Showcard 13

1. A cane or walking stick
2. A zimmer frame or walker
3. A manual wheelchair
4. An electric wheelchair
5. A buggy or scooter
6. Special eating utensils
7. A personal alarm
8. Bars, grabs, rails (to facilitate movements and to keep ones balance)
9. Raised toilet seat with/without arms
10. Incontinence pads
96. None of these
97. other items (specify)

Showcard 14

Drinks	Examples	N° of units
<p>Beer 33 cl</p> <p>4-6% alcohol</p>	 <p>33cl 33cl</p>	<p>[] units</p>
<p>Wine 12 cl</p> <p>10-13% alcohol</p>	 <p>12cl</p>	<p>[] units</p>
<p>Fortified wine 8 cl</p> <p>14-22% alcohol</p>	 <p>8cl</p>	<p>[] units</p>
<p>Spirits 4 cl</p> <p>23% alcohol and above</p>	 <p>4cl</p>	<p>[] units</p>

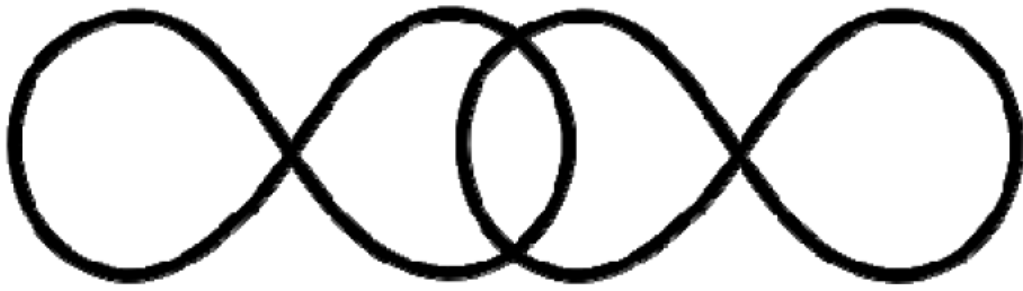
Showcard 15

1. Daily or almost daily
2. Five or six days a week
3. Three or four days a week
4. Once or twice a week
5. Once or twice a month
6. Less than once a month
7. Not at all in the last 3 months

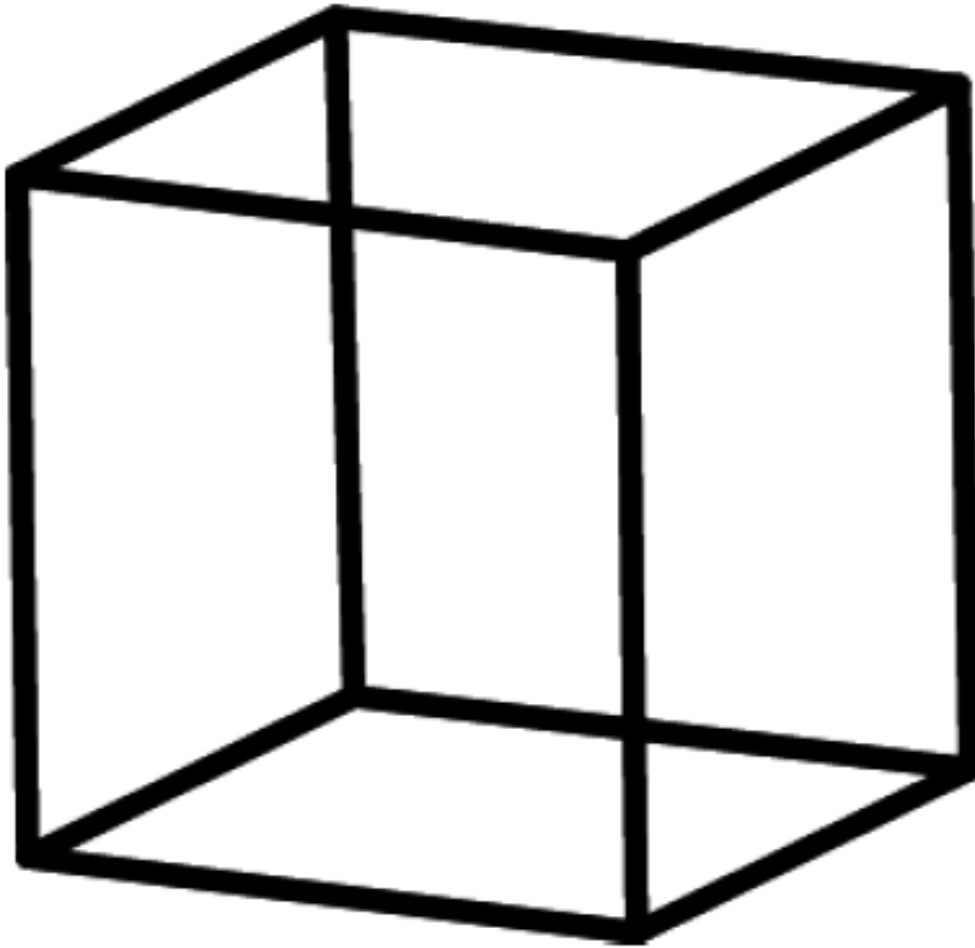
Showcard 16

1. Every day
2. 3-6 times a week
3. Twice a week
4. Once a week
5. Less than once a week

Showcard 17



Showcard 18



Showcard 19

1. Care from a general practitioner
2. Care from a specialist physician
3. Drugs
4. Dental care
5. Optical care
6. Professional help with medical or personal care
7. Professional help for domestic tasks at home
96. None of these
97. Any other care not mentioned on this list

Showcard 20

1. Help with @Bpersonal care@B, (e.g. getting in and out of bed, dressing, bathing and showering)
2. Help with @Bdomestic tasks@B (e.g. cleaning, ironing, cooking)
3. @BMeals-on-wheels@B (i.e. ready made meals provided by a municipality or a private provider)
4. Help with other activities (e.g. filling a drug dispenser)
96. None of the above

Showcard 21

1. Retired
2. Employed or self-employed (including working for family business)
3. Unemployed
4. Permanently sick or disabled
5. Homemaker
97. Other

Showcard 22

1. Became eligible for public pension
2. Became eligible for private occupational pension
3. Became eligible for a private pension
4. Was offered an early retirement option/window with special incentives or bonus
5. Made redundant (for example pre-retirement)
6. Own ill health
7. Ill health of relative or friend
8. To retire at same time as spouse or partner
9. To spend more time with family
10. To enjoy life

Showcard 23

1. A change in type of employment (for instance from dependent employment to self-employment)
2. A change in employer
3. A promotion
4. A change in job location
5. A change in contract length (from long term to short term or viceversa)
96. None of the above

Showcard 24

1. Agriculture, hunting, forestry, fishing
2. Mining and quarrying
3. Manufacturing
4. Electricity, gas and water supply
5. Construction
6. Wholesale and retail trade; repair of motor vehicles, motorcycles and personal and household goods
7. Hotels and restaurants
8. Transport, storage and communication
9. Financial intermediation
10. Real estate, renting and business activities
11. Public administration and defence; compulsory social security
12. Education
13. Health and social work
14. Other community, social and personal service activities

Showcard 25

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

Showcard 26

1. Public old age pension
2. Public old age supplementary pension
4. Main public sickness benefits
5. Main public disability insurance pension
6. Secondary public disability pension
7. Secondary public sickness benefits
8. Public unemployment benefit or insurance
9. Main public survivor pension from your spouse or partner
10. Secondary public survivor pension
13. Social assistance
96. None of these

Showcard 27

1. Life insurance payments from a private insurance company
2. Regular private annuity or private personal pension payments
3. Alimony
4. Regular payments from charities
5. Long-term care insurance payments from a private insurance company
96. None of these

Showcard 28

1. Public old age pension
3. Public disability insurance; sickness/invalidity/incapacity pension
4. Private (occupational) old age pension
5. Private (occupational) early retirement pension

Showcard 29

1. personal care, e.g. dressing, bathing or showering, eating, getting in or out of bed, using the toilet
2. practical household help, e.g. with home repairs, gardening, transportation, shopping, household chores
3. help with paperwork, such as filling out forms, settling financial or legal matters

Showcard 30

1. Lodging (room)
2. Meals
3. Nursing and care services
4. Rehabilitation and other health services
5. Laundry
6. Charges and services, such as water, electricity, gas, or heating
7. Other expenses
96. None of the above

Showcard 31

1. Pensions (yours or your spouse)
2. Other sources of income, such as rents from real estate, annuities etc.
3. Assets or savings (yours or your spouse), including life insurance policies
4. Contributions from children or grandchildren
5. Housing allowances or other public benefits
7. Payments from a private long-term care insurance
97. Other income sources (specify)

Showcard 32

1. Owner
2. Member of a cooperative
3. Tenant
4. Subtenant
5. Rent free

Showcard 33

1. Purchased or built it with own means
2. Purchased or built it with a loan or mortgage
3. Purchased or built it with help from family
4. Received it as a bequest
5. Received it as a gift
6. Acquired it through other means

Showcard 34

1. Widened doors or corridors
2. Ramps or street level entrances
3. Hand rails
4. Automatic or easy open doors or gates
5. Bathroom or toilet modifications
6. Kitchen modifications
7. Chair lifts or stair glides
8. Alerting devices (button alarms, detectors...)
96. None of these
97. Other (specify)

Showcard 35

1. A farm house
2. A free standing one or two family house
3. A one or two family house as row or double house
4. A building with 3 to 8 flats
5. A building with 9 or more flats but no more than 8 floors
6. A high-rise with 9 or more floors
7. A housing complex with services for older people (residential home or sheltered housing, but not a nursing home)
8. A nursing home

Showcard 36

1. A big city
2. The suburbs or outskirts of a big city
3. A large town
4. A small town
5. A rural area or village

Showcard 39

1. Housing
2. Food
3. Clothing
4. Appliances and home furnishings
5. Car
6. Vacation
7. Leisure (going/dining out, hobbies, etc.)
8. Children's education or other child-related expenses
9. Providing financial help
97. Other (specify) OR
96. No way I/we could have cut spending. I/we could not have saved more. OR/IN ADDITION
10. I/we would have worked more or longer.

Showcard 40

1. Housing
2. Food
3. Clothing
4. Appliances and home furnishings
5. Car
6. Vacation
7. Leisure (going/dining out, hobbies, etc.)
8. Children's education or other child-related expenses
9. Providing financial help
97. Other (specify) OR
96. I/we would not really have wanted to spend more after all. OR/IN ADDITION
10. I/we would have worked less or retired earlier

Showcard 41

1. Debt on cars and other vehicles (vans/motorcycles/boats, etc.)
2. Debt on credit cards / store cards
3. Loans (from bank, building society or other financial institution)
4. Debts to relatives or friends
5. Student loans
6. Overdue bills (phone, electricity, heating, rent)
96. None of these
97. Other

Showcard 42

1. Often
2. Sometimes
3. Rarely
4. Never

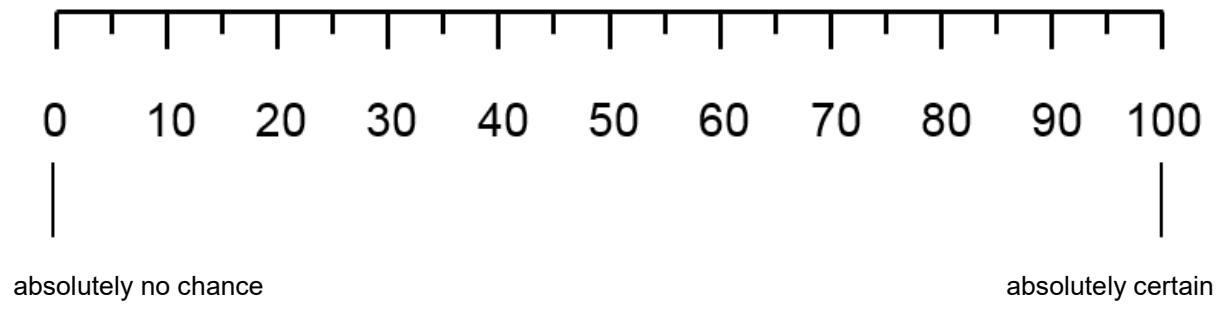
Showcard 43

1. Done voluntary or charity work
4. Attended an educational or training course
5. Gone to a sport, social or other kind of club
7. Taken part in a political or community-related organization
8. Read books, magazines or newspapers
9. Did word or number games such as crossword puzzles or Sudoku
10. Played cards or games such as chess.
96. None of these

Showcard 44

1. Disagree strongly
2. Disagree a little
3. Neither agree nor disagree
4. Agree a little
5. Agree strongly

Showcard 45



Showcard 46

1. Take substantial financial risks expecting to earn substantial returns
2. Take above average financial risks expecting to earn above average returns
3. Take average financial risks expecting to earn average returns
4. Not willing to take any financial risks

Showcard 47

1. Retired
2. Employed or self-employed (including working for family business)
3. Unemployed
4. Permanently sick or disabled
5. Homemaker
97. Other