

HSE 2024

SHOWCARDS

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CARD A1

- 1. Never married and never registered in a civil partnership**
- 2. Married,**
- 3. In a registered civil partnership,**
- 4. Separated, but still legally married,**
- 5. Separated, but still legally in a civil partnership,**
- 6. Divorced,**
- 7. Formally in a civil partnership which is now legally dissolved,**
- 8. Widowed,**
- 9. Surviving partner from a registered civil partnership?**

CARD A2

1. **Husband / Wife**
2. **Partner / Cohabitee**
3. **Natural son / daughter**
4. **Adopted son / daughter**
5. **Foster son / daughter**
6. **Stepson / Stepdaughter / Child of partner**
7. **Son-in-law / 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 / Natural sister** (i.e. both natural parents the same)
14. **Half-brother / Half-sister** (i.e. one natural parent the same)
15. **Step-brother / Step-sister** (i.e. no natural parents the same)
16. **Adopted brother / Adopted sister**
17. **Foster brother / Foster sister**
18. **Brother-in-law / Sister-in-law**
19. **Grandchild**
20. **Grandparent**
21. **Other relative**
22. **Other non-relative**

CARD A3

1. Own natural child

2. Other

(e.g. adopted, foster, child of partner, etc)

CARD A4

- 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 A5

- 1. ...the local authority/council,**
- 2. a housing association or co-operative or charitable trust or registered social landlord,**
- 3. employer (organisation) of a household member**
- 4. another organisation,**
- 5. relative/friend (before you lived here) of a household member,**
- 6. employer (individual) of a household member,**
- 7. letting agency or another individual private landlord?**

CARD A6

- 1. Earnings from employment or self-employment**
- 2. State retirement pension**
- 3. Pension from former employer**
- 4. Personal pensions**
- 5. Job-Seekers Allowance**
- 6. Employment and Support Allowance**
- 7. Income Support**
- 8. Pension credit**
- 9. Working Tax Credit**
- 10. Child Tax Credit**
- 11. Child Benefit**
- 12. Housing Benefit**
- 13. Council Tax Benefit / Reduction**
- 14. Universal Credit**
- 15. Other State Benefits**
- 16. Interest from savings and investments**
(e.g. stocks and shares)
- 17. Other kinds of regular allowance from outside your household** (e.g. maintenance, student's grants, rent)
- 18. No source of income**

CARD A7

- 1. Attendance Allowance**
- 2. Disability Living Allowance**
– care component
- 3. Disability Living Allowance**
– mobility component
- 4. Personal Independence Payment**
– daily living component
- 5. Personal Independence Payment**
– mobility component
- 6. None of these**

CARD A8

Weekly rates from April 2023

Attendance allowance

- | | |
|--|----------|
| 1. Higher rate for attendance during day AND night | £ 101.75 |
| 2. Lower rate for day OR night | £ 68.10 |

Disability Living Allowance (DLA) - Care Component

- | | |
|-----------------|----------|
| 3. Highest rate | £ 101.75 |
| 4. Middle rate | £ 68.10 |
| 5. Lowest rate | £ 26.90 |

Disability Living Allowance (DLA) - Mobility Component

- | | |
|----------------|---------|
| 6. Higher rate | £ 71.00 |
| 7. Lower rate | £ 26.90 |

Personal Independence Payments (PIP) - Daily Living Component

- | | |
|------------------|----------|
| 8. Enhanced rate | £ 101.75 |
| 9. Standard rate | £ 68.10 |

Personal Independence Payments (PIP) - Mobility Component

- | | |
|-------------------|---------|
| 10. Enhanced rate | £ 71.00 |
| 11. Standard rate | £ 26.90 |

CARD A9

Weekly rates from April 2024

Attendance allowance

- | | |
|--|----------|
| 1. Higher rate for attendance during day AND night | £ 108.55 |
| 2. Lower rate for day OR night | £ 72.65 |

Disability Living Allowance (DLA) - Care Component

- | | |
|-----------------|----------|
| 3. Highest rate | £ 108.55 |
| 4. Middle rate | £ 72.65 |
| 5. Lowest rate | £ 28.70 |

Disability Living Allowance (DLA) - Mobility Component

- | | |
|----------------|---------|
| 6. Higher rate | £ 75.75 |
| 7. Lower rate | £ 28.70 |

Personal Independence Payments (PIP) - Daily Living Component

- | | |
|------------------|----------|
| 8. Enhanced rate | £ 108.55 |
| 9. Standard rate | £ 72.65 |

Personal Independence Payments (PIP) - Mobility Component

- | | |
|-------------------|---------|
| 10. Enhanced rate | £ 75.75 |
| 11. Standard rate | £ 28.70 |

GROSS INCOME FROM ALL SOURCES

(before any deductions for tax, national insurance, etc.)

CARD A10 (1 OF 2)

WEEKLY	or	MONTHLY	or	ANNUAL	
Less than £10	57	Less than £40	57	Less than £520	57
£10 less than £30	66	£40 less than £130	66	£520 less than £1,600	66
£30 less than £50	55	£130 less than £220	55	£1,600 less than £2,600	55
£50 less than £70	74	£220 less than £300	74	£2,600 less than £3,600	74
£70 less than £100	62	£300 less than £430	62	£3,600 less than £5,200	62
£100 less than £150	73	£430 less than £650	73	£5,200 less than £7,800	73
£150 less than £200	65	£650 less than £870	65	£7,800 less than £10,400	65
£200 less than £250	51	£870 less than £1,100	51	£10,400 less than £13,000	51
£250 less than £300	78	£1,100 less than £1,300	78	£13,000 less than £15,600	78
£300 less than £350	54	£1,300 less than £1,500	54	£15,600 less than £18,200	54
£350 less than £400	76	£1,500 less than £1,700	76	£18,200 less than £20,800	76
£400 less than £450	81	£1,700 less than £2,000	81	£20,800 less than £23,400	81
£450 less than £500	53	£2,000 less than £2,200	53	£23,400 less than £26,000	53
£500 less than £550	72	£2,200 less than £2,400	72	£26,000 less than £28,600	72
£550 less than £600	58	£2,400 less than £2,600	58	£28,600 less than £31,200	58

CARD A10 (2 OF 2)

£600 less than £650	70	£2,600 less than £2,800	70	£31,200 less than £33,800	70
£650 less than £700	68	£2,800 less than £3,000	68	£33,800 less than £36,400	68
£700 less than £800	75	£3,000 less than £3,500	75	£36,400 less than £41,600	75
£800 less than £900	64	£3,500 less than £3,900	64	£41,600 less than £46,800	64
£900 less than £1,000	71	£3,900 less than £4,300	71	£46,800 less than £52,000	71
£1,000 less than £1,150	69	£4,300 less than £5,000	69	£52,000 less than £60,000	69
£1,150 less than £1,350	80	£5,000 less than £5,800	80	£60,000 less than £70,000	80
£1,350 less than £1,550	79	£5,800 less than £6,700	79	£70,000 less than £80,000	79
£1,550 less than £1,750	60	£6,700 less than £7,500	60	£80,000 less than £90,000	60
£1,750 less than £1,900	52	£7,500 less than £8,300	52	£90,000 less than £100,000	52
£1,900 less than £2,100	67	£8,300 less than £9,200	67	£100,000 less than £110,000	67
£2,100 less than £2,300	59	£9,200 less than £10,000	59	£110,000 less than £120,000	59
£2,300 less than £2,500	77	£10,000 less than £10,800	77	£120,000 less than £130,000	77
£2,500 less than £2,700	61	£10,800 less than £11,700	61	£130,000 less than £140,000	61
£2,700 less than £2,900	56	£11,700 less than £12,500	56	£140,000 less than £150,000	56
£2,900 or more	63	£12,500 or more	63	£150,000 or more	63

CARD A11

- 1. Going to school or college full-time**
(including on vacation)
- 2. In paid employment or self-employed**
(or temporarily away)
- 3. On a Government scheme for employment training**
- 4. Doing unpaid work for a business that you own, or that a relative owns**
- 5. Waiting to take up paid work already obtained**
- 6. Looking for paid work or a Government training scheme**
- 7. Intending to look for work but prevented by temporary sickness or injury**
- 8. Permanently unable to work because of long-term sickness or disability**
- 9. Retired from paid work**
- 10. Looking after the home or family**
- 95. Doing something else (Please say what...)**

CARD B1

1. ...very good,

2. good,

3. fair,

4. bad, or

5. very bad?

CARD B2

1. **Vision** (for example blindness or partial sight)
2. **Hearing** (for example deafness or partial hearing)
3. **Mobility** (for example walking short distances or climbing stairs)
4. **Dexterity** (for example lifting and carrying objects, using a keyboard)
5. **Learning or understanding or concentrating**
6. **Memory**
7. **Mental health**
8. **Stamina or breathing or fatigue**
9. **Socially or behaviourally** (for example associated with autism spectrum disorder (ASD), which includes Asperger's, or attention deficit hyperactivity disorder (ADHD))
95. **Other** (Please specify)

CARD B3

- 1. Back pain**
- 2. Neck or shoulder pain**
- 3. Headache, facial or dental pain**
- 4. Stomach ache or abdominal pain**
- 5. Pain in your arms, hands, hips, legs or feet**
- 6. Chest pain**
- 7. Other pain**

CARD C1

- 1. I can do this without help from anyone**
- 2. I have difficulty doing this but manage on my own**
- 3. I can only do this with help from someone**
- 4. I cannot do this**

CARD C2

This could be things like accidentally having wet pants, leaking urine, needing to go to the toilet frequently or urgently, sometimes not making it to the toilet in time, or problems using aids or appliances to manage bladder problems or incontinence.

If you can manage a catheter without assistance and manage this without problems please select 'No, no problems'.

Please include problems with the bladder caused by any medicines that you take.

- 1. Yes I have problems**
- 2. I just have the occasional accident**
- 3. No, no problems**

CARD C3

This could be things like accidentally having soiled pants, leakage from the bowel, needing to go to the toilet frequently or urgently, sometimes not making it to the toilet in time, or problems using aids or appliances to manage bowel or incontinence.

Please include problems with your bowel caused by any medicines that you take.

- 1. Yes I have problems**
- 2. I just have the occasional accident**
- 3. No, no problems**

CARD C4

- 1. Husband/Wife/Partner**
- 2. Son** (including stepson, adopted son or son-in-law)
- 3. Daughter** (including step daughter, adopted daughter or daughter-in-law)
- 4. Grandchild** (including Great Grandchildren)
- 5. Brother / Sister** (including step/ adopted/ in-laws)
- 6. Niece / Nephew**
- 7. Mother or father** (including mother-in-law / father-in-law)
- 8. Other family member**
- 9. Friend**
- 10. Neighbour**
- 11. None of the above**

CARD C5

- 1. Home care worker / Home help / Personal assistant**
- 2. A member of the Reablement / Intermediate care staff team**
- 3. Occupational Therapist / Physiotherapist**
- 4. Voluntary helper**
- 5. Warden / Sheltered housing manager**
- 6. Cleaner**
- 7. Council's handyman**
- 8. Other (Please say who...)**
- 9. None of the above**

CARD C6

- 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 C7

- 1. Less than one hour**
- 2. 1-4 hours**
- 3. 5-9 hours**
- 4. 10-19 hours**
- 5. 20-34 hours**
- 6. 35-49 hours**
- 7. 50-99 hours**
- 8. 100 hours or more**

CARD C8

- 1. Personal budget** – When the local authority finds that you are eligible for support for your social care needs, your **personal budget** is the amount they calculate is needed to meet these. This might cover the full cost of your social care or part of it.

CARD C9

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.)

1. Yes, all of personal budget as a Direct Payment
2. Yes, part of personal budget as a Direct Payment
3. No, none of personal budget as a Direct payment

CARD C10

Include care for things such as:

- Getting in and out of bed on your own
- Washing your face and hands
- Having a bath or a shower, including getting in and out of the bath or shower
- Dressing or undressing, including putting on shoes and socks
- Using the toilet
- Eating, including cutting up food
- Taking the right amount of medicine at the right times
- Getting around indoors
- Getting up and down stairs
- Getting out of the house
- Shopping for food
- Doing routine housework or laundry
- Doing paperwork or paying bills

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-grandchild)
5. **Brother / Sister** (including step / adopted / in-laws)
6. **Niece / Nephew**
7. **Mother or father** (including mother-in-law or father-in-law)
8. **Other family member**
9. **Friend**
10. **Neighbour**
11. **None of the above**

CARD C12

- 1. Meals on Wheels**
- 2. Private frozen meal provider such as Wiltshire farm foods**
- 3. Family/friend/neighbour brought me ready prepared meals**
- 4. Other**
- 5. None of these**

CARD D1

- 1. Every day or almost every day**
- 2. About twice a week**
- 3. About once a week**
- 4. About once a fortnight**
- 5. About once in the last month**
- 6. Not at all in the last month**

CARD D2

1. **At my home, indoors**
2. **At my home, outside, e.g. in garden or on doorstep**
3. **Outside in the street, or out and about**
4. **Outside at work**
5. **Outside at other people's homes**
6. **Outside pubs, bars, restaurants or shops**
7. **In public parks**
8. **Inside other people's homes**
9. **Whilst travelling by car**
10. **Inside other places**

CARD D3

- 1. Less than 5 minutes**
- 2. 5-14 minutes**
- 3. 15-29 minutes**
- 4. 30 minutes but less than 1 hour**
- 5. 1 hour but less than 2 hours**
- 6. 2 hours or more**

CARD D4

1. I **really** want to stop smoking and intend to in the next month
2. I **really** want to stop smoking and intend to in the next 3 months
3. I want to stop smoking and hope to soon
4. I **really** want to stop smoking but I don't know when I will
5. I want to stop smoking but haven't thought about when
6. I think I should stop smoking but don't really want to
7. I don't want to stop smoking

CARD D5

- 1. Better for my health**
- 2. Financial reasons (cannot afford it)**
- 3. Family or friends want me to stop**
- 4. Worried about the effect on other people**
- 5. Something else**

CARD D6

- 1. For health reasons**
- 2. Pregnancy**
- 3. Financial reasons (couldn't afford it)**
- 4. Family or friends wanted me to stop**
- 5. Worried about the effect on other people**
- 6. My own motivation**
- 7. Something else**

CARD D7

- 1. In the last week**
- 2. More than a week and up to a month**
- 3. More than 1 month and up to 2 months**
- 4. More than 2 months and up to 3 months**
- 5. More than 3 months and up to 6 months**
- 6. More than 6 months and up to a year**

CARD D8



CARD D9



CARD D10

- 1. Less than once a month**
- 2. At least once a month but less than once a week**
- 3. At least once a week but less than every day**
- 4. Every day**

CARD D11

- 1. Less than once a day**
- 2. Once**
- 3. 2 to 3 times**
- 4. 4 to 5 times**
- 5. 6 or more times**

CARD D12

- 1. Less than 5 minutes**
- 2. 5 minutes to 30 minutes**
- 3. More than 30 minutes but up to 1 hour**
- 4. More than 1 hour but up to 2 hours**
- 5. More than 2 hours**

CARD D13

- 1. A disposable e-cigarette**
(non-rechargeable)
- 2. An e-cigarette kit which is refillable with pre-filled cartridges**
- 3. An e-cigarette kit which is refillable with liquids**
- 4. A modular system** (I use my own combination of separate devices: batteries, atomizers, etc.)

CARD D14

- 1. 0 mg nicotine**
- 2. More than 0 and less than 6 mg nicotine**
- 3. 6 to 10 mg nicotine**
- 4. 11 to 17 mg nicotine**
- 5. 18 to 23 mg nicotine**
- 6. 24 mg nicotine or more**
- 7. Other strength (please specify)**

CARD D15

- 1. At my home, indoors**
- 2. At my home, outside, e.g. in garden or on doorstep**
- 3. Outside in the street, or out and about**
- 4. Outside at work**
- 5. Outside at other people's homes**
- 6. Outside pubs, bars, restaurants or shops**
- 7. In public parks**
- 8. Inside other people's homes**
- 9. Whilst travelling by car**
- 10. Inside other places**
- 11. None of these**

CARD D16

- 1. Nicotine chewing gum**
- 2. Nicotine lozenges / mini-lozenges**
- 3. Nicotine patch**
- 4. Nicotine inhaler / inhalator**
- 5. Nicotine mouthspray**
- 6. Nicotine nasal spray**
- 7. Another nicotine product**
- 8. E-cigarette or vaping device**
- 9. None**

CARD D17

- 1. At own home**
- 2. At work**
- 3. In other people's homes**
- 4. Travelling by car / van**
- 5. Outdoor smoking areas of pubs /
restaurants / cafes**
- 6. In other places**
- 7. No, none of these**

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CARD E1

- 1. Almost every day**
- 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. Once every couple of months**
- 7. Once or twice a year**
- 8. Not at all in the last twelve months**

CARD E2

- 1. Normal strength beer, lager, stout or shandy** (less than 6 % alcohol) (excluding cans or bottles of shandy)
- 2. Strong beer, lager or stout** (6% alcohol or more) (e.g. Tennents Super, Special Brew)
- 3. Normal strength cider** (less than 6% alcohol)
- 4. Strong cider** (6% or more) (e.g. Diamond White, Old Rosie Cider)
- 5. Spirits or Liqueurs** (e.g. Gin, Whisky, Brandy, Rum, Vodka, Advocaat, Cocktails)
- 6. Sherry or Martini** (including Port, Vermouth, Cinzano and Dubonnet)
- 7. Wine** (including champagne and prosecco)
- 8. Pre-mixed alcoholic drinks, alcoholic soft drinks or 'alcopops'** (e.g. Bacardi Breezer, WKD, Metz or Smirnoff Ice)
- 9. Other alcoholic drinks**
- 10. Low alcohol drinks only**

CARD E3



250ml wine glass

175ml wine glass

125ml wine glass

CARD E4

- 1. Once or twice a week**
- 2. Once or twice a month**
- 3. Five or six times a year**
- 4. Three or four times per year**
- 5. Once or twice a year**

CARD F1

- 1. Going to school or college full-time**
(including on vacation)
- 2. In paid employment or self-employed**
(or temporarily away)
- 3. On a Government scheme for employment training**
- 4. Doing unpaid work for a business that you own, or that a relative owns**
- 5. Waiting to take up paid work already obtained**
- 6. Looking for paid work or a Government training scheme**
- 7. Intending to look for work but prevented by temporary sickness or injury (MAX 28 days)**
- 8. Permanently unable to work because of long-term sickness or disability**
- 9. Retired from paid work**
- 10. Looking after the home or family**
- 95. Doing something else (Please say what...)**

CARD F2

- 1. Not yet started**
- 2. Less than 1 month**
- 3. 1 month but less than 3 months**
- 4. 3 months but less than 6 months**
- 5. 6 months but less than 12 months**
- 6. 12 months or more**

CARD F3

1. Degree or degree level qualification (inc. higher degree)
2. Teaching qualification
3. Nursing qualifications SRN, SCM, SEN, RGN, RM, RHV, Midwife
4. HNC/HND, BEC/TEC Higher, BTEC Higher/SCOTTECH 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 or equivalent/
International baccalaureate/T Levels
10. AS levels
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/ grades 4-9
16. GCSE GRADES D-G/ grades 1-3
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 Matric
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 (e.g. typing/ bookkeeping/
commerce)

CARD F4

- 1. Doctorate**
- 2. Masters**
- 3. An undergraduate or first degree**
- 4. A foundation degree**
- 5. Graduate membership of a professional institution**
- 6. Other postgraduate degree or professional qualification**

CARD F5

- 1. English**
- 2. Welsh**
- 3. Scottish**
- 4. Irish**
- 5. British**
- 6. Other (Please describe...)**

CARD F6

White:

1. English/Welsh/Scottish/Northern Irish/British
2. Irish
3. Gypsy or Irish Traveller
4. Any other white background (Please describe...)

Mixed/multiple ethnic groups:

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other mixed/multiple ethnic background (Please describe...)

Asian/Asian British:

9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian/Asian British background (Please describe...)

Black/African/Caribbean/Black British:

14. African
15. Caribbean
16. Any other Black/African/Caribbean/Black British background (Please describe...)

Other ethnic group:

17. Arab
18. Any other ethnic background (Please describe...)

CARD F7

- 1. Very satisfied**
- 2. Quite satisfied**
- 3. Neither satisfied or dissatisfied**
- 4. Quite dissatisfied**
- 5. Very dissatisfied**