## Showcards

(SHARE - „50+ in Europe")

## Card 1

1. Spouse
2. Partner
3. Child
4. Child-in-law
5. Parent
6. Parent-in-law
7. Sibling
8. Grand-child
9. Other relative (specify)
10. Other non-relative (specify)
11. Ex-spouse/Ex-partner

## Card 2

1. No schooling/education at all
2. Some education, but less than [instead of put respective country specific degr.]
3. Country specific category
4. Country specific category
5. Country specific category
6. Country specific category
7. Country specific category
8. Country specific category
9. Country specific category
10. Country specific category
11. Country specific category
12. Country specific category
13. Country specific category
14. Country specific category
15. Country specific category
16. Country specific category
17. Country specific category
18. Country specific category
19. Country specific category
20. Country specific category
21. No degree yet/still in school
22. Other

## Card 3

1. No higher education/vocational training
2. Some education, but less than [ISCED 1] (instead of [ISCED 1] put respective country specific degr.)
3. Country specific category
4. Country specific category
5. Country specific category
6. Country specific category
7. Country specific category
8. Country specific category
9. Country specific category
10. Country specific category
11. Country specific category
12. Country specific category
13. Country specific category
14. Country specific category
15. Country specific category
16. Country specific category
17. Country specific category
18. Country specific category
19. Country specific category
20. Country specific category
21. Still in education/vocational training
22. Other

Card 4

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

## Card 5

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

## Card 6

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

## Card 7

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

## Card 8

1. A heart attack including myocardial infarction or coronary thrombosis or any other heart problem including congestive heart failure
2. High blood pressure or hypertension
3. High blood cholesterol
4. A stroke or cerebral vascular disease
5. Diabetes or high blood sugar
6. Chronic lung disease such as chronic bronchitis or emphysema
7. Cancer or malignant tumour, including leukaemia or lymphoma, but excluding minor skin cancers
8. Stomach or duodenal ulcer, peptic ulcer
9. Parkinson disease

## 13. Cataracts

14. Hip fracture
15. Other fractures
16. Alzheimer's disease, dementia, organic brain syndrome, senility or any other serious memory impairment
17. Other affective or emotional disorders, including anxiety, nervous or psychiatric problems
18. Rheumatoid Arthritis
19. Osteoarthritis, or other rheumatism
20. Chronic kidney disease
21. None
22. Other conditions, not yet mentioned

## Card 9

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

## Card 10

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

## Card 11

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

## Card 12

1. Walking 100 metres
2. Sitting for about two hours
3. Getting up from a chair after sitting for long periods
4. Climbing several flights of stairs without resting
5. Climbing one flight of stairs without resting
6. Stooping, kneeling, or crouching
7. Reaching or extending your arms above shoulder level
8. Pulling or pushing large objects like a living room chair
9. Lifting or carrying weights over 10 pounds/5 kilos, like a heavy bag of groceries
10. Picking up a small coin from a table 96. None of these

## Card 13

1. Dressing, including putting on shoes and socks
2. Walking across a room
3. Bathing or showering
4. Eating, such as cutting up your food
5. Getting in or out of bed
6. Using the toilet, including getting up or down
7. Using a map to figure out how to get around in a strange place
8. Preparing a hot meal
9. Shopping for groceries
10. Making telephone calls
11. Taking medications
12. Doing work around the house or garden
13. Managing money, such as paying bills and keeping track of expenses
14. Leaving the house independently and accessing transportation services
15. Doing personal laundry
16. None of these

## Card 14

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

## Card 15

During the last 7 days, overall how many units of alcoholic beverages did you have?

| Drinks Examples | $\mathrm{N}^{\circ}$ of units |
| :---: | :---: |
| Beer 33 cl <br> 4-6\% alcohol | [___] units |
| Wine 12 cl <br> 10-13\% alcohol | units |
| Fortified wine 8 cl <br> 14-22\% alcohol | $\qquad$ units |
| Spirits 4 cl <br> 23\% alcohol and above | [___] units |
| Please, sum up all units and copy the total number in the CAPI | total : [__] units |

## Card 16

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

## Card 17

## 1. Every day

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

## Card 18

1. Aids and appliances (e.g. Wheelchairs; Rollators; Zimmer Frame; Walking Sticks and Crutches; Orthoses; Protheses)
2. Ambulatory therapies (e.g. Physiotherapy; Vocational therapy; Osteopathy; Homeopathy; Counseling Psychology; Chiropractic)
3. None of these

## Card 19

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

## Card 20

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

## Card 21

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

## Card 22

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

## Card 23

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

## Card 24

1. Public old age pension
2. Public old age supplementary pension or public old age second pension
3. Public early retirement or pre-retirement pension
4. Main public sickness benefits
5. Main public disability insurance pension
6. Secondary public disability insurance pension
7. Secondary public sickness benefits
8. Public unemployment benefit or insurance
9. Main public survivor pension from your spouse or partner
10. Secondary public survivor pension from your spouse or partner
11. Public war pension
12. Public long-term care insurance
13. Social assistance
14. None of these

## Card 25

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

## Card 26

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

## Card 27

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

## Card 28

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

## Card 29

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

## Card 30

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

## Card 31

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

## Card 32

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

## Card 33

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

## Card 34

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

## Card 35

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

## Card 36

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

## Card 37

1. Often
2. Sometimes

## 3. Rarely

4. Never

## Card 38

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

## Card 39



## Card 40

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