



# National Health & Aging Trends Study

how daily life changes as we age

## **SHOW CARDS**

**April 2022**

**Free-standing (detached) single house**

**Single house but attached to others (row house, townhouse, duplex, triplex, or triple decker)**

**Mobile home or trailer**

**Multi-unit (2+) building**

**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**

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

- 1. No schooling completed**
- 2. 1<sup>st</sup>-8<sup>th</sup> grade**
- 3. 9<sup>th</sup>-12<sup>th</sup> 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)**
- 
- 5. Nursing home**

- 1. No schooling completed**
- 2. 1<sup>st</sup>-8<sup>th</sup> grade**
- 3. 9<sup>th</sup>-12<sup>th</sup> 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



**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**

**Arms**

**Legs**

**Stomach**

**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**



**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)**

**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/Uber/Lyft**
- 7. Walked**

**Every time**

**Most times**

**Sometimes**

**Rarely**

**Never**

**Every time**

**Most times**

**Sometimes**

**Rarely**



**Most times**

**Sometimes**

**Rarely**

**Never**

**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)**

**Every time**

**Most times**

**Sometimes**

**Rarely**

**Never**

- 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/Uber/Lyft**
- 7. Walked**
- 8. Home visit**

- 1. A fracture, sprain, or injury**
- 2. A hip, knee, or other joint replacement**
- 3. Another musculoskeletal condition**
- 4. A stroke or TIA**
- 5. A heart attack**
- 6. Another heart condition or vascular disease**
- 7. A breathing condition**
- 8. A neurological condition like MS or Parkinson's**
- 9. Cancer**



**Back**

**Hip(s)**

**Knee(s)**

**Feet**

**Hand(s)**

**Wrist(s)**

**Shoulder(s)**

**Head**

**Neck**

**Arm(s)**

**Leg(s)**

**Stomach**

**Mouth or Throat**

**Heart**

**Lungs**

- 1. Difficulty chewing or swallowing**
- 2. Difficulty speaking or being understood**
- 3. Pain level**
- 4. Problem with breathing**
- 5. Problem with strength (muscle weakness)**
- 6. Problem with movement (range of motion)**
- 7. Low energy level**
- 8. Problem with balance or coordination**
- 9. Problem with falls**
- 10. Problem with memory**

- 1. Getting out of bed**
- 2. Walking around inside at home**
- 3. Leaving home to go outside**
- 4. Walking distances outside (several blocks)**
- 5. Climbing stairs**
- 6. Driving**
- 7. Using other forms of transportation**

- 1. Caring for self (washing up, toileting, dressing, eating)**
- 2. Household tasks (shopping for groceries, preparing meals, doing laundry)**
- 3. Using a computer, laptop or tablet**
- 4. Working or volunteering**
- 5. Providing care to someone else**
- 6. Participating in social, religious, or community activities**

**Well off**

**Above average**

**Average**

**Below average**

**Poor**

- 1. No schooling completed**
- 2. 1<sup>st</sup>-8<sup>th</sup> grade**
- 3. 9<sup>th</sup>-12<sup>th</sup> 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**

**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 to less than \$2,000**
- 3. \$2,000 to less than \$3,000**
- 4. \$3,000 to less than \$5,000**
- 5. \$5,000 or more**

- 1. Less than \$250**
- 2. \$250 to less than \$500**
- 3. \$500 to less than \$1,000**
- 4. \$1,000 to less than \$3,000**
- 5. \$3,000 to less than \$5,000**
- 6. \$5,000 or more**

- 1. Less than \$50,000**
- 2. \$50,000 to less than \$75,000**
- 3. \$75,000 to less than \$100,000**
- 4. \$100,000 to less than \$200,000**
- 5. \$200,000 to less than \$300,000**
- 6. \$300,000 to less than \$500,000**
- 7. \$500,000 to less than \$750,000**
- 8. \$750,000 or more**

- 1. Less than \$250**
- 2. \$250 to less than \$500**
- 3. \$500 to less than \$1,000**
- 4. \$1,000 to less than \$3,000**
- 5. \$3,000 to less than \$5,000**
- 6. \$5,000 or more**

# **Retirement plans:**

**401(k)**

**403(b)**

**IRA**

- 1. Less than \$40,000**
- 2. \$40,000 to less than \$59,000**
- 3. \$59,000 to less than \$91,000**
- 4. \$91,000 to less than \$145,000**
- 5. \$145,000 or more**



- 1. Less than \$16,000**
- 2. \$16,000 to less than \$28,000**
- 3. \$28,000 to less than \$43,000**
- 4. \$43,000 to less than \$84,000**
- 5. \$84,000 or more**

- 1. Less than \$2,500**
- 2. \$2,500 to less than \$5,000**
- 3. \$5,000 to less than \$10,000**
- 4. \$10,000 to less than \$20,000**
- 5. \$20,000 to less than \$50,000**
- 6. \$50,000 or more**

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

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

- 1. Freestanding nursing home**
- 2. Freestanding assisted living facility**
- 3. Nursing home and assisted living facility**
- 4. Independent, Assisted and Nursing Home Care Community (CCRC or Lifeplan Community)**
- 5. Adult family care home**
- 6. Group home**
- 7. Board and care home**
- 8. Retirement community or senior housing (not CCRC)**
- 9. Independent living**
- 10. Independent and assisted living**

**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**

**An indoor fitness center**

**Areas to walk for pleasure or exercise, like an outdoor walking path**

**Other recreational facilities, like swimming pools, game rooms, or tennis courts, for residents**

**Organized social events and activities**

**Onsite health and wellness programs**

**A medical emergency system to call someone for help**

**Resident or resident's family**

**Social Security or SSI**

**Medicaid**

**Medicare**

**Private insurance**

**Other government source (VA, state, county)**

**White/Caucasian**

**Black/African American**

**American Indian**

**Alaska Native**

**Asian**

**Native Hawaiian**

**Pacific Islander**