



National Health & Aging Trends Study

how daily life changes as we age

SHOW CARDS

January 2011

Not at all

Several days

More than half the days

Nearly every day

Every night (7 nights a week)

Most nights (5-6 nights a week)

Some nights (2-4 nights a week)

Rarely (once a week or less)

Never

Every night

Most nights

Some nights

Rarely

Never

- 1. Private residence**
- 2. A group home, board and care, or supervised housing**
- 3. Assisted living facility or continuing care retirement community (CCRC)**
- 4. Religious group quarters**

- 1. No schooling completed**
- 2. 1st-8th grade**
- 3. 9th-12th grade (no diploma)**
- 4. High school graduate (high school diploma or equivalent)**
- 5. Vocational, technical, business, or trade school certificate or diploma (beyond high school level)**
- 6. Some college but no degree**
- 7. Associate's degree**
- 8. Bachelor's degree**
- 9. Master's, professional, or doctoral degree**

- 1. Private residence**
- 2. A group home, board and care, or supervised housing**
- 3. Assisted living facility or continuing care retirement community (CCRC)**
- 4. Nursing home**

- 1. No schooling completed**
- 2. 1st-8th grade**
- 3. 9th-12th grade (no diploma)**
- 4. High school graduate (high school diploma or equivalent)**
- 5. Vocational, technical, business, or trade school certificate or diploma (beyond high school level)**
- 6. Some college but no degree**
- 7. Associate's degree**
- 8. Bachelor's degree**
- 9. Master's, professional, or doctoral degree**

Examples of wheelchairs



MD1

Examples of scooters



MD2

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

Back

Hips

Knees

Feet

Hands

Wrists

Shoulders

Head

Neck

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

Much better

Better

Same

Worse

Much Worse

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

Every time

Most times

Sometimes

Rarely

Never

MO2

Most times

Sometimes

Rarely

Never

MO3

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

DT1

In the last month...

- 1. I always did it by myself**
- 2. I always did it together with someone else**
- 3. Someone else always did it for me**
- 4. It varied (more than one way)**

In the last month...

- 1. He/she always did it by himself/herself**
- 2. He/she always did it together with someone else**
- 3. Someone else always did it for him/her**
- 4. It varied (more than one way)**

Cash

Check

Debit or gift card

Credit card

- 1. Drove**
- 2. Got a ride from a family member or friend or someone paid to help**
- 3. Used a van or shuttle service provided by the place SP lives**
- 4. Used a van or shuttle service for people with disabilities or seniors NOT provided by the place SP lives**
- 5. Took public transportation (bus, subway, train, or tram)**
- 6. Took a taxi**

Every time

Most times

Sometimes

Rarely

Never

Every time

Most times

Sometimes

Rarely

SC1

Most times

Sometimes

Rarely

Never

SC2

Every time

Most times

Sometimes

Rarely

Never

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

In the last month...

- 1. I always did it by myself**
- 2. I always did it together with someone else**
- 3. Someone else always did it for me**
- 4. It varied (more than one way)**

In the last month...

- 1. He/she always did it by himself/herself**
- 2. He/she always did it together with someone else**
- 3. Someone else always did it for him/her**
- 4. It varied (more than one way)**

MC1b

Every time

Most times

Sometimes

Rarely

Never

MC2

- 1. Drove**
- 2. Got a ride from a family member or friend or someone paid to help**
- 3. Used a van or shuttle service provided by the place SP lives**
- 4. Used a van or shuttle service for people with disabilities or seniors NOT provided by the place SP lives**
- 5. Took public transportation (bus, subway, train, or tram)**
- 6. Took a taxi**

Well off

Above average

Average

Below average

Poor

EL1

- 1. No schooling completed**
- 2. 1st-8th grade**
- 3. 9th-12th grade (no diploma)**
- 4. High school graduate (high school diploma or equivalent)**
- 5. Vocational, technical, business, or trade school certificate or diploma (beyond high school level)**
- 6. Some college but no degree**
- 7. Associate's degree**
- 8. Bachelor's degree**
- 9. Master's, professional, or doctoral degree**

White/Caucasian

Black/African American

American Indian

Alaska Native

Asian

Native Hawaiian

Pacific Islander

RL1

Mexican American/Chicano

Puerto Rican

Cuban American

- 1. November 1941 or earlier**
- 2. World War II (December 1941 - December 1946)**
- 3. January 1947 - June 1950**
- 4. Korean War (July 1950 - January 1955)**
- 5. February 1955 - July 1964**
- 6. Vietnam Era (August 1964 – April 1975)**
- 7. May 1975 - July 1990**
- 8. August 1990 - August 2001 (Including Persian Gulf War)**
- 9. September 2001 or later**

Every day (7 days a week)

Most days (5-6 days a week)

Some days (2-4 days a week)

Rarely (once a week or less)

Never

- 1. Less than \$1,000**
- 2. \$1,000 - \$1,999**
- 3. \$2,000 - \$2,999**
- 4. \$3,000 - \$4,999**
- 5. \$5,000 or more**

- 1. Less than \$250**
- 2. \$250 - \$499**
- 3. \$500 - \$999**
- 4. \$1000 or more**

1. Less than \$50,000

2. \$50,000 - \$100,000

3. Over \$100,000

- 1. Less than \$50,000**
- 2. \$50,000 - \$74,999**
- 3. \$75,000 - \$99,999**
- 4. \$100,000 - \$199,999**
- 5. \$200,000 - \$299,999**
- 6. \$300,000 - \$499,999**
- 7. \$500,000 - \$749,999**
- 8. \$750,000 or more**

Retirement plans:

401(k)

403(b)

IRA

Keogh

IA1

- 1. Less than \$1,200**
- 2. \$1,200 - \$1,599**
- 3. \$1,600 - \$1,999**
- 4. \$2,000 - \$2,499**
- 5. \$2,500 or more**

- 1. Less than \$600**
- 2. \$600 - \$899**
- 3. \$900 - \$1,099**
- 4. \$1,100 - \$1,499**
- 5. \$1,500 or more**

- 1. Less than \$300**
- 2. \$300 - \$699**
- 3. \$700 - \$999**
- 4. \$1,000 or more**

1. Less than \$100

2. \$100 - \$199

3. \$200 - \$399

4. \$400 - \$699

5. \$700 or more

- 1. Less than \$600**
- 2. \$600 - \$799**
- 3. \$800 - \$999**
- 4. \$1,100 - \$1,199**
- 5. \$1,200 or more**

- 1. Less than \$500**
- 2. \$500 - \$699**
- 3. \$700 - \$899**
- 4. \$900 - \$1,099**
- 5. \$1,100 or more**

- 1. Less than \$600**
- 2. \$600 - \$1,099**
- 3. \$1,100 - \$2,099**
- 4. \$2,100 - \$4,499**
- 5. \$4,500 or more**

- 1. Less than \$400**
- 2. \$400 - \$799**
- 3. \$800 - \$1,499**
- 4. \$1,500 - \$3,399**
- 5. \$3,400 or more**

- 1. Less than \$16,000**
- 2. \$16,000 - \$49,999**
- 3. \$50,000 - \$118,999**
- 4. \$119,000 - \$224,999**
- 5. \$225,000 or more**

- 1. Less than \$10,000**
- 2. \$10,000 - \$27,999**
- 3. \$28,000 - \$54,999**
- 4. \$55,000 - \$143,999**
- 5. \$144,000 or more**

- 1. Less than \$200**
- 2. \$200 - \$299**
- 3. \$300 - \$699**
- 4. \$700 - \$1,499**
- 5. \$1,500 or more**

- 1. Less than \$100**
- 2. \$100 - \$199**
- 3. \$200 - \$399**
- 4. \$400 - \$1,099**
- 5. \$1,100 or more**

- 1. Less than \$2,400**
- 2. \$2,400 - \$3,599**
- 3. \$3,600 - \$8,399**
- 4. \$8,400 - \$17,999**
- 5. \$18,000 or more**

- 1. Less than \$1,200**
- 2. \$1,200 - \$2,399**
- 3. \$2,400 - \$4,799**
- 4. \$4,800 - \$13,199**
- 5. \$13,200 or more**

- 1. Less than \$62,000**
- 2. \$62,000 - \$85,999**
- 3. \$86,000 - \$149,999**
- 4. \$150,000 - \$434,999**
- 5. \$435,000 or more**

- 1. Less than \$1,000**
- 2. \$1,000 - \$1,999**
- 3. \$2,000 - \$19,999**
- 4. \$20,000 - \$49,999**
- 5. \$50,000 or more**

- 1. Less than \$77,000**
- 2. \$77,000 - \$79,999**
- 3. \$80,000 - \$171,999**
- 4. \$172,000 - \$199,999**
- 5. \$200,000 or more**

- 1. Less than \$1,000**
- 2. \$1,000 - \$15,999**
- 3. \$16,000 - \$33,999**
- 4. \$34,000 - \$55,999**
- 5. \$56,000 or more**

- 1. Less than \$11,000**
- 2. \$11,000 - \$22,999**
- 3. \$23,000 - \$44,999**
- 4. \$45,000 - \$112,999**
- 5. \$113,000 or more**

- 1. Less than \$1,000**
- 2. \$1,000 - \$5,999**
- 3. \$6,000 - \$13,999**
- 4. \$14,000 - \$35,999**
- 5. \$36,000 or more**

- 1. Less than \$10,000**
- 2. \$10,000 - \$22,999**
- 3. \$23,000 - \$55,999**
- 4. \$56,000 - \$80,999**
- 5. \$81,000 or more**

- 1. Less than \$600**
- 2. \$600 - \$999**
- 3. \$1,000 - \$2,999**
- 4. \$3,000 - \$10,999**
- 5. \$11,000 or more**

- 1. Less than \$500**
- 2. \$500 - \$999**
- 3. \$1,000 - \$3,999**
- 4. \$4,000 - \$15,999**
- 5. \$16,000 or more**

- 1. Less than \$200**
- 2. \$200 - \$999**
- 3. \$1,000 - \$3,999**
- 4. \$4,000 - \$6,999**
- 5. \$7,000 or more**

- 1. Less than \$30,000**
- 2. \$30,000 - \$151,999**
- 3. \$152,000 - \$367,999**
- 4. \$368,000 - \$956,999**
- 5. \$957,000 or more**

- 1. Less than \$30,000**
- 2. \$30,000 - \$88,999**
- 3. \$89,000 - \$295,999**
- 4. \$296,000 - \$360,999**
- 5. \$361,000 or more**

- 1. Less than \$7,200**
- 2. \$7,200 - \$16,799**
- 3. \$16,800 - \$40,799**
- 4. \$40,000 - \$86,399**
- 5. \$86,400 or more**

- 1. Less than \$6,000**
- 2. \$6,000 - \$11,999**
- 3. \$12,000 - \$23,999**
- 4. \$24,000 - \$47,999**
- 5. \$48,400 or more**

- 1. Less than \$27,600**
- 2. \$27,600 - \$41,999**
- 3. \$42,000 - \$63,999**
- 4. \$64,000 - \$107,999**
- 5. \$108,000 or more**

- 1. Less than \$14,000**
- 2. \$14,000 - \$21,999**
- 3. \$22,000 - \$35,999**
- 4. \$36,000 - \$48,999**
- 5. \$49,000 or more**

- 1. Less than \$2,500**
- 2. \$2,500 - \$4,999**
- 3. \$5,000 - \$7,499**
- 4. \$7,500 - \$9,999**
- 5. \$10,000 - \$19,999**
- 6. \$20,000 or more**

- 1. Less than \$1,000**
- 2. \$1,000 - \$1,999**
- 3. \$2,000 - \$3,999**
- 4. \$4,000 - \$5,999**
- 5. \$6,000 - \$9,999**
- 6. \$10,000 - \$19,999**
- 7. \$20,000 or more**

- 1. Less than \$500**
- 2. \$500 - \$999**
- 3. \$1,000 - \$1,999**
- 4. \$2,000 - \$3,999**
- 5. \$4,000 - \$5,999**
- 6. \$6,000 - \$9,999**
- 7. \$10,000 - \$19,999**
- 8. \$20,000 or more**

- 1. Freestanding nursing home**
- 2. Freestanding assisted living facility**
- 3. Nursing home and assisted living facility**
- 4. Continuing care retirement community (CCRC)**
- 5. Adult family care home**
- 6. Group home**
- 7. Board and care home**
- 8. Retirement community or senior housing (not CCRC)**

Meals (in common dining areas or in residents' own rooms)

Help with medications

Help with bathing and dressing

Laundry services for linens or clothing

Housekeeping services

A van or shuttle to doctors or other medical care providers

A van or shuttle to stores or events like concerts

Recreational facilities, like swimming pools, game rooms, or tennis courts, for residents

Organized social events and activities

Resident or resident's family

Social Security or SSI

Medicaid

Medicare

Private insurance

Other government source (VA, state, county)