

ELSA 50+ HEALTH AND LIFE

Wave 10 (P14902)

2021/2022

SHOWCARDS

CARD A1

- | | | | |
|----|-----------------------------------|----|------------------------|
| 1 | Husband/wife | 13 | Natural brother/sister |
| 2 | Partner/cohabitee | 14 | Half-brother/sister |
| 3 | Natural son/daughter | 15 | Step-brother/sister |
| 4 | Adopted son/daughter | 16 | Adopted brother/sister |
| 5 | Foster son/daughter | 17 | Foster brother/sister |
| 6 | Stepson/daughter/child of partner | 18 | Brother/sister-in-law |
| 7 | Son/daughter-in-law | 19 | Grandchild |
| 8 | Natural parent | 20 | Grandparent |
| 9 | Adoptive parent | 21 | Other relative |
| 10 | Foster parent | 22 | Other non-relative |
| 11 | Stepparent/parent's partner | | |
| 12 | Parent-in-law | | |

CARD B1

- 1 Single, that is never married and never registered in a same-sex Civil Partnership
- 2 Married, first and only marriage
- 3 A civil partner in a registered same-sex Civil Partnership
- 4 Remarried, second or later marriage
- 5 Separated, but still legally married
- 6 Divorced
- 7 Widowed

CARD B2

- 1 Less than 15 minutes
- 2 Between 15 and 30 minutes
- 3 Between 30 minutes and one hour
- 4 Between 1 and 2 hours
- 5 More than 2 hours

CARD B3

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

CARD C1

1. My symptoms were worse at the beginning (the first 1-2 weeks) and then got better
2. My symptoms were worse at the beginning (the first 1-2 weeks) and then mostly got better but some lingered
3. After the first 1-2 weeks, my symptoms got better but then the same symptoms kept / keep coming back
4. After the first 1-2 weeks, my symptoms got better but I then developed new symptoms
5. Most of my symptoms lasted for 2-3 weeks
6. Most of my symptoms lasted for 4-12 weeks
7. Most of my symptoms lasted for more than 12 weeks

CARD C2

- | | | | |
|----|--|----|--|
| 1 | Fatigue | 11 | Depression and anxiety |
| 2 | A blood clot in the leg, heart, lung, or brain | 12 | A heart condition |
| 3 | Cough | 13 | Another condition affecting the mind or brain |
| 4 | Shortness of breath | 14 | A condition affecting the nervous system excluding the brain |
| 5 | Chest tightness | 15 | Joint pains |
| 6 | A lung condition | 16 | Diarrhoea |
| 7 | Loss of sense of smell | 95 | Other – please specify |
| 8 | Difficulty concentrating | | |
| 9 | Brain fog | | |
| 10 | Headaches | | |

CARD C3

- 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 C4

- | | |
|---------------------------------|--------------------------|
| 1 Breast | 8 Head and neck or brain |
| 2 Prostate | 9 Pancreas |
| 3 Lung | 10 Bladder |
| 4 Colon, bowel or rectum | 11 Uterus or ovary |
| 5 Melanoma or other skin cancer | 12 Leukaemia |
| 6 Lymphoma | 95 Somewhere else |
| 7 Kidney | |

CARD C5

- 1 Hallucinations
- 2 Anxiety
- 3 Depression
- 4 Emotional problems
- 5 Schizophrenia
- 6 Psychosis
- 7 Mood swings
- 8 Bipolar disease (manic depression)
- 95 Something else

CARD C6

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

CARD C7

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

CARD C8

- 1 Always
- 2 Very often
- 3 Often
- 4 Sometimes
- 5 Never

CARD C9

- 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 (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 C10

- | | | | |
|---|--|----|--|
| 1 | Dressing, including putting on shoes and socks | 9 | Preparing a hot meal |
| 2 | Walking across a room | 10 | Shopping for groceries |
| 3 | Bathing or showering | 11 | Making telephone calls |
| 4 | Eating, such as cutting up your food | 12 | Communication (speech, hearing or eyesight) |
| 5 | Getting in or out of bed | 13 | Taking medications |
| 6 | Using the toilet, including getting up or down | 14 | Doing work around the house or garden |
| 7 | Using a map to figure out how to get around in a strange place | 15 | Managing money, such as paying bills and keeping track of expenses |
| 8 | Recognising when you are in physical danger | 96 | None of these |

CARD C11

- 1 Husband/Wife/Partner
- 2 Son (including stepson, adopted son or son in law)
- 3 Daughter (including stepdaughter, adopted daughter or daughter in law)
- 4 Grandchild (including Great Grandchildren)
- 5 Sister (including stepsister, adopted sister or sister in law)
- 6 Brother (including stepbrother, adopted brother or brother in law)
- 7 Other relative
- 8 Friend
- 9 Neighbour
- 96 None of these

CARD C12

- 1 Home care worker/home help/personal assistant
- 2 A member of the reablement/ intermediate care staff team
- 3 Voluntary helper
- 4 Warden/Sheltered housing manager
- 5 Cleaner
- 6 Council's handyman
- 7 Member of staff at the care/nursing home
- 95 Other (please say who)
- 96 None of these

CARD C13

- 1 No help in the last week
- 2 Less than one hour
- 3 1 – 4 hours
- 4 5 – 9 hours
- 5 10 – 19 hours
- 6 20 – 34 hours
- 7 35 – 49 hours
- 8 50 – 99 hours
- 9 100 hours or more

CARD C14

- 1 Every day
- 2 Four to six times a week
- 3 Two or three times a week
- 4 Once a week
- 5 Once a fortnight/every two weeks
- 6 Once a month
- 7 Less than once a month

CARD C15

- 1 Once a day
- 2 Twice a day
- 3 Three or four times a day
- 4 All the time
- 5 Whenever I need it

CARD C16

- 1 During the daytime only, until I (he/she) go (goes) to bed
- 2 During the night time only, once I (he/she) have (has) gone to bed
- 3 Or both during the daytime and at night after I (he/she) have (has) gone to bed

CARD C17

- 1 **(Direct Payments)** where the council gives you a payment to meet some or all of your social care needs. You can then choose how to spend the money. (This should not be confused with benefits paid directly into a bank account which may also be called direct payments.)
- 2 **(The local authority, council or social services manages the money)** for you to meet all or some of your social care needs, and you may be able to choose which services to use
- 3 Neither of these

CARD C18

- 1 Arranged without involvement from the local authority, council or social services
- 2 Local authority, council or social services arranged this help
- 3 Local authority, council or social services told me (him/her) about the help but I (he/she) arranged it myself (himself/herself), or my (his/her) family arranged it
- 4 Other

CARD C19

- 1 Own personal income, savings, pension or benefit (such as Attendance Allowance)
- 2 Direct Payment/Personal or Individual Budget from the Local Authority/Council/Social Services
- 3 From another source

CARD C20

- 1 Occupational therapist or physiotherapist
- 2 Chiropodist or podiatrist
- 3 Exercise classes, including yoga, Pilates, gym
- 4 GP
- 5 Dentist
- 6 Routine healthcare checks
- 7 Community nurse
- 8 Counselling for depression or anxiety
- 9 Personal care
- 95 Other (please say what)
- 96 None of these

CARD C21

- 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 C22

- 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 Elbow crutches
- 96 None of these

CARD C23

- 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 specify)

CARD C24

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 | 9 | Too dirty |
| 2 | Public transport available does not take me where I want to go | 10 | Not convenient |
| 3 | Too expensive | 11 | Prefer to walk |
| 4 | Unreliable | 12 | Difficulties with mobility |
| 5 | Infrequent | 88 | Lockdown and social distancing have reduced my use of public transport |
| 6 | My health prevents me | 95 | Other (please say what) |
| 7 | Do not need to | | |
| 8 | Fear of crime | | |

CARD D3

- 1 Lifts from family or friends not lived with
- 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 | 10 | Moved to a different area |
| 2 | Job was too tiring/stressful | 88 | To protect my own health/
health of my partner |
| 3 | Ill health or disability of a relative/friend | 95 | Other reason |
| 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 | | |

CARD E4

- 1 Sedentary occupation: You spend most of your time sitting (such as in an office)
- 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 (e.g. shop assistant, hairdresser, security guard etc.)
- 3 Physical work: This involves some physical effort including handling of heavy objects and use of tools (e.g. plumber, cleaner, nurse, sports instructor, electrician, carpenter etc.)
- 4 Heavy manual work: This involves very vigorous physical activity including handling of very heavy objects (e.g. docker, miner, bricklayer, construction worker etc.)

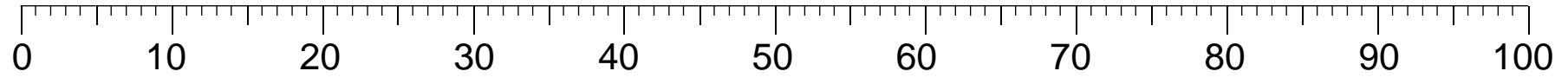
CARD E5

- | | | | |
|---|---|----|--|
| 1 | Own ill health or disability | 10 | To enjoy life while still fit and young enough |
| 2 | Working was too tiring / stressful | 11 | Fed up with working and wanted a change |
| 3 | Ill health or disability of a relative/friend | 12 | To stop working at same time as husband/wife/partner |
| 4 | Company went out of business/site closed down | 13 | To give young generation a chance |
| 5 | Made redundant/dismissed/had no choice | 14 | Moved to a different area |
| 6 | Took voluntary redundancy | 88 | To protect my own health/health of my partner |
| 7 | Could not find another job | 95 | Other reason |
| 8 | Could afford to stop working | | |
| 9 | To spend more time with partner/family | | |

CARD E6

- | | | | |
|---|---|----|---|
| 1 | Own ill health or disability | 8 | Fed up with job and want a change |
| 2 | Job too tiring/stressful | 9 | Fed up with employer/colleagues and want a change |
| 3 | Ill health or disability of a relative/friend | 10 | To progress my career |
| 4 | Company going out of business/site closing down | 11 | To earn more money |
| 5 | Being made redundant/dismissed/have no choice | 12 | Moving to a different area |
| 6 | Taking voluntary redundancy | 88 | To protect my own health/health of my partner |
| 7 | To spend more time with partner/family | 95 | Other reason |

CARD E7



Absolutely
No Chance

Absolutely
Certain

CARD E8

- | | | | |
|---|---|----|---|
| 1 | Own ill health | 9 | To retire at the same time as husband/wife/partner |
| 2 | Ill health of a relative/friend | 10 | To retire at a different time to husband/wife/partner |
| 3 | Made redundant/dismissed/had no choice | 11 | To give the young generation a chance |
| 4 | Offered reasonable financial terms to retire early or take voluntary redundancy | 88 | To protect my own health/health of my partner |
| 5 | Could not find another job | 95 | Other (please say what) |
| 6 | To spend more time with partner/family | 96 | None of these |
| 7 | To enjoy life while still young and fit enough | | |
| 8 | Fed up with job and wanted a change | | |

CARD E9

- | | | | |
|---|--|----|---|
| 1 | Reached retirement age | 9 | To retire at the same time as husband/wife/partner |
| 2 | Own ill health | 10 | To retire at a different time to husband/wife/partner |
| 3 | Ill health of a relative/friend | 11 | To give the young generation a chance |
| 4 | Made redundant/dismissed/had no choice | 88 | To protect my own health/health of my partner |
| 5 | Could not find another job | 95 | Other (please say what) |
| 6 | To spend more time with partner/family | 96 | None of these |
| 7 | To enjoy life while still young and fit enough | | |
| 8 | Fed up with job and wanted a change | | |

CARD E10

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 E11

- 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) | 8 | Industrial Injuries Disablement Benefit |
| 2 | Employment and Support Allowance | 9 | War Disablement Pension, War Widow's Pension or Armed Forces Compensation Scheme |
| 3 | Severe Disablement Allowance (SDA) | 10 | Carer's Allowance |
| 4 | Statutory sick pay (SSP) | 95 | Some other benefit for people with disabilities (please say what) |
| 5 | Attendance Allowance | 96 | None of these |
| 6 | Personal Independence Payment (including the car allowance known as motability) | | |
| 7 | Disability Living Allowance | | |

CARD F2

- | | | | |
|---|---|----|--|
| 1 | Universal Credit | 8 | Child benefit |
| 2 | Income Support | 9 | Child Tax Credit |
| 3 | Pension Credit (income support for the over 60s, replaced Minimum Income Guarantee in October 2003) | 95 | Some other State benefit (please say what) |
| 4 | Working Tax Credit (formerly part of Working Families Tax Credit) | 96 | None of these |
| 5 | Job-seeker's Allowance (formerly Unemployment Benefit) | | |
| 6 | Guardian's Allowance | | |
| 7 | Widow's pension/Widowed mother's allowance/Widowed Parent's allowance/Bereavement allowance | | |

CARD F3

- | | | | |
|---|--|----|---|
| 1 | Current Account at a bank, building society or elsewhere | 7 | Share Options/Employee share ownership |
| 2 | Savings Account at a bank, building society or elsewhere | 8 | Share clubs |
| 3 | Individual Savings Accounts (known as NISA from 2014) – any ISAs including former TESSA/TOISA, PEP | 9 | Unit or Investment Trusts |
| 4 | Premium Bonds | 10 | Bonds and Gilts (government or corporate) |
| 5 | National Savings Accounts or Certificates | 95 | Other Savings or Investments |
| 6 | Stocks and/or Shares | 96 | None of these |

CARD F4

- 1 Houses, flats or holiday homes, including timeshares (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 | 8 | Substantial gift of money or in kind; that is one exceeding £1000 |
| 2 | Lump sum pension payout | | |
| 3 | Personal Accident plan | 95 | Other payment (please say what) |
| 4 | Other insurance payment | | |
| 5 | Redundancy payment | 96 | None of these |
| 6 | Inheritance or bequest (including inherited property) | | |
| 7 | Win(s) on the football pools, national lottery or other form of gambling | | |

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
- 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
- 96 None of these

CARD G5

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

CARD G6

- 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 An ISA or Unit Trust mortgage
- 95 Other type of mortgage or loan

CARD G7

- 1 Wide 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 Lift (e.g. in a block of flats)
- 7 Walk in shower (level access or standard shower tray)
- 8 Over bath shower
- 96 None of these

CARD G8

- 1 Stair lift or stair glide
- 2 Alerting devices, such as button alarms to call for help (because of a fall or health problem)
- 3 Bed lever/bed rail
- 4 Hoist
- 5 Toilet equipment/commode
- 6 Bath or shower seat
- 7 Kitchen modifications
- 95 Any other special feature(s)
- 96 None of these

CARD G9

- 1 Health Service (NHS)
- 2 Social services
- 3 Me (He/She) or my (his/her) spouse/partner
- 4 Modification was already in the property
- 5 Landlord/care home/sheltered housing association
- 95 Someone else (please say who)

CARD G10

- | | | | |
|---|--|----|---|
| 1 | Shortage of space | 8 | Bad condensation problem |
| 2 | Noise from neighbours | 9 | Problems with electrical wiring or plumbing |
| 3 | Other street noise, such as traffic, businesses, factories | 10 | General rot and decay |
| 4 | Too dark, not enough light | 11 | Problems with insects, mice or rats |
| 5 | Pollution, grime or other environmental problems caused by traffic or industry | 12 | Too cold in winter |
| 6 | Rising damp in floors and walls | 95 | Other problems (please say what) |
| 7 | Water getting in from roof, gutters or windows | 96 | None of these |

CARD G11

- | | | | |
|---|---|----|---|
| 1 | Television | 10 | DVD player / CD player / video recorder |
| 2 | Deep freeze or fridge freezer (exclude fridge only) | 11 | A digital video recorder (DVR) or personal video recorder (PVR) for recording with set top box or TV hard drive (e.g. Sky+, Virgin Media TiVo, Freeview+, Youview+) |
| 3 | Washing machine | | |
| 4 | Tumble Dryer / Washer-Dryer | | |
| 5 | Dishwasher | | |
| 6 | Microwave oven | 95 | All of these |
| 7 | Computer/ Tablet | 96 | None of these |
| 8 | On-line-digital/Satellite/Cable Television | | |
| 9 | Phone (landline) | | |

CARD G12

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 G13

- 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 G14

- 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 G15

- 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
- 95 Other

CARD H1

MEDCO TABLET

INDICATIONS: Headaches, muscle pains, rheumatic pains, toothaches, earaches.
RELIEVES COMMON COLD SYMPTOMS

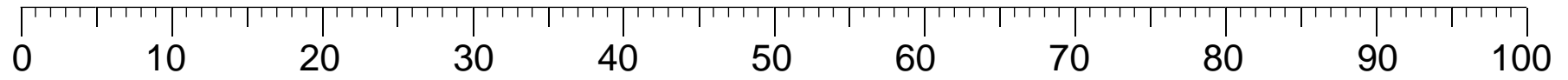
DOSAGE: ORAL. 1 or 2 tablets every 6 hours, preferably accompanied by food, for not longer than 7 days. Store in a cool, dry place.

CAUTION: Do not use for gastritis or peptic ulcer. Do not use if taking anticoagulant drugs. Do not use for serious liver illness or bronchial asthma. If taken in large doses and for an extended period, may cause harm to kidneys. Before using this medication for chicken pox or influenza in children, consult with a doctor about Reyes Syndrome, a rare but serious illness. During lactation and pregnancy, consult with a doctor before using this product, especially in the last trimester of pregnancy. If symptoms persist, or in the case of an accidental overdose, consult a doctor. Keep out of reach of children.

INGREDIENTS: Each tablet contains
500 mg acetylsalicylic acid.
Excipient c.b.p 1 tablet
Reg. No. 88246

Made in Canada by STERLING PRODUCTS. INC
1600 Industrial Blvd. Montreal, Quebec H9J 3P1

CARD J1



Absolutely
No Chance

Absolutely
Certain

CARD J2

- 1 I've thought about it in great detail
- 2 I've thought about it a little
- 3 I know I should have thought about it but haven't done so yet
- 4 I haven't thought about this at all yet

CARD J3

- 1 Taken out insurance (e.g. to cover illness or inability to work)
- 2 Consulted a financial advisor
- 3 Started saving with the intention that it could be used for care
- 4 Bought property with the intention of using the money for care
- 95 Any other financial planning related to planning for care
- 96 None of these

CARD J4

- | | | | |
|---|---|----|--|
| 1 | Local authority (social services) | 7 | Your own income from work, pensions or interest on investments |
| 2 | NHS | 8 | Your own savings |
| 3 | Charity/religious organisation (e.g. Age UK) | 9 | Sale of your assets (e.g. your home) |
| 4 | Insurance policy (e.g. to cover illness or inability to work) | 10 | Relatives or friends |
| 5 | Private health insurance/health plan | 95 | Other |
| 6 | Benefits (e.g. Disability Living Allowance, Personal Independence Payments) | | |

CARD J5

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Often
- 5 Most of the time

CARD J6

- 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 K1

- | | | | |
|---|---|----|---|
| 1 | Raising or handling money/taking part in sponsored events | 7 | Providing information/counselling |
| 2 | Leading the group/member of a committee | 8 | Secretarial, admin or clerical work |
| 3 | Organising or helping to run an activity or event | 9 | Providing transport/driving |
| 4 | Visiting people | 10 | Representing |
| 5 | Befriending or mentoring people | 11 | Campaigning |
| 6 | Educating/teaching/coaching | 12 | Other practical help (e.g. helping out at school, shopping) |
| | | 95 | Any other help |
| | | 96 | None of these |

CARD K2

- 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 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 past 12 months

CARD K3

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

CARD K4

- 1 No help in the last week
- 2 Less than one hour
- 3 1 - 4 hours
- 4 5 - 9 hours
- 5 10 - 19 hours
- 6 20 – 34 hours
- 7 35 – 49 hours
- 8 50 - 99 hours
- 9 100 hours or more

CARD K5

- 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 K6

- 1 Had (grandchild/grandchildren) to stay overnight without (his/her/their) parents
- 2 Looked after (your grandchild/any of your grandchildren) when they are ill
- 3 Played with your (grandchild/grandchildren) and/or took part in leisure activities with (him/her/them)
- 4 Prepared meals for your (grandchild/grandchildren)
- 5 Helped your (grandchild/grandchildren) with (his/her/their) homework
- 6 Taken your (grandchild/grandchildren) to, or collected (him/her/them) from nursery, playgroup or school
- 7 Just been around in case (he/she/they) need me for anything
- 96 None of these

CARD K7

- | | | | |
|---|--|----|--|
| 1 | To help them develop as people | 7 | So his/her/their parents can go out in the evening |
| 2 | It keeps me young and active | 8 | To help out financially |
| 3 | It makes me feel engaged with young people | 9 | Our family prefers family care |
| 4 | To help his/her/their parents go out to work | 10 | It is difficult for me to refuse |
| 5 | To give his/her/their parents a break | 95 | Other reason |
| 6 | To give my grandchild/grandchildren a break | 96 | None of these |

CARD L1

- 1 White
- 2 Mixed ethnic group
- 3 Asian / Asian British
- 4 Black / African / Caribbean / Black British
- 95 Any other group

CARD L2

- 1 United Kingdom
- 2 Republic of Ireland
- 3 Other EU country
- 4 Other non-EU country

CARD L3

1	Degree/degree level qualification (including higher degree)	15	GCSE GRADES A-C
2	Teaching qualification	16	GCSE GRADES D-G
3	Nursing qualifications SRN, SCM, SEN, RGN, RM, RHV, Midwife	17	CSE GRADE 1/SCE BANDS A-C/Standard Grade LEVEL 1-3
4	HNC/HND, BEC/TEC Higher, BTEC Higher/SCOTTECH Higher	18	CSE GRADES 2-5/SCE Ordinary BANDS D-E
5	ONC/OND/BEC/TEC/BTEC not higher	19	CSE Ungraded
6	City and Guilds Full Technological Certificate	20	SLC Lower
7	City and Guilds Advanced/Final Level	21	SUPE Lower or Ordinary
8	City and Guilds Craft/Ordinary Level	22	School Certificate or Matriculation
9	A-levels/Higher School Certificate	23	NVQ Level 5
10	AS level	24	NVQ Level 4
11	SLC/SCE/SUPE at Higher Grade or Certificate of Sixth Year Studies	25	NVQ Level 3/Advanced level GNVQ
12	O-level passes taken in 1975 or earlier	26	NVQ Level 2/Intermediate level GNVQ
13	O-level passes taken after 1975 GRADES A-C	27	NVQ Level 1/Foundation level GNVQ
14	O-level passes taken after 1975 GRADES D-E	28	Recognised Trade Apprenticeship completed
		29	Clerical or Commercial Qualification (e.g. typing/book-keeping/commerce)
		95	Other qualifications (please say what)

CARD M0



CARD M1

Hospital Records

We have asked about your health. To make this information complete we would like to find out more about your **health and treatment** from data held and managed by **NHS Digital**, the national controller of health data.

These records will help us by adding more information to the responses you have provided. The data we would access would be **hospital records** (held in the Hospital Episodes database) including dates of admission and consultations, treatments received, and referrals made.

We need your permission for any information to be released. Permission from ELSA participants to use these records will help to improve research into how and why the use of hospital services varies among those aged over 50. You do not have to give your permission for us to collect this data if you don't want to.

If you do give your permission, the ELSA Research Team will pass your name, address, sex, date of birth, and NHS Number to NHS Digital. Then NHS Digital will provide the ELSA Research Team with information about your health and treatment held on the Hospital Episodes database.

This information will be used for statistics and research purposes only. The data will be used by the ELSA Research

Team consisting of researchers at University College London (UCL), Institute for Fiscal Studies (IFS), University of Manchester, University of East Anglia, and NatCen under restricted access arrangements which make sure that the information is used responsibly and safely.

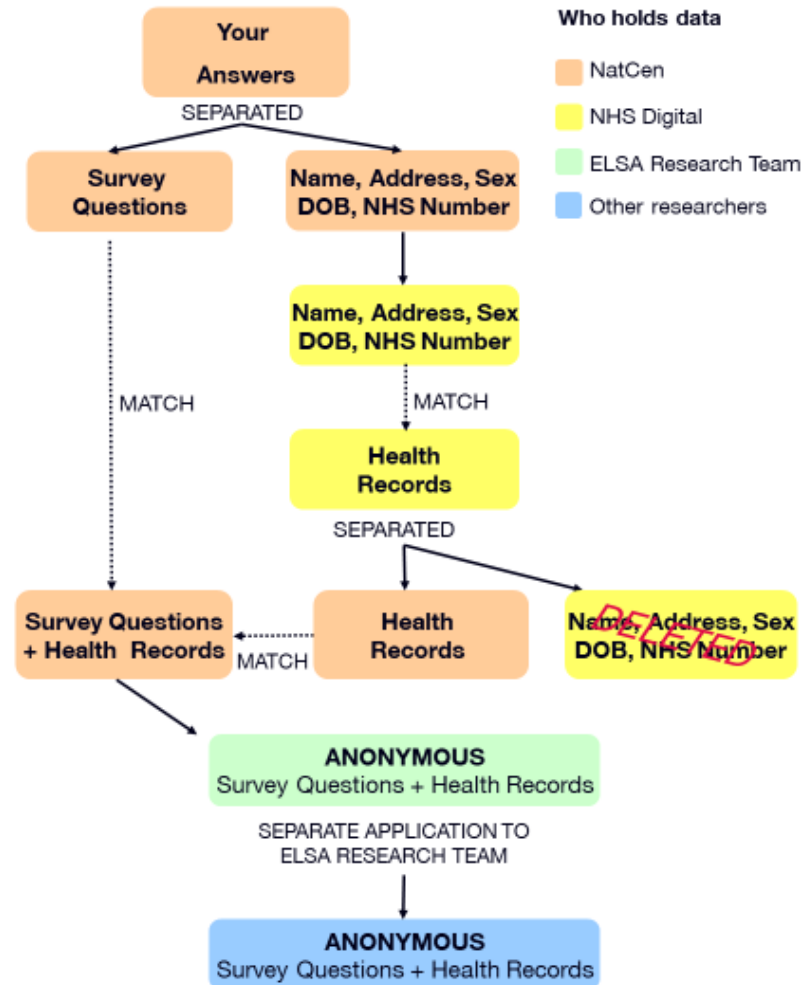
Only the ELSA Research Team will have access to information that can be used to identify you – like name and address. Access to the data for other qualified researchers can only be granted by the ELSA Research Team through a separate written application process that has been approved by NHS Digital. The information will be completely confidential and will be used for research purposes only by academic or policy researchers under restricted access arrangements.

As we would like to look at long term trends in people's health, we have not set a limit on how long we would like to keep your information. ELSA has been running since 2002 and is very valuable for looking at how people's health changes over time.

Please ask the interviewer about anything that concerns you or you can call the ELSA team on the freephone number on the leaflet and letter we sent you. **You can cancel this permission at any time** in the future by contacting NatCen.

CARD M2

Health Records Linkage Process



CARD M3

Economic Records

We have asked about your economic circumstances. To make this information complete we would like to find out more about your **National Insurance Contributions, benefits, tax records, savings and pensions** from data held by Her Majesty's Revenue and Customs (**HMRC** - which now incorporates the Inland Revenue) and the Department for Work and Pensions (**DWP** - formerly the DSS).

These records will help us by adding more information to the responses you have provided. The data accessed would include information on benefits and tax credits that you might have received over your lifetime, pension contributions, tax payments and National Insurance contributions made over your lifetime and State Pension received.

We need your permission for any information to be released. Permission from ELSA participants to use these records will help improve research into retirement, pensions and wellbeing. You do not have to give your permission for us to collect this data if you don't want to.

If you do give your permission, the ELSA research team will pass your name, address, sex, date of birth and National Insurance Number to a government department that will carry

out linking your economic data. The organisation that carries out the linkage will not be able to see your ELSA study data alongside your name, address, National Insurance number or any other personal information.

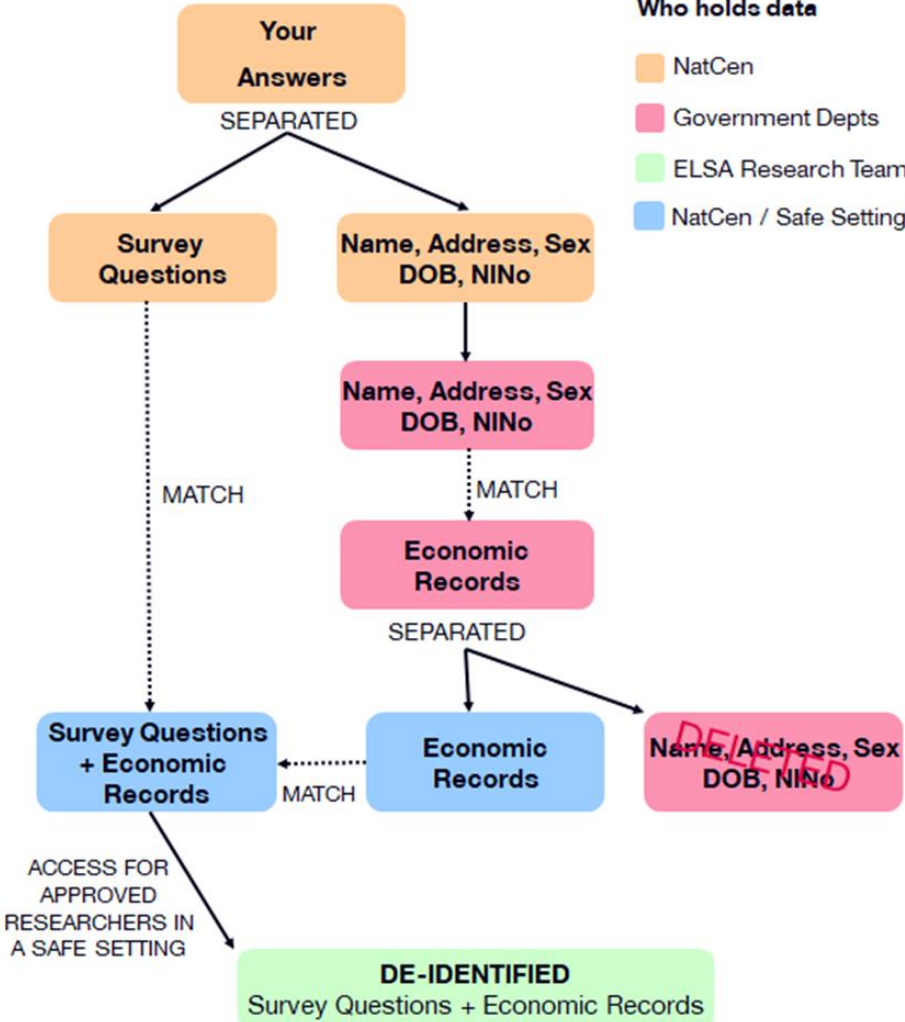
This information will be used for statistics and research purposes only. Only the ELSA Research Team will have access to information that can easily identify you like your name and address. Access to data that does not contain your name and address or other information that can easily identify you by other qualified researchers will need to be approved by the ELSA Research Team.

As we would like to look at long term trends in people's economic circumstances, we have not set a limit on how long we would like to keep your information. ELSA has been running since 2002 and is very valuable for looking at how people's lives change over time.

Please ask the interviewer about anything that concerns you or you can call the ELSA team on the freephone number on the leaflet and letter we sent you. **You can cancel this permission** at any time in the future by contacting NatCen.

CARD M4

Economic Records Linkage Process



CARD M5

Primary Care Records

We have asked about your health. To make this information complete we would like to find out more about your **health and treatment** from data held and managed by **NHS Digital**, the national controller of health data.

These records will help us by adding more information to the responses you have provided. The data accessed would be **primary care records** including doctor and nurse consultations, diagnoses received, treatments given, and referrals made.

We need your permission for any information to be released. Permission from ELSA participants to use these records will help to improve research into the health of people as they grow older. You do not have to give your permission for us to collect this data if you don't want to.

If you do give your permission, the ELSA Research Team will pass your name, address, sex, date of birth, and NHS Number to NHS Digital. Then NHS Digital will provide the ELSA Research Team with information about your health and treatment held in primary care records.

This information will be used for statistics and research purposes only. The data will be used by the ELSA Research

Team consisting of researchers at University College London (UCL), Institute for Fiscal Studies (IFS), University of Manchester, University of East Anglia, and NatCen under restricted access arrangements which make sure that the information is used responsibly and safely.

Only the ELSA Research Team will have access to information that can be used to identify you – like name and address. Access to the data for other qualified researchers can only be granted by the ELSA Research Team through a separate written application process that has been approved by NHS Digital. The information will be completely confidential and will be used for research purposes only by academic or policy researchers under restricted access arrangements.

As we would like to look at long term trends in people's health, we have not set a limit on how long we would like to keep your information. ELSA has been running since 2002 and is very valuable for looking at how people's health changes over time.

Please ask the interviewer about anything that concerns you or you can call the ELSA team on the freephone number on the leaflet and letter we sent you. **You can cancel this permission at any time** in the future by contacting NatCen.

CARD M6

Cancer and Death Records

We have asked about your health. To make this information complete we would like to be informed **about cancer and death records** held and managed by **NHS Digital**, the national controller of health data.

These records will help us by adding more information to the responses you have provided. The data accessed would be the **type of cancer and/or cause of death**. If a person who took part in ELSA gets cancer or dies, the information about the type of cancer and/or cause of death will be linked with their answers to the survey.

We need your permission for any information to be released. Permission from ELSA participants to use these records will help to improve research into what happens to people in later life, as well as improve our understanding about who is affected by cancer, inequality in cancer care, and how having cancer affects other aspects of your life. You do not have to give your permission for us to collect this data if you don't want to.

If you do give your permission, the ELSA Research Team will pass your name, address, sex, date of birth, and NHS Number to NHS Digital. Then NHS Digital will provide the ELSA Research Team with information about your cancer and death records.

This information will be used for statistics and research purposes only. The data will be used by the ELSA Research Team consisting of researchers at University College London (UCL), Institute for Fiscal Studies (IFS), University of Manchester, University of East Anglia, and NatCen under restricted access arrangements which make sure that the information is used responsibly and safely.

Only the ELSA Research Team will have access to information that can be used to identify you – like name and address. Access to the data for other qualified researchers can only be granted by the ELSA Research Team through a separate written application process that has been approved by NHS Digital. The information will be completely confidential and will be used for research purposes only by academic or policy researchers under restricted access arrangements.

As we would like to look at long term trends in people's health, we have not set a limit on how long we would like to keep your information. ELSA has been running since 2002 and is very valuable for looking at how people's health changes over time.

Please ask the interviewer about anything that concerns you or you can call the ELSA team on the freephone number on the leaflet and letter we sent you. **You can cancel this permission at any time** in the future by contacting NatCen.