

ELSA 50+ HEALTH AND LIFE

Wave 12 (P18148)

2025/2026

SHOWCARDS



CARD A1

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

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 Covid-19 vaccine or booster
- 2 Flu vaccine
- 3 Pneumococcal (PPV) vaccine
- 4 Shingles vaccine
- 96 None of these

CARD C2

- 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 C3A

- 1 High blood pressure or hypertension
- 2 Angina
- 3 A heart attack (including myocardial infarction or coronary thrombosis)
- 4 Congestive heart failure
- 5 A heart murmur
- 6 An abnormal heart rhythm
- 7 A stroke (cerebral vascular disease)
- 8 High cholesterol
- 95 Any other heart condition
- 96 None of these

CARD C3B

- 1 Chronic lung disease such as chronic bronchitis or emphysema
- 2 Asthma
- 3 Arthritis (including osteoarthritis or rheumatism)
- 4 Osteoporosis (or thin or brittle bones)
- 5 Cancer or a malignant tumour (including skin cancer)
- 6 A malignant blood disorder (e.g. leukaemia)
- 7 An emotional, nervous or psychiatric problem
- 8 Alzheimer's disease
- 9 Dementia
- 10 Parkinson's Disease
- 11 Multiple Sclerosis or Motor Neurone Disease
- 12 Diabetes (not including pre-diabetes)
- 96 None of these

CARD C4

- 1 Breast
- 2 Prostate
- 3 Malignant blood disorder (e.g. leukaemia or lymphoma)
- 4 Colon, bowel or rectum
- 5 Melanoma of skin
- 6 Other skin cancer (not melanoma)
- 7 Bladder
- 8 Uterus or ovary
- 9 Head and neck or brain
- 10 Lung
- 11 Kidney
- 12 Testicular
- 13 Cervix
- 14 Sarcoma
- 15 Stomach or oesophagus
- 16 Pancreas
- 17 Liver
- 95 Somewhere else

CARD C5

- 1 Anxiety (including panic attacks)
- 2 Attention deficit hyperactivity disorder (ADHD)
- 3 Autism spectrum disorder (ASD)
- 4 Bipolar disease (manic depression)
- 5 Depression
- 6 Eating disorder
- 7 Schizophrenia
- 95 Something else

CARD C6

- 1 Extreme tiredness (fatigue)
- 2 Feeling short of breath
- 3 Problems with your memory and concentration (“brain fog”)
- 4 Heart palpitations
- 5 Dizziness
- 6 Joint pain and muscle aches
- 95 Other

CARD C7

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

CARD C8

- 1 Daily
- 2 At least once a week
- 3 At least once a month
- 4 Less often than once a month
- 5 I do not experience any pain at the moment

CARD C9

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

CARD C10

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

CARD C11

- 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 C12A

- 1 Yes, I can't do this even if somebody helps me
- 2 Yes, I have difficulty and need help from someone to do it
- 3 Yes, I have difficulty but can do it/manage without help
- 4 No, I do not have any difficulty

CARD C12B

- 1 Yes, I can't do this even if somebody helps me
- 2 Yes, I have difficulty and need help from someone to do it
- 3 Yes, I have difficulty but can do it/manage without help
- 4 No, I do not have any difficulty
- 5 I do not do this

CARD C13

- 1 Partner / Husband / Wife
- 2 Son(s)/ Stepson(s)/ Adopted son(s)
- 3 Daughter(s)/ Stepdaughter(s)/
Adopted daughter(s)
- 4 (adopted) Mother/Father
- 5 Brother(s)
- 6 Sister(s)
- 7 Grandchild(ren)
- 8 Other relative(s) – please specify
- 9 Friend(s) or neighbour(s)
- 10 No help received from family and
friends for this activity

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 Council's or Housing Association
Handyperson
- 2 Social Worker
- 3 Cleaner/Gardener
- 4 Home care worker/Social Care worker
- 5 Financial Adviser
- 6 Voluntary Helper/ Community
groups/Organisation like Age UK/Religious
organisation
- 7 Warden/ Sheltered housing manager
- 8 Staff member in residential care
- 9 Other health professionals, e.g. district
nurse, Admiral nurse, physio, OT
- 10 Any other services/ volunteer
- 11 No help received from volunteers or
services for this activity

CARD C16

- 1 Local authority/ Council gives me some information but then I / my family arrange these services
- 2 Myself or family arrange them without involvement of local authority/Council
- 3 Local authority/ Council arrange them for me
- 4 The hospital or GP arrange them for me
- 5 A charity/religious/voluntary organisation arrange them for me

CARD C17

- 1 Direct payment via personal budget
- 2 Direct payment, but I don't have a personal budget
- 3 The Local Authority/Council pays for the services directly
- 4 Other
- 5 I don't know

CARD C18

- 1 Wanted to use this service and accessed it
- 2 Wanted to use this service but wasn't able to access it
- 3 Wanted to use this service but could not afford it
- 4 Did not want to use this service

CARD C19

- 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

CARD C20

- 1 Daily
- 2 5-6 days a week
- 3 2-4 days a week
- 4 2-4 days a month
- 5 Once a month or less
- 6 Not used an e-cigarette or other nicotine vaping device in the last 3 months

CARD C21

Vigorous	Moderate	Mild
<i>For example:</i>		
Running	Gardening	Vacuuming
Swimming	Cleaning the car	Laundry
Cycling	Walking at a moderate pace	Home repairs
Aerobics or gym workout	Dancing	
Tennis	Floor or stretching exercises	
Digging with a spade		

CARD C22

- 1 Not during the last month
- 2 Less than once a week
- 3 Once or twice a week
- 4 Three or more times a week

CARD C23

- 1 Not at all
- 2 1-3 days
- 3 4-7 days
- 4 8-14 days
- 5 15-21 days
- 6 22-31 days

CARD D1

- 1 Medical reasons (e.g. changes in vision, physical or mental health has become worse, other)
- 2 Changes due to ageing (e.g. changes in vision, reactions are too slow, driving is too slow, other)
- 3 Licensing problems (due to health, due to accidents, other)
- 4 Someone else can always drive me
- 5 Driving and associated costs have become too expensive
- 95 Other

CARD D2

- 1 Comfort
- 2 Costs (e.g. purchase price, fuel costs, resale value, tax, insurance)
- 3 Engine size
- 4 Environmentally friendly / low CO2 emission
- 5 Electric model (one that can be plugged directly into an electricity supply)
- 6 Style (e.g. design, image of brand, model, colour)
- 7 Interior space (e.g. functionality, boot size)
- 8 Reliability
- 9 Safety
- 10 Speed and performance
- 11 Automated features (e.g. parking assist, lane assist, cruise control)
- 95 Other

CARD D3

- 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 D4

- 1 No public transport available
- 2 Public transport available does not take me where I want to go
- 3 Too expensive
- 4 Unreliable
- 5 Infrequent
- 6 My health prevents me
- 7 Do not need to
- 8 Fear of crime
- 9 Too dirty
- 10 Not convenient
- 11 Prefer to walk
- 12 Difficulties with mobility
- 95 Other

CARD D5

- 1 Lifts from family or friends
I don't live with
- 2 Taxi
- 3 Door-to-door community
transport, e.g. dial-a-ride,
Ring and Ride
- 4 Transport provided by
hospital/day centre/lunch
club
- 5 Transport provided by
care home
- 96 None of these

CARD D6

- 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

CARD E3

- 1 Own health
- 2 Health of a partner/relative/friend
- 3 Job security or availability of jobs (e.g. company went out of business, was let go or took redundancy)
- 4 Career progression
- 5 Fed up with job and wanted a change
- 6 Lifestyle factors
- 7 Moved to a different area
- 96 None of these

CARD E4

- 1 I am paid directly by my clients or customers
- 2 My own limited company (of which I'm a director) through PAYE or dividends
- 3 A business or professional practice in which I am an equity partner
- 4 An employment agency or umbrella company
- 5 A company through an app or online platform such as Deliveroo or Uber
- 6 My employer through PAYE

CARD E5

- 1 Sedentary occupation: you spend most of your time sitting
- 2 Standing occupation: you spend most of your time standing or walking but without intense physical effort (e.g. shop assistant, hairdresser, security guard etc.)
- 3 Physical work: this involves some physical effort e.g. plumber, cleaner, nurse, sports instructor, electrician, carpenter etc.
- 4 Heavy manual work: this involves very vigorous physical activity e.g. bricklayer, construction worker etc

CARD E6

- 1 My health prevents me from working full-time
- 2 I am financially secure but work because I want to
- 3 I earn enough working part-time
- 4 I want to spend more time with family
- 5 I have domestic commitments which prevent me from working full-time
- 96 None of these

CARD E7

- 1 Own health
- 2 The health of a partner/relative/friend
- 3 Job security or availability of jobs (e.g. company went out of business, was let go, took redundancy, etc.)
- 4 Fed up with working
- 5 Other lifestyle factors
- 6 Moved to a different area
- 96 None of these

CARD E8

- 1 Own health
- 2 The health of a partner/
relative/ friend
- 3 Job security or availability of
jobs (e.g. company went out
of business, was let go, took
redundancy, etc.)
- 4 Career progression
- 5 Fed up with job
- 6 Lifestyle factors
- 7 Moving to a different area
- 96 None of these

CARD E9

- 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. This is often called a **defined contribution** or **money purchase** pension, and includes NEST pensions.

- 2 Type B: my pension will be based on a formula involving age, years of service and salary. This is often known as a **defined benefit** or **final salary** scheme

CARD E9A

- 1 I still have this pension, and it has not been accessed (sometimes called “retained rights”)
- 2 I have transferred rights from this pension into another scheme or to a former spouse/partner
- 3 I received a refund of contributions or exchanged the pension income for a lump sum
- 4 I previously received pension payments from this scheme, but they have stopped

CARD E10

- 1 Purchased an annuity or regular income stream
- 2 Saved it, for example in a cash ISA or bank or building society account
- 3 Invested it, for example in an investment ISA, shares or unit trusts
- 4 Bought land or property
- 5 Paid off debts (including mortgage debt)
- 6 Spent it
- 7 Gave or lent it to a family member or friend
- 95 Other

CARD E11

- 1 Independent financial advisor (IFA)
- 2 Accountant
- 3 Bank, building society, or insurance company
- 4 Private pension provider
- 5 Employer
- 6 PensionWise
- 7 MoneyHelper, Money and Pensions Service or Money Advice Service
- 96 None of these

CARD E12

- 1 Government (gov.uk) website (e.g. Check your State Pension or the Pension Service)
- 2 Consumer bodies or charities (e.g. Citizens Advice, Age UK)
- 3 Colleagues
- 4 Family or friends
- 5 Internet guidance sources (including price comparison websites, moneysavingexpert.com, and social media)
- 6 Financial pages in newspapers / magazines
- 96 None of these

CARD E13

- 1 Own health
- 2 The health of a partner/ relative/
friend
- 3 Job security or availability of jobs (e.g.
company went out of business, was
let go/took redundancy, etc.)
- 4 Fed up with working
- 5 Other lifestyle factors
- 6 Moved to a different area
- 7 Reached retirement age
- 96 None of these

CARD F1

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

CARD F2

- 1 Universal Credit
- 2 Income Support
- 3 Pension Credit
- 4 Working Tax Credit (formerly part
of Working Families Tax Credit)
- 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
- 8 Child benefit
- 9 Child Tax Credit
- 95 Some other State Benefit (please
say what)
- 96 None of these

CARD F3

- 1 Current Account at a bank,
building society or elsewhere
- 2 Savings Account at a bank,
building society or elsewhere
- 3 ISA
- 4 Premium Bonds
- 5 National Savings Accounts or
Certificates
- 6 Stocks and/or Shares
- 7 Share Options/Employee share
ownership
- 8 Share clubs
- 9 Unit or Investment Trusts
- 10 Bonds and Gilts (government or
corporate)
- 95 Other Savings or Investments
- 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
- 2 Personal Accident plan
- 3 Other insurance payment
- 4 Redundancy payment
- 5 Inheritance or bequest (including inherited property)
- 6 Win(s) on the football pools, national lottery or other form of gambling
- 7 Substantial gift of money or in kind; that is one exceeding £1000
- 95 Other payment
- 96 None of these

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 or 'tally man'
- 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 most of the household money except my partner's personal spending money or housekeeping money
- 2 My partner looks after most of the household money except my personal spending money or housekeeping money
- 3 We share and manage most of our household finances jointly
- 4 We manage most of our household finances separately but manage some parts jointly.
- 5 We keep our finances completely separate
- 6 Our finances are managed partly or wholly by someone else outside the household
- 96 None of these

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 rent free (including rent free in relative's / friend's property)

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

CARD G5

- 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 Any other mortgage where you pay interest only (including a pension mortgage, ISA/Unit Trust mortgage)
- 5 Equity release mortgage
- 95 Other type of mortgage or loan

CARD G6

- 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 G7

- 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 G8

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

CARD G9

- 1 Television
- 2 Deep freeze or fridge
freezer (exclude fridge
only)
- 3 Washing machine
- 4 Tumble Dryer / Washer-
Dryer
- 5 Dishwasher
- 6 Computer / Laptop /
Tablet / Smartphone
- 7 All of these
- 96 None of these

CARD G10

- 1 Solar panels
- 2 Wind turbines
- 3 Heat pump
- 4 Electric car
- 5 Hybrid car
- 96 None of these

CARD G11

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 G12

- 1 Mains gas
- 2 Electricity
- 3 Coal/Smokeless fuel
- 4 Paraffin/Bottled gas
- 5 Oil
- 6 Wood
- 95 Other source of fuel or power (including bioethanol)

CARD G13

- 1 Direct debit
- 2 Monthly/quarterly bill
- 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 G14

- 1 Direct debit
- 2 Monthly/quarterly bill
- 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 G15

1 Car

2 Van

3 Motorhome/
campervan

4 Motorbike

5 None of these

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.

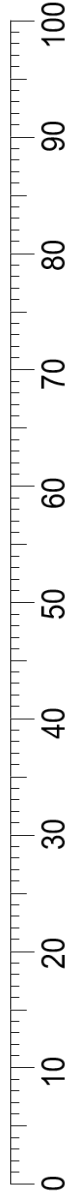
INGREDIENTS: Each tablet contains
500 mg acetylsalicylic acid.

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 Local authority (social services)
- 2 NHS
- 3 Charity/religious organisation (e.g. Age UK)
- 4 Private health insurance/health plan/insurance policy
- 5 Benefits (e.g. disability living allowance, personal independence payments)
- 6 Your own income from work, pensions or interest on investments
- 7 Your own savings
- 8 Sale of your assets (e.g. your home)
- 9 Financial support from relatives or friends
- 95 Other
- 96 Haven't thought about this

CARD J3

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

CARD J4

- 1 Having three meals a day
- 2 Seeing friends or family at least once a month
- 3 Taking a holiday at least once a year
- 4 Replacing appliances such as a washing machine, fridge, or cooker, if they broke
- 5 Keeping home in good state of decoration and repair
- 6 Keeping home adequately warm in cold weather
- 7 Having access to transport that is reliable, timely, safe, and affordable
- 8 Having a small amount to spend each week on yourself, not your family
- 9 Paying regular bills like rent, mortgage, electricity, or council tax, without cutting back on essentials
- 10 Attending regular dental appointments
- 96 None of these

CARD J5

Living will or advanced health care directive, also known as an advance decision, is a legal document that allows you to express your wishes for medical treatment if you are unable to make or communicate them in the future.

Agreement over future power of attorney gives someone you trust the authority to make decisions on your behalf if you can't. This could include decisions about your finances, property, investments, or medical care.

CARD K1

- 1 Fundraising or handling money
- 2 Leading the group/member of a committee
- 3 Organising or helping to run an activity or event
- 4 Befriending
- 5 Mentoring/teaching/coaching
- 6 Providing information/counselling
- 7 Secretarial, admin or clerical work
- 8 Providing transport/driving
- 12 Other unpaid help
- 96 None of these

CARD K2

- 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 K3

- 1 Not at all
- 2 A little bit
- 3 Moderately
- 4 A lot
- 5 Extremely

CARD K4

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

CARD K5

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

CARD L1

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

CARD L2

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

CARD L3

- 1 Degree level qualification
(include all degree level and
higher qualifications)
- 2 NVQ level 5
- 3 NVQ level 4
- 4 Teaching qualification (e.g.
PGCE or equivalent)
- 5 Nursing qualifications (e.g.
SRN, SCM, SEN, RGN, RM,
RHV, Midwife)
- 6 HNC/HND, BEC/TEC
Higher, BTEC
- 7 Higher/SCOTTECH Higher
- 96 None of these

CARD L4

- 1 A-levels/Higher School Certificate
- 2 AS level
- 3 SLC/SCE/SUPE at Higher Grade or Certificate of Sixth Year Studies
- 96 None of these

CARD L5

- 1 NVQ Level 3/Advanced level GNVQ (include BTEC National, OND or ONC, City and Guilds Advanced Craft)
- 2 NVQ Level 2/Intermediate level GNVQ (include BTEC General, City and Guilds Craft)
- 3 NVQ Level 1/Foundation level GNVQ
- 96 None of these

CARD L6

- 1 GCSEs grades A to C or 9 to 4 (include O level passes at grades A to C, CSEs grade 1, SCE bands A-C or Standard grade level 1-3)
- 2 GCSEs grades D to G (include O level passes at grades D-E, CSEs grades 2-5 or SCE Ordinary Bands D-E)
- 3 CSE Ungraded
- 4 SLC Lower
- 5 SUPE Lower or Ordinary
- 6 School Certificate or Matric
- 96 None of these

CARD M1

Health Records

We have asked about many aspects of your health. To make this information complete we would like collect information from administrative records held and managed by **NHS England**, the national controllers 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 including dates of admission and consultations, treatments received, and referrals made.
- Primary care records including doctor and nurse consultations, diagnoses received, treatments given, and referrals made.
- Mental health records including diagnoses of mental health or neurodevelopmental conditions, support from mental health services, and referrals and treatments.
- Cancer records including diagnoses, treatments, and outcomes.
- Mortality records including date of death, whether the individual died in an NHS hospital, and the main cause of death.

We would like to ask your permission for this information about you to be linked to your ELSA survey answers. Permission from ELSA participants to use these records will help to improve research into how and why the use of health services varies among those aged over 50. You do not have (Continue reading on the next page)

to give your permission for us to collect this data if you don't want to. Or if there is any specific type of data from the list above that you do not want us to collect, you can let us know that too.

Your data will be used for research purposes only by academic or policy researchers under restricted access arrangements.

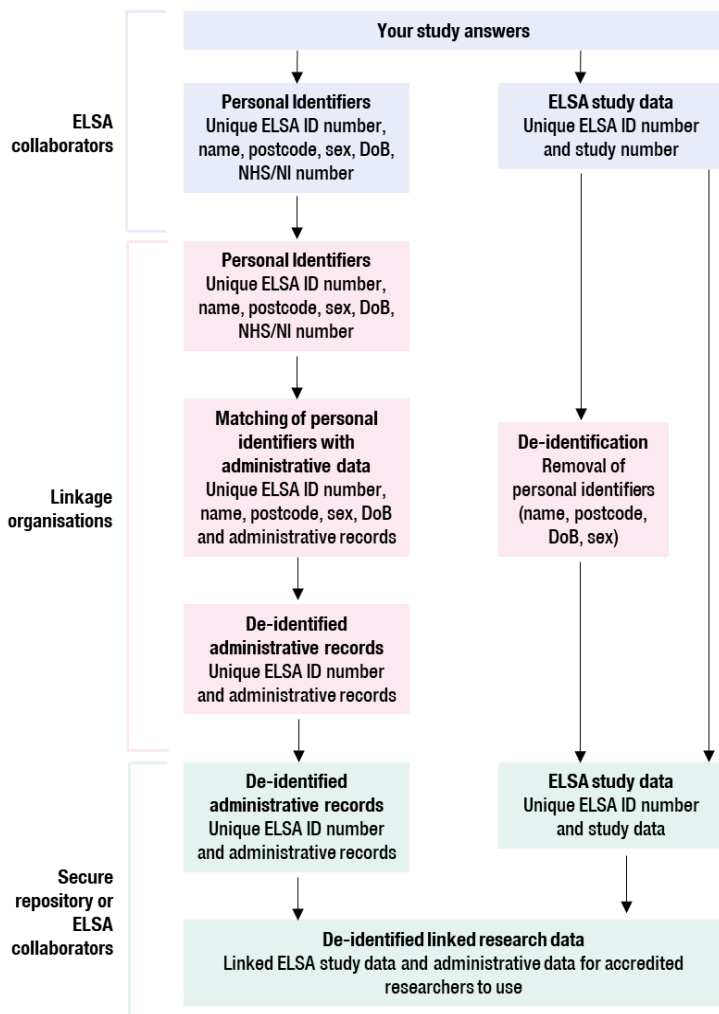
Only the ELSA Research Team will have access to information that directly identifies you – like name and address – alongside your survey answers. We will send information such as your name, address, date of birth and NHS number (if you give these to us) to third party organisations who carry out the linkage but this is done in such a way that these third-party organisations cannot see your personal details alongside your survey answers. Your name and address and other directly identifying information will be removed before other researchers are allowed to use it. Please read the ELSA privacy notice (<https://www.elsa-project.ac.uk/privacy-notice>) for more information on how this will work. Access to the data for other qualified researchers will be carefully controlled and the process has been approved by NHS England and the ELSA team.

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

ELSA data linkage



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, state benefits and tax credits, tax records, savings and pensions, past and current employment information, employer information and tax payments** from data held by His Majesty's Revenue and Customs (**HMRC**) and the Department for Work and Pensions (**DWP**).

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 would like to ask your permission for this information about you to be linked to your ELSA survey answers. 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 UK statistical authorities and (Continue reading on the next page)

third-party organisations that will carry out the linking of 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 identifiers. Please read the ELSA privacy notice (<https://www.elsa-project.ac.uk/privacy-notice>) for more information on how this will work.

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) alongside your study data. Your data will be made available to other researchers in a form that makes it “not reasonably likely” to be able to identify you. This is a term used in UK data protection law and means that the risk of you being identified in the data is extremely low. Additional safeguards are applied to your data to reduce this risk even further. There is more information about this in the ELSA privacy notice <https://www.elsa-project.ac.uk/privacy-notice>.

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.