

Australian Longitudinal Study on Women's Health

Data book

For the twenty-first and twenty-second six-month follow-up surveys of the 1921-26 cohort

Surveyed 2021-2023, when aged between 95-102 years

November 2023



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For the twenty-first and twenty-second six-month follow-up surveys of the 1921-26 cohort

Surveyed 2021-2023, when aged between 95-102 years

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Data book for waves 21 and 22 of the six-monthly survey of the 1921-1926 cohort (aged 95-102 years)

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This document was prepared by Paul McElwee, with help from the data management group of the Australian Longitudinal Study on Women's Health (ALSWH) at the Universities of Queensland and Newcastle.

Notes

This data book provides a summary of responses to the twenty-first and twenty-second six-monthly followup surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between November 2021 and July 2023. There were 135 responses to the twenty-first survey and 98 to the twenty-second survey.

This data book is ordered by the order of the questions on the paper questionnaire. The questionnaire number is given where appropriate. The derived variables do not have any questionnaire numbering.

The frequencies in this data book were weighted according to the area classification at baseline, which was to account for the deliberate over-sampling of women from rural and remote areas. The missing amounts were not weighted and nor were the number of non-missing values given for the non-categorical responses.

For information on the derived variables refer to the ALSWH website (https://alswh.org.au). The ALSWH website has general information about the project; the investigators and staff; publications and presentations; information for participants; surveys; and information for potential data users. If you have any queries, please contact us at:

Australian Longitudinal Study on Women's Health

https://alswh.org.au

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Item Description	Categories	Survey 21	%	Survey 22	%
Q1 In general, would you say your health is:					
	Excellent	0	0.4	0	0.5
	Very good	12	8.8	13	13.3
	Good	58	43.6	35	36.5
	Fair	53	39.8	39	41.3
	Poor	10	7.4	8	8.4
	Missing	2		3	
Q2 Compared to one year ago, how would you rate your health in general					
NOW	Much better				1.8
	Somewhat better	2	1.7	5	5.5
	About the same	48	36.8	35	37.4
	Somewhat worse	73	55.3	48	50.5
	Much worse	8	6.2	4	4.7
	Missing	2		4	
Q3a The following questions are about activities you might do during a					
vpical day. Does your health now limit you in these activities? If so, how nuch? Vigorous activities such as running, lifting heavy objects, articipating in strenuous sports	Limited a lot	125	96.0	89	97.0
	Limited a little	2	1.5	3	3.0
	Not limited	3	2.5		
	Missing	4		7	
Q3b The following questions are about activities you might do during a					
ypical day. Does your health now limit you in these activities? If so, how nuch? Moderate activities, such as moving a table, pushing a vacuum	Limited a lot	83	67.2	64	68.3
cleaner, bowling or playing golf	Limited a little	37	30.0	26	28.3
	Not limited	3	2.8	3	3.4
	Missing	9		3	
Q3c The following questions are about activities you might do during a					
ypical day. Does your health now limit you in these activities? If so, how nuch? Lifting or carrying groceries	Limited a lot	67	52.5	49	54.2
	Limited a little	49	39.0	36	39.3
	Not limited	11	8.6	6	6.5
	Missing	6		6	
Q3d The following questions are about activities you might do during a					
ypical day. Does your health now limit you in these activities? If so, how nuch? Climbing several flights of stairs	Limited a lot	87	72.5	68	72.7
	Limited a little	29	23.8	23	24.4
	Not limited	4	3.7	3	2.9
	Missing	14		4	

Item Description	Categories	Survey 21	%	Survey 22	%
Q3e The following questions are about activities you might do during a					
typical day. Does your health now limit you in these activities? If so, how much? Climbing one flight of stairs	Limited a lot	60	48.8	35	37.6
	Limited a little	37	30.1	41	43.5
	Not limited	26	21.1	18	18.9
	Missing	12		6	
Q3f The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how	Limited a lot	60	47.6	22	36.4
much? Bending, kneeling or stooping			-	33	48.7
	Limited a little Not limited	45	35.5	44	
		21	16.9	14	14.9
O2a The following superions are about activities you might do during a	Missing	8		7	
By The following questions are about activities you might do during a bical day. Does your health now limit you in these activities? If so, house you health now limit you in these activities? If so, house the second se	Limited a lot	102	84.9	64	71.8
much? Walking more than one kilometre	Limited a little	102	11.5	18	19.8
	Not limited	4	3.7	7	8.4
	Missing	- 11	0.7	, 10	0.4
Q3h The following questions are about activities you might do during a	Wissing			10	
pical day. Does your health now limit you in these activities? If so, how	Limited a lot	73	59.7	47	54.2
much? Walking half a kilometre	Limited a little	33	26.8	23	26.0
	Not limited	17	13.5	17	19.8
	Missing	10		10	
Q3i The following questions are about activities you might do during a	3	-		-	
3h The following questions are about activities you might do during a pical day. Does your health now limit you in these activities? If so, ho uch? Walking half a kilometre 3i The following questions are about activities you might do during a pical day. Does your health now limit you in these activities? If so, ho uch? Walking 100 metres	Limited a lot	39	32.2	27	29.8
nuch? Waiking 100 metres	Limited a little		33.8	25	28.3
	Not limited	41	34.0	38	41.9
	Missing	10		8	
Q3j The following questions are about activities you might do during a	C C				
typical day. Does your health now limit you in these activities? If so, how much? Bathing or dressing yourself	Limited a lot	17	13.4	10	11.0
	Limited a little	38	29.6	35	37.4
	Not limited	72	57.0	49	51.7
	Missing	6		3	
Q4a During the past four weeks, have you had any of the following					
problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical	Yes	87	69.3	67	70.8
health? Cut down on the amount of time you spent on work or other	No	38	30.7	28	29.2
activities	Missing	10		3	
Q4b During the past four weeks, have you had any of the following					
problems with your work (including your work outside the home and nousework) or other regular daily activities as a result of your physical	Yes	94	74.9	77	81.5
nealth? Accomplished less than you would like	No	31	25.1	18	18.5
	Missing	10		3	

Item Description	Categories	Survey 21	%	Survey 22	%
Q4c During the past four weeks, have you had any of the following					
problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical	Yes	94	75.1	79	82.9
health? Were limited in the kind of work or other activities	No	31	24.9	16	17.1
	Missing	10		2	
Q4d During the past four weeks, have you had any of the following					
problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical	Yes	90	72.1	78	81.9
health? Had difficulty performing the work or other activities (for example it	No	35	27.9	17	18.
cook extra effort)	Missing	10		2	
Q5a During the past four weeks, have you had any of the following			1.8		
problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Cut down on	Yes	45	35.9	26	29.
he amount of time you spent on work or other activities	No	81	64.1	64	70.
	Missing	8		5	
Q5b During the past four weeks, have you had any of the following					
problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Accomplished ess than you would like	Yes	55	43.6	41	45.
	No	71	56.4	50	54.
	Missing	9		4	
Q5c During the past four weeks, have you had any of the following					
problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Didn't do work	Yes	37	29.3	33	37.
or other activities as carefully as usual	No	89	70.7	55	62.
	Missing	9		7	
Q6 During the past four weeks, to what extent has your physical health or					
emotional problems interfered with your normal social activities with family, riends, neighbours or groups?	Not at all	49	37.8	29	31.
	Slightly	27	21.1	21	22.
	Moderately	19	15.1	13	13.
	Quite a bit	23	17.6	24	25.
	Extremely	11	8.4	6	6.
	Missing	7		2	
Q7 How much bodily pain have you had during the past four weeks?					
	No bodily pain	18	13.6	18	18.
	Very mild	29	22.0	14	14.
	Mild	17	12.9	8	8.
	Moderate	43	33.1	40	42.
	Severe	22	16.7	12	12.
	Very severe	2	1.7	3	3.
	Missing	4			

Item Description	Categories	Survey 21	%	Survey 22	%
Q8 During the past four weeks, how much did pain interfere with your					
normal work (including both work outside the home and housework)?	Not at all	36	28.2	28	30.4
	A little bit	37	29.2	16	17.2
	Moderately	30	23.2	24	25.9
	Quite a bit	17	13.3	14	14.5
	Extremely	8	6.0	11	11.9
	Missing	7		3	
Q9a For each question, please give the one answer that comes closest to					
he way you have been feeling. How much of the time during the past four veeks: Did you feel full of life?	All the time	3	2.7	0	0.5
	Most the time	21	16.6	18	19.5
	Good bit of time	17	13.6	10	11.5
	Some of time	37	29.2	23	25.2
	Little of time	27	21.6	20	22.1
	None of time	20	16.3	19	21.1
	Missing	9		7	
Q9b For each question, please give the one answer that comes closest to					
he way you have been feeling. How much of the time during the past four veeks: Have you been a very nervous person?	All the time	0	0.4	2	2.0
reeks. Have you been a very hervous person?	Most the time	2	1.4		
	Good bit of time	2	1.4	3	3.9
	Some of time	16	12.5	12	13.6
	Little of time	30	24.3	17	19.2
	None of time	75	60.1	55	61.4
	Missing	10		7	
Q9c For each question, please give the one answer that comes closest to					
he way you have been feeling. How much of the time during the past four weeks: Have you felt so down in the dumps that nothing could cheer you	All the time	1	0.8		
ip?	Most the time	4	3.2	5	5.
	Good bit of time	3	2.2	0	0.5
	Some of time	10	7.7	15	16.0
	Little of time	35	27.8	18	20.3
	None of time	72	58.3	52	57.4
	Missing	9		5	
Q9d For each question, please give the one answer that comes closest to	-				
he way you have been feeling. How much of the time during the past four veeks: Have you felt calm and peaceful?	All the time	17	13.7	4	4.1
	Most the time	47	38.8	32	35.6
	Good bit of time		16.4	22	24.4
	Some of time	21	17.2	23	25.8
	Little of time	13	10.9	6	6.3
	None of time	4	3.1	3	3.9

Item Description	Categories	Survey 21	%	Survey 22	%
Q9e For each question, please give the one answer that comes closest to he way you have been feeling. How much of the time during the past four	All the time	0	0.4		
weeks: Did you have a lot of energy?	Most the time	11	8.6	6	6.5
	Good bit of time	18	14.3	11	12.6
	Some of time	25	20.3	21	23.7
	Little of time	36	29.5	23	25.9
	None of time	33	26.9	28	31.4
	Missing	14		6	
Q9f For each question, please give the one answer that comes closest to he way you have been feeling. How much of the time during the past four	All the time	1	0.0	0	4.0
veeks: Have you felt down?		1	0.8	2	1.9
	Most the time	4	3.2	2	2.5
	Good bit of time	4	3.6	3	3.0
	Some of time	24	19.1	16	18.
	Little of time	47	37.7	36	39.9
	None of time		35.7	31	34.
	Missing	11		7	
19g For each question, please give the one answer that comes closest to ne way you have been feeling. How much of the time during the past four veeks: Did you feel worn out?	All the time	5	3.9	7	7.6
	Most the time	12	9.8	5	5.6
	Good bit of time	9	7.9	9	10.0
	Some of time	39	32.5	23	26.0
	Little of time	37	31.0	31	34.
	None of time	18	14.8	14	15.4
	Missing	13		6	
Q9h For each question, please give the one answer that comes closest to he way you have been feeling. How much of the time during the past four	All the time	26	20.0	14	15.1
weeks: Have you been a happy person?	Most the time		48.9	44	48.3
	Good bit of time	16	12.7	18	19.4
	Some of time	16	12.3	7	7.
	Little of time	6	4.4	5	5.9
	None of time	2	1.7	3	3.8
	Missing	8		4	
Q9i For each question, please give the one answer that comes closest to	-				
he way you have been feeling. How much of the time during the past four veeks: Did you feel tired?	All the time	10	8.0	5	5.8
	Most the time	26	19.8	18	19.
	Good bit of time	26	20.1	16	16.8
	Some of time	51	39.0	35	37.1
	Little of time	7	5.7	17	18.4
	None of time	10	7.4	2	2.4
	Missing	5		2	

1010 During the past four weeks, how much of the lime have your physical visiting with triends, relatives, etc)? All the time 18 14.3 12 13.1 Most the time 20 15.6 18 19.4 Some of time 20 15.6 18 19.4 Some of time 23 17.7 5 4.9 None of time 48 37.4 33 34.8 Missing 6 1 1.9 Of 1a How true or false is each of the following statements for you? I seem to get sick a little easier than other people Definitely true 0 0.4 - Of 1a How true or false is each of the following statements for you? I am as healthy as anybody I know 18 14.8 32 2.9 2.2 2.4 1.9 Of 1b How true or false is each of the following statements for you? I am as healthy as anybody I know 16 13.1 9 10.5 Mostly table 13 10.2 8.8 10 1.4 8.8 Of the two true or false is each of the following statements for you? I 13 9 2.5 2.4 2.4 <t< th=""><th>Item Description</th><th>Categories</th><th>Survey 21</th><th>%</th><th>Survey 22</th><th>%</th></t<>	Item Description	Categories	Survey 21	%	Survey 22	%
visiting with friends, relatives, etc.)? All the time 16 13 12 13.1 Most the time 20 15.6 16.8 19.4 Most the time 20 15.6 16.8 19.4 Some of time 19 15.0 26.7 1.1 Little of time 23 17.7 5.4 4.9 None of time 48 37.4 33 34.8 Missing 0 0.4 - 1.1 Otta How true or false is each of the following statements for you? I sensitive assive than other people Definitely true 18 14.8 12.9 2.29 2.24 4.9 Otta How true or false is each of the following statements for you? I and Missing 15 5.6 5.6 15.1 9 15.2 Otta How true or false is each of the following statements for you? I and Definitely true 16 13.1 9 15.2 Mostly false 12 1.8 3.9 4.22 2.9 2.8 2.8 Other work of false is each of the following statem						
Most the time%%% <t< td=""><td></td><td>All the time</td><td>18</td><td>14.3</td><td>12</td><td>13.1</td></t<>		All the time	18	14.3	12	13.1
Little of time17.5.4.9None of time4837.438.0None of time4837.438.0Missing6Entitle easier than other people5.05.01.0Mostly true43.32.21.0Mostly true43.32.21.0Mostly true4.81.21.0Mostly true2.82.92.22.0Patheritaly failes2.92.02.02.0Mostly failes2.82.02.02.0Mostly failes2.82.02.02.0Mostly failes2.82.02.02.0Mostly failes1.01.01.01.01.0Mostly failes1.01.01.01.01.0<		Most the time	20	15.6	18	19.4
None of time4857.453.854.8Missing6-1-Constrained is each of the following statements for you? I see in the distribution of the following statements for you? I and the distribution of		Some of time	19	15.0	26	27.7
Alising9.9.9.11 a How true or false is each of the following statements for you? I so to get sick a little easier than other people100.0.41.01010.400181.01.01.01.01.01010.400181.01.01.01.01.01010.400181.01.01.01.01.01010.111.01.01.01.01.01.01110.111.01.01.01.01.01.01110.111.01.01.01.01.01.01110.111.01.01.01.01.01.01.01110.111.01.01.01.01.01.01.01.01.01110.111.01		Little of time	23	17.7	5	4.9
Q11a How true or false is each of the following statements for you? I see to get sick a little easier than other people Definitely true 0 0.4 Mostly true 4 3.3 2 1.9 Don't know 18 14.8 12 13.0 Mostly false 28 2.2.9 2.2 2.9 Definitely false 71 5.8.6 5.4 6.54 6.54 Definitely false 71 5.8.6 5.4 6.54 6.94 2.2 9 2.4 7.4 9 1.5 Mostly false 71 5.8.6 5.4 6.1 1.5 5.4 7.5 2.4 7.4 7.5 7.5 2.4 7.4 2.5 2.4 7.4 7.5 7.		None of time	48	37.4	33	34.8
to get sick a little easier than other peopleDefinitely true00.4Mostly true43.321.9Mostly true184.8121.30Mostly false282.92.22.49Definitely false715.85.46.1Missing115.85.46.1Missing121.191.5Mostly false is each of the following statements for you? I and healthy as anybody I know151.191.5Mostly false181.191.52.42.1Mostly false181.191.52.42.1Mostly false181.01.28.83.194.2Don't know372.52.42.13.83.13.92.1Missing131.01.01.01.03.02.13.83.1<		Missing	6		1	
Definitely true 0 0.4 3.3 2 1.9 Mostly true 4 3.3 2 1.9 Don't know 18 14.8 12 13.0 Mostly false 28 22.9 22 24.9 Definitely false 71 58.6 54 60.1 Missing 14 9 10.5 54 64 Perinitely false 16 13.1 9 10.5 54 44.2 Don't know 37 29.5 24 27.4 Mostly false 13 10.2 8 8.8 Definitely frue 16 13.1 9 1.5 4.42 1.00' 1.02 8 8.8 Definitely false 7 5.4 8 9.1 1.5 Mostly false 7 5.4 8 9.1 1.5 Mostly false 7 5.8 1.9 1.5 1.5 Mostly false 5 4.3 2						
Image: Derivation of the second of the following statements for you? I and the following statements for	to get sick a little easier than other people	Definitely true	0	0.4		
Mostly faise282.92.92.92.92.92.92.92.92.92.92.0 <td></td> <td>Mostly true</td> <td>4</td> <td>3.3</td> <td>2</td> <td>1.9</td>		Mostly true	4	3.3	2	1.9
Definitely false 71 58.6 54 6.0.1 Missing 14 9 9 Charliely false is each of the following statements for you? I am as healthy as anybody I know 16 13.1 9 10.5 Mostly true 52 41.8 39 44.2 Don't know 37 29.5 24 27.4 Mostly false 13 10.2 88 8.8 Definitely false 7 5.4 8.8 Definitely false 7 5.4 8.8 Other know 13 10.2 88 8.8 Definitely false 7 5.4 8.0 14 5.9 Other know 14 30.0 21.5 14 5.9 15.9 Mostly frage 24 19.6 19.0 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 15.9 <		Don't know	18	14.8	12	13.0
Alter How true or false is each of the following statements for you? I am as healthy as anybody I know Image:		Mostly false	28	22.9	22	24.9
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know Definitely true 16 1.1.1 9 10.5 Mostly true 52 41.8 39 44.2 Don't know 37 29.5 24 27.4 Mostly false 13 10.2 8 8.8 Definitely false 7 5.4 8 9.1 Missing 12 8 8.8 Officitely false 7 5.4 8 9.1 expect my health to get worse Definitely true 24 19.6 19 21.5 Mostly true 24 19.6 19 21.5 3.0 31 35.9 Don't know 41 3.0 29 33.5 34.5 34.5 34.5		Definitely false	71	58.6	54	60.1
healthy as anybody I know Definitely true 16 1.3. 9 10.5 Mostly true 52 41.8 39 44.2 Don't know 37 29.5 24 27.4 Mostly false 13 10.2 8 8.8 Definitely false 7 5.4 8 9.1 Missing 12 8 9.1 9.1 expect my health to get worse Definitely true 24 19.6 19 21.5 Mostly true 24 19.6 19 21.5 10.5 10.5 10.5 Mostly false 5 4.3 22 2.3 10.5 10.5 10.5 10.5 Mostly false 5 4.3 2 2.3 10.5 10.5 10.5 10.5 Mostly false 5 4.3 2 2.3 10.5 10.5 10.5 10.5 Mostly false 5 4.3 2 2.3 10.5 10.5 10.5 </td <td></td> <td>Missing</td> <td>14</td> <td></td> <td>9</td> <td></td>		Missing	14		9	
Chain table is each of the following statements for you? I Definitely true 52 4.1.8 39 44.2 Don't know 37 29.5 24 27.4 Mostly false 13 10.2 8 8.8 Definitely false 7 5.4 8 9.1 Mostly false 13 10.2 8 8.8 Definitely false 7 5.4 8 9.1 expect my health to get worse 12 - 8 9.1 Out1 c How true or false is each of the following statements for you? I 24 19.6 19 21.5 Mostly false 24 3.0 21 3.5 3.3 22 3.3 Mostly false 5 4.3 2 2.3 2.5 3.5 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>						
Non' how 37 29.5 24 27.4 Mostly false 13 10.2 8 8.8 Definitely false 7 5.4 8 9.1 Missing 12 8 9.1 Q11c How true or false is each of the following statements for you? I Image: Comparison of the following statements for you? I Definitely true 24 19.6 19 21.5 Q11c How true or false is each of the following statements for you? I Definitely true 24 19.6 19 21.5 Mostly false 13 3.0 29 33.5 Don't know 41 3.0 29 33.5 On't know 41 3.0 29 33.5 Q11d How true or false is each of the following statements for you? My health is excellent Definitely false 5 4.3 22 2.3 Q11d How true or false is each of the following statements for you? My health is excellent To thow 1 1.2 4.3 4.5 Q11d How true or false is each of the following statements for you? My health is excellent To thow 16.6 </td <td>healthy as anybody I know</td> <td>Definitely true</td> <td>16</td> <td>13.1</td> <td>9</td> <td>10.5</td>	healthy as anybody I know	Definitely true	16	13.1	9	10.5
Mostly failse1310.288.8Definitely failse75.48.0Missing12Patter How true or failse is each of the following statements for you? IDefinitely true2419.61921.5Mostly failse2430.02135.0Don't know4133.02933.5Don't know4133.02933.5Don't know4133.02933.5Mostly failse54.32223.3Definitely failse65.16.66.9Mostly failse65.81.11.2Mostly failse75.81.11.2Mostly furue75.81.11.2Mostly failse75.81.11.2Mostly failse2226.321.52.5Don't know1612.71.31.52Mostly failse2226.321.52.5Mostly failse2326.521.51.5Mostly failse2321.51.51.5Q12a Do you have: Difficulty seeing newspaper print, even with glasses1.51.5No616.761.56.5Yes5253.553.553.5		Mostly true	52	41.8	39	44.2
Definitely false 7 5.4 8 9.1 Missing 17 5.4 8 9.1 Q11c How true or false is each of the following statements for you? I 5 19.6 19.9 21.5 Mostly true 24 19.6 19 21.5 Mostly true 47 38.0 31 35.9 Don't know 41 33.0 29 33.5 Mostly false 5 4.3 22 2.3 Don't know 41 33.0 29 33.5 Mostly false 6 5.1 66 6.9 Q11d How true or false is each of the following statements for you? My health is excellent 10 ''''''''''''''''''''''''''''''''''''		Don't know	37	29.5	24	27.4
Missing128Q11c How true or false is each of the following statements for you? I expect my health to get worseDefinitely true2419.61921.5Definitely true4738.03135.935.		Mostly false	13	10.2	8	8.8
Q11c How true or false is each of the following statements for you? I Definitely true 24 19.6 19 21.5 Mostly true 47 38.0 31 35.9 Don't know 41 33.0 29 33.5 Mostly false 5 4.3 22 23.3 Definitely false 6 5.1 6 6.9 Dissing 10 ' 10 ' Q11d How true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Mostly true 7 5.8 1 1.2 Mostly true 7 5.8 1 1.2 Mostly true 7 5.8 1 1.2 1.2 1.3 1.5 Mostly true 7 5.8 1 1.2 1.2 1.3 1.5 Mostly true 7 5.8 1 1.2 1.4 1.5 Don't know 16 12.7 1.3 1.5 1.5 Q12a Do you have: Difficulty seeing newspaper print, even with glassee 1.3 1.3		Definitely false	7	5.4	8	9.1
expect my health to get worseDefinitely true2419.619.21.5Mostly true4738.031.935.9Don't know4133.02933.5Mostly false54.3222.3Definitely false65.16.66.9Missing10-10-Petinitely false is each of the following statements for you? My health is excellent75.811.2Definitely true75.811.21.2Mostly true4738.634.940.5Don't know1612.71.31.2Mostly true4738.634.940.5Don't know1612.71.31.2Mostly false22.6.32.124.5Don't know1612.71.31.2Mostly false21.6.91.61.6.7Q12a Do you have: Difficulty seeing newspaper print, even with glasses1.51.5No816.76.16.5.3Yes523.33.33.4		Missing	12		8	
Q11d How true or false is each of the following statements for you? My health is excellent Mostly true 47 38.0 31 35.9 Q11d How true or false is each of the following statements for you? My health is excellent 6 5.1 6 6.9 Q11d How true or false is each of the following statements for you? My health is excellent 7 5.8 1 1.2 Q11d How true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Q11d How true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Q11d How true or false is each of the following statements for you? My health is excellent 7 5.8 1 1.2 Q11d How true or false is each of the following statements for you? My health is excellent 7 5.8 1 1.2 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? Q13 16.6 16.7 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7						
Don't know 41 33.0 29 33.5 Mostly false 5 4.3 2 2.3 Definitely false 6 5.1 6.6 6.9 Missing 10 - 10 - Patient is excellent 7 5.8 1 1.2 Mostly true 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Mostly false 10 16.6 16.6 18.7 Missing 13 - 13 - 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 85.3 Yes 52 30.3 33 34.7	expect my health to get worse	Definitely true	24	19.6	19	21.5
Mostly false 5 4.3 2 2.3 Definitely false 6 5.1 6 6.9 Missing 10 10 10 10 Path bew true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Mostly true 7 5.8 1 1.2 1.2 1.2 Mostly true 7 5.8 1 1.2 1.2 1.2 Mostly false 12 1.3 1.2 1.2 1.3 1.2 Mostly false 12 2.6.3 2.1 2.4.5 1.4 1.2 Mostly false 10 1.5 1.5 1.5 1.5 1.5 1.5 Q12a Do you have: Difficulty seeing newspaper print, even with glasses 1.5 1.5 1.5 1.5 1.5 No Asi 6.7 6.1 6.5.3 1.5 1.5 1.5 Yes 52 3.3 3.3 3.4 3.5 <td></td> <td>Mostly true</td> <td>47</td> <td>38.0</td> <td>31</td> <td>35.9</td>		Mostly true	47	38.0	31	35.9
Definitely false 6 5.1 6 6.9 Missing 10 10 10 10 10 Path how true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Mostly true 7 5.8 1 1.2 1.2 1.2 Mostly true 7 38.6 34 40.5 1.2 <td></td> <td>Don't know</td> <td>41</td> <td>33.0</td> <td>29</td> <td>33.5</td>		Don't know	41	33.0	29	33.5
Missing 10 10 Q11d How true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Definitely true 7 5.8 1 1.2 Mostly true 47 38.6 34 40.5 Don't know 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 18.7 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Mostly false	5	4.3	2	2.3
Q11d How true or false is each of the following statements for you? My health is excellent Definitely true 7 5.8 1 1.2 Mostly true 47 38.6 34 40.5 Don't know 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 18.7 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Definitely false	6	5.1	6	6.9
health is excellent Definitely true 7 5.8 1 1.2 Mostly true 47 38.6 34 40.5 Don't know 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 18.7 Missing 13 13 13 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Missing	10		10	
Definitely true 7 5.8 1 1.2 Mostly true 47 38.6 34 40.5 Don't know 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 18.7 Missing 13 13 13 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7						
Don't know 16 12.7 13 15.2 Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 18.7 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7	health is excellent	Definitely true	7	5.8	1	1.2
Mostly false 32 26.3 21 24.5 Definitely false 20 16.6 16 </td <td></td> <td>Mostly true</td> <td>47</td> <td>38.6</td> <td>34</td> <td>40.5</td>		Mostly true	47	38.6	34	40.5
Definitely false 20 16.6 16 18.7 Missing 13 13 13 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Don't know	16	12.7	13	15.2
Missing 13 13 Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Mostly false	32	26.3	21	24.5
Q12a Do you have: Difficulty seeing newspaper print, even with glasses? No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Definitely false	20	16.6	16	18.7
No 81 60.7 61 65.3 Yes 52 39.3 33 34.7		Missing	13		13	
Yes 52 39.3 33 34.7	Q12a Do you have: Difficulty seeing newspaper print, even with glasses?					
		No	81	60.7	61	65.3
Missing 1 2		Yes	52	39.3	33	34.7
		Missing	1		2	

Item Description	Categories	Survey 21	%	Survey 22	%
Q12b Do you have: Difficulty recognising people across the road, even with					
glasses?	No	84	62.9	70	74.5
	Yes	49	37.1	24	25.5
	Missing	1		2	
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing					
aid?	No	60	45.1	47	48.9
	Yes	73	54.9	47	50.2
	Missing	1		2	
Q12d Do you have: Difficulty speaking?					
	No	124	92.9	87	92.9
	Yes	9	7.1	7	7.1
	Missing	1		2	
Q12e Do you have: None of the above					
	No	89	66.6	61	64.7
	Yes	44	33.4	33	35.3
	Missing	1		2	
Q13a In the last 12 months, have you had any of the following: Stiff or					
painful joints	Never	26	20.0	14	14.5
	Rarely	18	13.6	15	16.3
	Sometimes	35	26.0	30	32.4
	Often	54	40.4	35	36.8
	Missing	2		2	
Q13b Have you had any of the following problems in the last 12 months?					
Problems with one or both feet	Never	43	32.7	34	36.2
	Rarely	25	18.9	19	20.2
	Sometimes	32	23.9	20	22.0
	Often	33	24.5	20	21.6
	Missing	1		4	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty					
amouty	Never	55	41.4	40	42.2
	Rarely	28	21.1	29	31.2
	Sometimes	36	27.3	15	16.2
	Often	14	10.2	10	10.5
	Missing	1		1	
Q13d In the last 12 months, have you had any of the following: Leaking urine					
	Never	22	16.6	10	10.8
	Rarely	19	14.1	19	20.1
	Sometimes	55	41.1	32	34.3
	Often	37	28.2	33	34.8
	Missing	2		1	

Item Description	Categories	Survey 21	%	Survey 22	%
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not					
including falls to the ground)?	No	76	60.1	58	60.4
	Yes	51	39.9	38	39.6
	Missing	6		1	
Q14b In the last 12 months, have you: Had a fall to the ground (does not					
include stumbles/trips)?	No	83	65.1	70	73.6
	Yes	44	34.9	25	26.4
	Missing	6		1	
Q14c In the last 12 months, have you: Been injured as a result of a fall?					
	No	97	76.2	68	71.6
	Yes	30	23.8	27	28.4
	Missing	6		1	
Q14d In the last 12 months, have you: Needed to seek medical attention					
(e.g. Doctor, hospital) for an injury from a fall?	No	100	79.0	69	72.1
	Yes	27	21.0	27	27.9
	Missing	6		1	
Q14e In the last 12 months, have you: Had any other injury from an					
accident at your home? (e.g. burns, cuts, bruises)	No	92	72.8	78	81.4
	Yes	35	27.2	18	18.6
	Missing	6		1	
Q14f In the last 12 months, have you: None of these accidents					
	No	76	59.5	58	60.8
	Yes	51	40.5	37	39.2
	Missing	6		1	
Q15a Do you regularly provide care or assistance (e.g. personal care,					
transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives with me	No	124	96.2	93	99.0
	Yes	5	3.8	1	1.0
	Missing	5		1	
Q15b Do you regularly provide care or assistance (e.g. personal care,					
transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives elsewhere	No	126	98.3	92	97.6
	Yes	2	1.7	2	2.4
	Missing	5		1	
Q15c Do you regularly provide care or assistance (e.g. personal care,					
transport) to any other person because of their long-term illness, disability or frailty? No, I do not provide care	No	7	5.2	3	2.9
	Yes	122	94.8	92	97. ⁻
	Missing	5		1	

Item Description	Categories	Survey 21	%	Survey 22	%
Q16a How many times did you do each type of activity last week?					
Walking briskly (for recreation or exercise, or to get from place to place)	Mean	1.18		1.09	
	Std Error	2.96		2.80	
	Ν	127		85	
	N Missing	8		7	
Q16b How many times did you do each type of activity last week?					
Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing) or more vigorous leisure activity (that	Mean	0.22		0.39	
makes you breathe harder or puff or pant)	Std Error	1.65		1.88	
	Ν	126		84	
	N Missing	9		8	
Q16c How many times did you do each type of activity last week?					
Vigorous work in the house or garden (like vacuuming, mopping, cleaning windows, digging, mowing etc)	Mean	0.65		0.39	
uows, uigging, mowing eic)	Std Error	2.65		1.29	
	Ν	123		84	
	N Missing	12		8	
Q17 What is your main (or most common) means of transport?					
	Car (you drive)	24	18.5	16	17.0
	Other	108	81.5	78	83.0
	Missing	3		1	
Q18 How do you manage on the income you have available?					
	Impossible	0	0.4	0	0.5
	Difficult always	1	0.7	1	1.0
	Difficult sometimes	6	4.4	4	4.1
	Not too bad	56	42.1	47	48.8
	Easy	70	52.4	44	45.6
	Missing	1			
Q19a Who lives with you? No-one, I live alone					
	No	48	37.3	24	26.8
	Yes	80	62.7	67	73.2
	Missing	7		5	
Q19b Who lives with you? Spouse or partner					
	No	121	95.2	89	97.6
	Yes	6	4.8	2	2.4
	Missing	7		5	
Q19c Who lives with you? Own children					
	No	109	85.7	79	86.2
	Yes		14.3	13	13.8
	Missing	7		5	

Item Description	Categories	Survey 21	%	Survey 22	%
Q19d Who lives with you? Other family members					
	No	121	95.0	90	98.4
	Yes	6	5.0	1	1.
	Missing	7		5	
Q19e Who lives with you? Non-family members	-				
	No	109	85.1	82	90.
	Yes	19	14.9	9	10.
	Missing	7		5	
Q20 What is your present marital status?	3				
	Married	7	5.1	4	4
	Widowed	113	86.2	80	87
	Divorced	6	4.3	4	4
	Never Married	6	4.3	3	3
	Missing	2		4	
Q21 Do you regularly need help with daily tasks because of long-term	3				
Iness, disability or frailty (e.g. personal care, getting around, preparing	Yes	78	58.3	48	53
eals etc)?	No		41.7	42	47
	Missing	1		5	
22a In the last month have you had any difficulty (for example, needing to	3				
ake extra time, changing the activity or using a device to help you) in	No difficulty	103	77.4	74	80
completing any of these activities? Grooming (e.g. brushing hair, applying nake-up)	Some difficulty	25	19.1	14	15
	Unable to do	5	3.5	4	4
	Missing	-	0.0	3	
22b In the last month have you had any difficulty (for example, needing to	lineenig	1		5	
ake extra time, changing the activity or using a device to help you) in	No difficulty	94	69.9	71	77
ompleting any of these activities? Eating (e.g. cutting meat, lifting glass or up, opening milk carton)	Some difficulty		27.7	21	22
	Unable to do	3	2.4		
	Missing	-		4	
22c In the last month have you had any difficulty (for example, needing to	lineenig	2		4	
ake extra time, changing the activity or using a device to help you) in	No difficulty	85	63.2	55	59
ompleting any of these activities? Bathing or taking a shower	Some difficulty		30.6	32	33
	Unable to do	8	6.2	7	7
	Missing	0	0.2	,	'
22d In the last month have you had any difficulty (for example, needing to	Missing				
ake extra time, changing the activity or using a device to help you) in	No difficulty	100	73.8	74	78
ompleting any of these activities? Dressing your upper body	Some difficulty		22.0	74 15	16
	Unable to do		4.2	5	
		6	4.2	c	5
	Missing				

Item Description	Categories	Survey 21	%	Survey 22	%
Q22e In the last month have you had any difficulty (for example, needing to					
take extra time, changing the activity or using a device to help you) in completing any of these activities? Dressing your lower body	No difficulty	93	69.1	66	70.3
	Some difficulty	35	26.3	23	25.0
	Unable to do	6	4.6	4	4.7
	Missing	1		2	
Q22f In the last month have you had any difficulty (for example, needing to					
take extra time , changing the activity or using a device to help you) in completing any of these activities? Getting up from a chair	No difficulty	62	46.0	48	51.1
	Some difficulty	67	50.0	45	47.9
	Unable to do	5	4.0	1	1.0
	Missing	1		3	
Q22g In the last month have you had any difficulty (for example, needing to					
take extra time, changing the activity or using a device to help you) in completing any of these activities? Walking inside the house	No difficulty	87	65.7	58	63.4
	Some difficulty	38	28.9	29	31.3
	Unable to do	7	5.4	5	5.4
	Missing	2		4	
Q22h In the last month have you had any difficulty (for example, needing to		2			
ake extra time, changing the activity or using a device to help you) in completing any of these activities? Using the toilet	No difficulty	102	78.2	79	84.1
	Some difficulty	25	19.3	14	15.3
	Unable to do	3	2.5	0	0.5
	Missing	4		3	
Q22i In the last month have you had any difficulty (for example, needing to					
22i In the last month have you had any difficulty (for example, needing to ke extra time, changing the activity or using a device to help you) in mpleting any of these activities? Shopping for personal items or oceries	No difficulty	29	21.7	14	15.4
	Some difficulty	43	32.3	31	33.0
	Unable to do	60	46.0	48	51.6
	Missing	4		4	
Q22j In the last month have you had any difficulty (for example, needing to	-				
take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing light housework (e.g. cleaning,	No difficulty	63	49.5	47	52.2
washing-up)	Some difficulty	42	32.5	25	27.6
	Unable to do	23	17.9	18	20.1
	Missing	7		6	
Q22k In the last month have you had any difficulty (for example, needing to	Ũ				
take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing heavy housework (e.g.	No difficulty	5	4.3	2	2.4
vacuuming, yard work)	Some difficulty	22	17.8	18	20.1
	Unable to do		77.9	71	77.5
	Missing	7		5	
Q22I In the last month have you had any difficulty (for example, needing to	Ŭ				
ake extra time, changing the activity or using a device to help you) in	No difficulty	93	70.1	59	62.7
completing any of these activities? Managing money (e.g. writing cheques or keeping accounts)	Some difficulty		20.6	16	16.9
or keeping accounts)					
or keeping accounts)	Unable to do	12	9.3	19	20.4

Item Description	Categories	Survey 21	%	Survey 22	%
Q22m In the last month have you had any difficulty (for example, needing					
to take extra time, changing the activity or using a device to help you) in completing any of these activities? Preparing meals	No difficulty	60	46.6	43	47.2
	Some difficulty	34	26.2	27	30.0
	Unable to do	36	27.4	21	22.9
	Missing	6		6	
Q22n In the last month have you had any difficulty (for example, needing to take over time, changing the activity or using a device to help you) in					
take extra time, changing the activity or using a device to help you) in completing any of these activities? Taking medications	No difficulty	118	87.5	80	86.0
	Some difficulty	10	7.1	6	6.9
	Unable to do	7	5.3	7	7.1
	Missing	1		3	
Q220 In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in					
completing any of these activities? Using the telephone	No difficulty	94	69.4	65	69.7
	Some difficulty	37	27.5	22	23.7
	Unable to do	4	3.1	6	6.7
	Missing				
Q22p In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in					
completing any of these activities? Doing leisure activities or hobbies	No difficulty	63	48.1	38	40.4
	Some difficulty	49	37.7	35	37.3
	Unable to do	18	14.1	21	22.3
	Missing	3		3	
Q23a In the last month have you needed help from another person to carry out any of these activities? Grooming (e.g. brushing hair, applying					
make-up)	Yes		11.1	15	15.8
	No	116	88.9	78	84.2
	Missing	3		3	
Q23b In the last month have you needed help from another person to carry out any of these activities? Eating (e.g. cutting meat, lifting glass or cup,					
opening milk carton)	Yes	27	21.5	8	8.9
	No	98	78.5	83	91.1
	Missing	7		4	
Q23c In the last month have you needed help from another person to carry out any of these activities? Bathing or taking a shower					
	Yes	30	23.6	27	29.2
	No	98	76.4	65	70.8
	Missing	5		3	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body					
	Yes	20		18	20.0
	No		84.5	71	80.0
	Missing	5		7	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body					
	Yes		15.3	21	22.8
	No		84.7	71	77.2
	Missing	5		3	

Item Description	Categories	Survey 21	%	Survey 22	%
Q23f In the last month have you needed help from another person to carry					
out any of these activities? Getting up from a chair	Yes	30	22.7	21	23.3
	No	101	77.3	70	76.7
	Missing	4		5	
Q23g In the last month have you needed help from another person to carry					
out any of these activities? Walking inside the house	Yes	16	12.1	10	11.5
	No	112	87.5	80	88.5
	Missing	6		5	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet					
	Yes	11	8.1	7	7.8
	No	119	91.5	85	92.2
	Missing	5		3	
Q23i In the last month have you needed help from another person to carry out any of these activities? Shopping for personal items or groceries					
sut any of these activities? Shopping for personal items of glocenes	Yes	96	75.9	68	75.8
	No	30	24.1	22	24.2
	Missing	8		4	
Q23j In the last month have you needed help from another person to carry out any of these activities? Doing light housework (e.g. cleaning,					
vashing-up)	Yes	38	30.9	34	38.7
	No	84	69.1	54	61.3
	Missing	11		5	
Q23k In the last month have you needed help from another person to carry but any of these activities? Doing heavy housework (e.g. vacuuming, yard					
work)	Yes	119	93.2	82	93.3
	No	9	6.8	6	6.7
	Missing	7		6	
Q23I In the last month have you needed help from another person to carry out any of these activities? Managing money (e.g. writing cheques or					
keeping accounts)	Yes	33	26.5	31	34.0
	No	90	73.5	60	66.0
	Missing	9		4	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals					
any out any of these activities? Freparing means	Yes	57	45.0	45	49.4
	No	70	55.0	47	50.6
	Missing	8		3	
Q23n In the last month have you needed help from another person to carry but any of these activities? Taking medications					
Sut any of these activities? Taking medications	Yes	17	13.1	12	13.4
	No	111	86.9	79	86.6
	Missing	7		4	
Q230 In the last month have you needed help from another person to carry but any of these activities? Using the telephone					
Sat any or these activities: Using the telephone	Yes	29	22.7	24	26.7
	No	99	77.3	67	73.3
	Missing	6		4	

Item Description	Categories	Survey 21	%	Survey 22	%
Q23p In the last month have you needed help from another person to carry					
out any of these activities? Doing leisure activities or hobbies	Yes	49	37.8	32	34.8
	No	80	62.2	60	65.2
	Missing	6		4	
Height (in cms)					
	Mean	155.32		156.04	
	Std Error	8.48		8.50	
	Ν	120		75	
	N Missing	15		17	
Weight (in kgs)					
	Mean	56.91		26.25	
	Std Error	11.08		10.01	
	Ν	114		81	
	N Missing	21		11	
BMI (Body Mass Index)					
	Mean	23.80		23.18	
	Std Error	4.90		4.09	
	Ν	107		70	
	N Missing	28		22	
BMI classification					
	Underweight, BMI < 18.5	12	11.0	8	10.3
	Healthy weight, 18.5 <= BMI < 25	59	54.1	48	62.6
	Overweight, 25 <= BMI < 30	27	24.5	17	22.2
	Obese, 30 <= BMI	11	10.3	4	4.8
	Missing	28		22	
Q26 Which of the following best describes your housing situation? Do you					
live in:	House	71	53.9	49	51.5
	Flat/unit/apartment	23	17.2	17	18.1
	Retirement Village	18	13.8	14	15.0
	Nursing Home	15	11.3	11	12.0
	Hostel	4	3.0	2	2.4
	Other	1	0.7	1	1.0
	Missing	3		1	

Survey Survey Item Description Categories 21 % 22 % Q28 Did someone help you fill in this survey? No 95 74.9 74 78.8 Yes, but I told them 19 15.2 13 14.1 the answers Yes, but the helper 9.9 7 7.1 13 answered using judgement 6 3 Missing Age 97.72 Mean 98.09 Std Error 1.31 1.41 92 Ν 135 0 N Missing 0 ARIA+ Grouped Major cities of 82 67.9 68 75.4 Australia Inner regional 27 21.8 14.3 13 Australia Outer regional 10.3 9 10.3 13 Australia 12 6 Missing Modified Monash Model Metropolitan areas 67.1 75.4 81 68 **Regional centres** 7 5.4 2 2.7 11 9.1 7 7.3 Large rural towns Medium rural towns 6.9 5 5.7 8 Small rural towns 8 8.9 14 11.5 Missing 12 6 State of residence NSW 41 33.1 32 34.2 Vic 31 24.7 24 25.2 Qld 19 15.0 12 12.4 SA 11 8.5 6 6.6 WA 13 10.1 11 11.3 0.5 Tas 1 0.8 0

ACT

Missing

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 21 and 22, 2021 to 2023

9.8

7.7

10

8

9

2

Item Description	Categories	Survey 21	Survey % 22
SF36 PAIN INDEX			
	Mean	57.02	55.06
	Std Error	26.17	30.37
	Ν	131	92
	N Missing	4	0
SF36 GENERAL HEALTH PERCEPTIONS			
	Mean	54.32	53.96
	Std Error	18.15	18.15
	Ν	124	83
	N Missing	11	9
SF36 MENTAL HEALTH INDEX			
	Mean	78.25	75.56
	Std Error	17.26	19.74
	Ν	127	88
	N Missing	8	4
SF36 PHYSICAL FUNCTIONING			
	Mean	29.96	31.46
	Std Error	23.01	24.12
	Ν	130	89
	N Missing	5	3
SF36 ROLE-EMOTIONAL			
	Mean	63.69	62.76
	Std Error	42.87	41.57
	Ν	126	87
	N Missing	9	5
SF36 ROLE-PHYSICAL			
	Mean	27.16	20.95
	Std Error	37.08	31.53
	Ν	125	90
	N Missing	10	2
SF36 SOCIAL FUNCTIONING			
	Mean	63.53	59.29
	Std Error	33.63	33.30
	Ν	130	92
	N Missing	5	0
SF36 VITALITY			
	Mean	45.12	44.70
	Std Error	20.91	21.68
	Ν	129	89
	N Missing	6	3

Item Description	Categories	Survey 21	Survey % 22	%
MENTAL COMPONENT SCALE-00 - AUST general				
	Mean	51.63	50.14	
	Std Error	11.33	12.91	
	Ν	113	78	
	N Missing	22	14	
MENTAL COMPONENT SCALE-00 - US General				
	Mean	52.93	51.48	
	Std Error	11.31	12.76	
	Ν	113	78	
	N Missing	22	14	
MENTAL COMPONENT SCALE-00 - WHA				
	Mean	50.93	49.52	
	Std Error	11.40	12.80	
	Ν	113	78	
	N Missing	22	14	
PHYSICAL COMPONENT SCALE-00 - AUST general				
	Mean	29.48	28.89	
	Std Error	9.19	9.55	
	Ν	113	78	
	N Missing	22	14	
PHYSICAL COMPONENT SCALE-00 - US General				
	Mean	29.93	29.27	
	Std Error	9.10	9.40	
	Ν	113	78	
	N Missing	22	14	
PHYSICAL COMPONENT SCALE-00 - WHA				
	Mean	40.03	39.53	
	Std Error	8.34	8.93	
	Ν	113	78	
	N Missing	22	14	

Item Description	Categories	Survey 21	%	Survey 22	%
Q1 In general, would you say your health is:					
	Excellent	0	0.4	0	0.5
	Very good	12	8.8	13	13.3
	Good	58	43.6	35	36.5
	Fair	53	39.8	39	41.3
	Poor	10	7.4	8	8.4
	Missing	2		3	
Q2 Compared to one year ago, how would you rate your health in general now			<u> </u>		•
	Much better				1.8
	Somewhat better	2	1.7	5	5.5
	About the same	48	36.8	35	37.4
	Somewhat worse	73	55.3	48	50.5
	Much worse	8	6.2	4	4.7
	Missing	2		4	
Q3a The following questions are about activities you might do during a typical day. Does your health now limit you in these			-		
activities? If so, how much? Vigorous activities such as running, lifting heavy objects, participating in strenuous sports	Limited a lot	125	96.0	89	97.0
	Limited a little	2	1.5	3	3.0
	Not limited	3	2.5		
	Missing	4		7	
Q3b The following questions are about activities you might do during a typical day. Does your health now limit you in these			-		
activities? If so, how much? Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	Limited a lot	83	67.2	64	68.3
	Limited a little	37	30.0	26	28.3
	Not limited	3	2.8	3	3.4
	Missing	9		3	
Q3c The following questions are about activities you might do during a typical day. Does your health now limit you in these					
activities? If so, how much? Lifting or carrying groceries	Limited a lot	67	52.5	49	54.2
	Limited a little	49	39.0	36	39.3

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 21 and 22, 2021 to 2023

Item Description	Categories	Survey 21	%	Survey 22	%
	Not limited	11	8.6	6	6.5
	Missing	6		6	
Q3d The following questions are about activities you might do during a typical day. Does your health now limit you in these	·				
activities? If so, how much? Climbing several flights of stairs	Limited a lot	87	72.5	68	72.7
	Limited a little	29	23.8	23	24.4
	Not limited	4	3.7	3	2.9
	Missing	14		4	
Q3e The following questions are about activities you might do during a typical day. Does your health now limit you in these	· · · ·				.
activities? If so, how much? Climbing one flight of stairs	Limited a lot	60	48.8	35	37.6
	Limited a little	37	30.1	41	43.5
	Not limited	26	21.1	18	18.9
	Missing	12		6	
Q3f The following questions are about activities you might do during a typical day. Does your health now limit you in these					-
activities? If so, how much? Bending, kneeling or stooping	Limited a lot	60	47.6	33	36.4
	Limited a little	45	35.5	44	48.7
	Not limited	21	16.9	14	14.9
	Missing	8		7	
Q3g The following questions are about activities you might do during a typical day. Does your health now limit you in these					
activities? If so, how much? Walking more than one kilometre	Limited a lot	102	84.9	64	71.8
	Limited a little	14	11.5	18	19.8
	Not limited	4	3.7	7	8.4
	Missing	11		10	
Q3h The following questions are about activities you might do during a typical day. Does your health now limit you in these		-	-		-
activities? If so, how much? Walking half a kilometre	Limited a lot	73	59.7	47	54.2
	Limited a little	33	26.8	23	26.0
	Not limited	17	13.5	17	19.8
	Missing	10		10	

Item Description	Categories	Survey 21	%	Survey 22	%
Q3i The following questions are about activities you might do during a typical day. Does your health now limit you in these					
activities? If so, how much? Walking 100 metres	Limited a lot	39	32.2	27	29.8
	Limited a little	41	33.8	25	28.3
	Not limited	41	34.0	38	41.9
	Missing	10		8	
Q3j The following questions are about activities you might do during a typical day. Does your health now limit you in these					
activities? If so, how much? Bathing or dressing yourself	Limited a lot	17	13.4	10	11.0
	Limited a little	38	29.6	35	37.4
	Not limited	72	57.0	49	51.7
	Missing	6		3	
Q4a During the past four weeks, have you had any of the following problems with your work (including your work outside the hor					
During the past four weeks, have you had any of the following problems with your work (including your work outside the home housework) or other regular daily activities as a result of your physical health? Cut down on the amount of time you spent on c or other activities	n Yes	87	69.3	67	70.8
	No	38	30.7	28	29.2
	Missing	10		3	
Q4b During the past four weeks, have you had any of the following problems with your work (including your work outside the hor	me				•
and housework) or other regular daily activities as a result of your physical health? Accomplished less than you would like	Yes	94	74.9	77	81.5
	No	31	25.1	18	18.5
	Missing	10		3	
Q4c During the past four weeks, have you had any of the following problems with your work (including your work outside the hor	me				
and housework) or other regular daily activities as a result of your physical health? Were limited in the kind of work or other activities	Yes	94	75.1	79	82.9
	No	31	24.9	16	17.1
	Missing	10		2	
Q4d During the past four weeks, have you had any of the following problems with your work (including your work outside the hor	me				
and housework) or other regular daily activities as a result of your physical health? Had difficulty performing the work or other activities (for example it took extra effort)	Yes	90	72.1	78	81.9
	No	35	27.9	17	18.1
	Missing	10		2	

Item Description	Categories	Survey 21	%	Survey 22	%
Q5a During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a	Yes	45	35.9	26	29.1
result of any emotional problems (such as feeling depressed or anxious)? Cut down on the amount of time you spent on work or other activities	No	81	64.1	64	70.9
	Missing	8		5	
Q5b During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a					
esult of any emotional problems (such as feeling depressed or anxious)? Accomplished less than you would like	Yes	55	43.6	41	45.2
	No	71	56.4	50	54.8
	Missing	9		4	
25c During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a					
esult of any emotional problems (such as feeling depressed or anxious)? Didn't do work or other activities as carefully as usua	Yes	37	29.3	33	37.2
	No	89	70.7	55	62.8
	Missing	9		7	
Q6 During the past four weeks, to what extent has your physical health or emotional problems interfered with your normal social					
ctivities with family, friends, neighbours or groups?	Not at all	49	37.8	29	31.3
	Slightly	27	21.1	21	22.4
	Moderately	19	15.1	13	13.9
	Quite a bit	23	17.6	24	25.8
	Extremely	11	8.4	6	6.6
	Missing	7		2	
27 How much bodily pain have you had during the past four weeks?					
	No bodily pain	18	13.6	18	18.5
	Very mild	29	22.0	14	14.7
	Mild	17	12.9	8	8.5
	Moderate	43	33.1	40	42.1
	Severe	22	16.7	12	12.6
	Very severe	2	1.7	3	3.6
	Missing	4			

Item Description	Categories	Survey 21	%	Survey 22	%
Q8 During the past four weeks, how much did pain interfere with your normal work (including both work outside the home and	Not at all	36	28.2	28	30.4
housework)?	A little bit	37	29.2	16	17.2
	Moderately	30	23.2	24	25.9
	Quite a bit	17	13.3	14	14.5
	Extremely	8	6.0	11	11.9
	Missing	7		3	
Q9a For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
during the past four weeks: Did you feel full of life?	All the time	3	2.7	0	0.5
	Most the time	21	16.6	18	19.5
	Good bit of time	17	13.6	10	11.5
	Some of time	37	29.2	23	25.2
	Little of time	27	21.6	20	22.1
	None of time	20	16.3	19	21.1
	Missing	9		7	
Q9b For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
during the past four weeks: Have you been a very nervous person?	All the time	0	0.4	2	2.0
	Most the time	2	1.4		
	Good bit of time	2	1.4	3	3.9
	Some of time	16	12.5	12	13.6
	Little of time	30	24.3	17	19.2
	None of time	75	60.1	55	61.4
	Missing	10		7	
Q9c For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
during the past four weeks: Have you felt so down in the dumps that nothing could cheer you up?	All the time	1	0.8		
	Most the time	4	3.2	5	5.7
	Good bit of time	3	2.2	0	0.5
	Some of time	10	7.7	15	16.0

Item Description	Categories	Survey 21	%	Survey 22	%
	Little of time	35	27.8	18	20.3
	None of time	72	58.3	52	57.4
	Missing	9		5	
29d For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
uring the past four weeks: Have you felt calm and peaceful?	All the time	17	13.7	4	4.
	Most the time	47	38.8	32	35.0
	Good bit of time	20	16.4	22	24.4
	Some of time	21	17.2	23	25.8
	Little of time	13	10.9	6	6.3
	None of time	4	3.1	3	3.9
	Missing	14		7	
9e For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
uring the past four weeks: Did you have a lot of energy?	All the time	0	0.4		
	Most the time	11	8.6	6	6.5
	Good bit of time	18	14.3	11	12.6
	Some of time	25	20.3	21	23.7
	Little of time	36	29.5	23	25.9
	None of time	33	26.9	28	31.4
	Missing	14		6	
of For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
question, please give the one answer that comes closest to the way you have been feeling. How much of the time st four weeks: Have you felt down?	All the time	1	0.8	2	1.9
	Most the time	4	3.2	2	2.5
	Good bit of time	4	3.6	3	3.0
	Some of time	24	19.1	16	18.1
	Little of time	47	37.7	36	39.9
	None of time	44	35.7	31	34.5
	Missing	11		7	

Item Description	Categories	Survey 21	%	Survey 22	%
29g For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					
during the past four weeks: Did you feel worn out?	All the time	5	3.9	7	7.6
	Most the time	12	9.8	5	5.6
	Good bit of time	9	7.9	9	10.6
	Some of time	39	32.5	23	26.0
	Little of time	37	31.0	31	34.7
	None of time	18	14.8	14	15.4
	Missing	13		6	
Q9h For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time					-
during the past four weeks: Have you been a happy person?	All the time	26	20.0	14	15.1
	Most the time	63	48.9	44	48.3
	Good bit of time	16	12.7	18	19.4
	Some of time	16	12.3	7	7.5
	Little of time	6	4.4	5	5.9
	None of time	2	1.7	3	3.8
	Missing	8		4	
Q9i For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time	·	<u>.</u>			
during the past four weeks: Did you feel tired?	All the time	10	8.0	5	5.8
	Most the time	26	19.8	18	19.5
	Good bit of time	26	20.1	16	16.8
	Some of time	51	39.0	35	37.1
	Little of time	7	5.7	17	18.4
	None of time	10	7.4	2	2.4
	Missing	5		2	
Q10 During the past four weeks, how much of the time have your physical health or emotional problems interfered with your socia		•			
activities (like visiting with friends, relatives, etc)?	All the time	18	14.3	12	13.1
	Most the time	20	15.6	18	19.4

Item Description	Categories	Survey 21	%	Survey 22	%
	Some of time	19	15.0	26	27.
	Little of time	23	17.7	5	4.9
	None of time	48	37.4	33	34.
	Missing	6		1	
11a How true or false is each of the following statements for you? I seem to get sick a little easier than other people					
	Definitely true	0	0.4		
	Mostly true	4	3.3	2	1.
	Don't know	18	14.8	12	13.
	Mostly false	28	22.9	22	24.9
	Definitely false	71	58.6	54	60.
	Missing	14		9	
11b How true or false is each of the following statements for you? I am as healthy as anybody I know					
	Definitely true	16	13.1	9	10.
	Mostly true	52	41.8	39	44.2
	Don't know	37	29.5	24	27.
	Mostly false	13	10.2	8	8.
	Definitely false	7	5.4	8	9.
	Missing	12		8	
11c How true or false is each of the following statements for you? I expect my health to get worse					
	Definitely true	24	19.6	19	21.
	Mostly true	47	38.0	31	35.
	Don't know	41	33.0	29	33.
	Mostly false	5	4.3	2	2.
	Definitely false	6	5.1	6	6.
	Missing	10		10	
11d How true or false is each of the following statements for you? My health is excellent	•	·			*
	Definitely true	7	5.8	1	1.

Item Description	Categories	Survey 21	%	Survey 22	%
	Mostly true	47	38.6	34	40.5
	Don't know	16	12.7	13	15.2
	Mostly false	32	26.3	21	24.5
	Definitely false	20	16.6	16	18.7
	Missing	13		13	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?					
	No	81	60.7	61	65.3
	Yes	52	39.3	33	34.7
	Missing	1		2	
Q12b Do you have: Difficulty recognising people across the road, even with glasses?					
	No	84	62.9	70	74.5
	Yes	49	37.1	24	25.5
	Missing	1		2	
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?					
	No	60	45.1	47	49.8
	Yes	73	54.9	47	50.2
	Missing	1		2	
Q12d Do you have: Difficulty speaking?					
	No	124	92.9	87	92.9
	Yes	9	7.1	7	7.1
	Missing	1		2	
Q12e Do you have: None of the above					
	No	89	66.6	61	64.7
	Yes	44	33.4	33	35.3
	Missing	1		2	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints					
	Never	26	20.0	14	14.5

Data book for Six Month F	ollow Up survey,	1921-26 cohort,	Surveys 21 and 22,	2021 to 2023

Item Description	Categories	Survey 21	%	Survey 22	%
	Rarely	18	13.6	15	16.3
	Sometimes	35	26.0	30	32.4
	Often	54	40.4	35	36.8
	Missing	2		2	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet					
	Never	43	32.7	34	36.2
	Rarely	25	18.9	19	20.2
	Sometimes	32	23.9	20	22.0
	Often	33	24.5	20	21.6
	Missing	1		4	
213c In the last 12 months, have you had any of the following: Breathing difficulty		· · ·	•	•	
	Never	55	41.4	40	42.2
	Rarely	28	21.1	29	31.2
	Sometimes	36	27.3	15	16.2
	Often	14	10.2	10	10.5
	Missing	1		1	
213d In the last 12 months, have you had any of the following: Leaking urine					
	Never	22	16.6	10	10.8
	Rarely	19	14.1	19	20.1
	Sometimes	55	41.1	32	34.3
	Often	37	28.2	33	34.8
	Missing	2		1	
214a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?					
	No	76	60.1	58	60.4
	Yes	51	39.9	38	39.6
	Missing	6		1	

Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?

11

Item Description	Categories	Survey 21	%	Survey 22	%
	No	83	65.1	70	73.6
	Yes	44	34.9	25	26.4
	Missing	6		1	
Q14c In the last 12 months, have you: Been injured as a result of a fall?					
	No	97	76.2	68	71.6
	Yes	30	23.8	27	28.4
	Missing	6		1	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?					,
	No	100	79.0	69	72.1
	Yes	27	21.0	27	27.9
	Missing	6		1	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)					
	No	92	72.8	78	81.4
	Yes	35	27.2	18	18.6
	Missing	6		1	
Q14f In the last 12 months, have you: None of these accidents					
	No	76	59.5	58	60.8
	Yes	51	40.5	37	39.2
	Missing	6		1	
Q15a Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term					
illness, disability or frailty? Yes, for someone who lives with me	No	124	96.2	93	99.0
	Yes	5	3.8	1	1.0
	Missing	5		1	
Q15b Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term					
illness, disability or frailty? Yes, for someone who lives elsewhere	No	126	98.3	92	97.6
	Yes	2	1.7	2	2.4
	Missing	5		1	

Item Description	Categories	Survey 21	%	Survey 22	%
Q15c Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term					
illness, disability or frailty? No, I do not provide care	No	7	5.2	3	2.9
	Yes	122	94.8	92	97.1
	Missing	5		1	
Q16a How many times did you do each type of activity last week? Walking briskly (for recreation or exercise, or to get from place	e				
to place)	Mean	1.18		1.09	
	Std Dev	2.96		2.80	
	Ν	127		85	
	N Missing	8		7	
Q16b How many times did you do each type of activity last week? Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing) or more vigorous leisure activity (that makes you breathe harder or puff or pant)					
	Mean	0.22		0.39	
	Std Dev	1.65		1.88	
	Ν	126		84	
	N Missing	9		8	<u> </u>
Q16c How many times did you do each type of activity last week? Vigorous work in the house or garden (like vacuuming,					
mopping, cleaning windows, digging, mowing etc)	Mean	0.65		0.39	
	Std Dev	2.65		1.29	
	Ν	123		84	
	N Missing	12		8	
Q17 What is your main (or most common) means of transport?					
	Car (you drive)	24	18.5	16	17.0
	Other	108	81.5	78	83.0
	Missing	3		1	
Q18 How do you manage on the income you have available?					
	Impossible	0	0.4	0	0.5
	Difficult always	1	0.7	1	1.0
	Difficult sometimes	6	4.4	4	4.1

Item Description	Categories	Survey 21	%	Survey 22	%
	Not too bad	56	42.1	47	48.8
	Easy	70	52.4	44	45.6
	Missing	1			
Q19a Who lives with you? No-one, I live alone					
	No	48	37.3	24	26.8
	Yes	80	62.7	67	73.2
	Missing	7		5	
Q19b Who lives with you? Spouse or partner	·	·			
	No	121	95.2	89	97.6
	Yes	6	4.8	2	2.4
	Missing	7		5	
Q19c Who lives with you? Own children					
	No	109	85.7	79	86.2
	Yes	18	14.3	13	13.8
	Missing	7		5	
Q19d Who lives with you? Other family members					
	No	121	95.0	90	98.4
	Yes	6	5.0	1	1.6
	Missing	7		5	
Q19e Who lives with you? Non-family members	·	·			
	No	109	85.1	82	90.0
	Yes	19	14.9	9	10.0
	Missing	7		5	
Q20 What is your present marital status?					-
	Married	7	5.1	4	4.9
	Widowed	113	86.2	80	87.0
	Divorced	6	4.3	4	4.3

Item Description	Categories	Survey 21	%	Survey 22	%
	Never Married	6	4.3	3	3.8
	Missing	2		4	
Q21 Do you regularly need help with daily tasks because of long-term illness, disability or frailty (e.g. personal care, getting					
around, preparing meals etc)?	Yes	78	58.3	48	53.0
	No	56	41.7	42	47.0
	Missing	1		5	
22a In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a devi	ce				-
o help you) in completing any of these activities? Grooming (e.g. brushing hair, applying make-up)	No difficulty	103	77.4	74	80.4
	Some difficulty	25	19.1	14	15.3
	Unable to do	5	3.5	4	4.3
	Missing	1		3	
22b In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a devi	ce				
o help you) in completing any of these activities? Eating (e.g. cutting meat, lifting glass or cup, opening milk carton)	No difficulty	94	69.9	71	77.1
	Some difficulty	37	27.7	21	22.9
	Unable to do	3	2.4		
	Missing	2		4	
22c In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a devi	ce .			-	- <u>,</u>
o help you) in completing any of these activities? Bathing or taking a shower	No difficulty	85	63.2	55	59.0
	Some difficulty	41	30.6	32	33.7
	Unable to do	8	6.2	7	7.3
	Missing				
22d In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a devi	ce				
o help you) in completing any of these activities? Dressing your upper body	No difficulty	100	73.8	74	78.4
	Some difficulty	30	22.0	15	16.3
	Unable to do	6	4.2	5	5.3
	Missing				

Item Description	Categories	Survey 21	%	Survey 22	%
Q22e In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device	No difficulty	93	69.1	66	70.3
to help you) in completing any of these activities? Dressing your lower body	Some difficulty	35	26.3	23	25.0
	Unable to do	6	4.6	4	4.7
	Missing	1		2	
Q22f In the last month have you had any difficulty (for example, needing to take extra time , changing the activity or using a device					
to help you) in completing any of these activities? Getting up from a chair	No difficulty	62	46.0	48	51.1
	Some difficulty	67	50.0	45	47.9
	Unable to do	5	4.0	1	1.0
	Missing	1		3	
Q22g In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					
to help you) in completing any of these activities? Walking inside the house	No difficulty	87	65.7	58	63.4
	Some difficulty	38	28.9	29	31.3
	Unable to do	7	5.4	5	5.4
	Missing	2		4	
Q22h In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device		,			-
to help you) in completing any of these activities? Using the toilet	No difficulty	102	78.2	79	84.1
	Some difficulty	25	19.3	14	15.3
	Unable to do	3	2.5	0	0.5
	Missing	4		3	
Q22i In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					
to help you) in completing any of these activities? Shopping for personal items or groceries	No difficulty	29	21.7	14	15.4
	Some difficulty	43	32.3	31	33.0
	Unable to do	60	46.0	48	51.6
	Missing	4		4	
Q22j In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					-
to help you) in completing any of these activities? Doing light housework (e.g. cleaning, washing-up)	No difficulty	63	49.5	47	52.2
	Some difficulty	42	32.5	25	27.6

Item Description	Categories	Survey 21	%	Survey 22	%
	Unable to do	23	17.9	18	20.1
	Missing	7		6	
Q22k In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device	-	· · ·		-	•
to help you) in completing any of these activities? Doing heavy housework (e.g. vacuuming, yard work)	No difficulty	5	4.3	2	2.4
	Some difficulty	22	17.8	18	20.1
	Unable to do	98	77.9	71	77.5
	Missing	7		5	
Q22I In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device			-	·	
to help you) in completing any of these activities? Managing money (e.g. writing cheques or keeping accounts)	No difficulty	93	70.1	59	62.7
	Some difficulty	27	20.6	16	16.9
	Unable to do	12	9.3	19	20.4
	Missing	3		3	
Q22m In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a					•
device to help you) in completing any of these activities? Preparing meals	No difficulty	60	46.4	43	47.2
	Some difficulty	34	26.2	27	30.0
	Unable to do	36	27.4	21	22.9
	Missing	6		6	
Q22n In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					
to help you) in completing any of these activities? Taking medications	No difficulty	118	87.5	80	86.0
	Some difficulty	10	7.1	6	6.9
	Unable to do	7	5.3	7	7.1
	Missing	1		3	
2220 In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					
to help you) in completing any of these activities? Using the telephone	No difficulty	94	69.4	65	69.7
	Some difficulty	37	27.5	22	23.7
	Unable to do	4	3.1	6	6.7
	Missing				

Item Description	Categories	Survey 21	%	Survey 22	%
Q22p In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device					-
to help you) in completing any of these activities? Doing leisure activities or hobbies	No difficulty	63	48.1	38	40.4
	Some difficulty	49	37.7	35	37.3
	Unable to do	18	14.1	21	22.3
	Missing	3		3	
Q23a In the last month have you needed help from another person to carry out any of these activities? Grooming (e.g. brushing					
hair, applying make-up)	Yes	15	11.1	15	15.8
	No	116	88.9	78	84.2
	Missing	3		3	
Q23b In the last month have you needed help from another person to carry out any of these activities? Eating (e.g. cutting meat,					
lifting glass or cup, opening milk carton)	Yes	27	21.5	8	8.9
	No	98	78.5	83	91.1
	Missing	7		4	
Q23c In the last month have you needed help from another person to carry out any of these activities? Bathing or taking a shower					
	Yes	30	23.6	27	29.2
	No	98	76.4	65	70.8
	Missing	5		3	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body					
	Yes	20	15.5	18	20.0
	No	109	84.5	71	80.0
	Missing	5		7	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body					
	Yes	20	15.3	21	22.8
	No	109	84.7	71	77.2
	Missing	5		3	
Q23f In the last month have you needed help from another person to carry out any of these activities? Getting up from a chair					
	Yes	30	22.7	21	23.3

Item Description	Categories	Survey 21	%	Survey 22	%
· · · ·	No	101	77.3	70	76.7
	Missing	4		5	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the ho	buse		·		
	Yes	16	12.1	10	11.5
	No	112	87.5	80	88.5
	3	0	0.4		
	Missing	6		5	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet			•		-
	Yes	11	8.1	7	7.8
	No	119	91.5	85	92.2
	3	0	0.4		
	Missing	5		3	
Q23i In the last month have you needed help from another person to carry out any of these activities? Shopping for persona	litems		-		
or groceries	Yes	96	75.9	68	75.8
	No	30	24.1	22	24.2
	Missing	8		4	
Q23j In the last month have you needed help from another person to carry out any of these activities? Doing light housework	k (e.g.				·
cleaning, washing-up)	Yes	38	30.9	34	38.7
	No	84	69.1	54	61.3
	Missing	11		5	
Q23k In the last month have you needed help from another person to carry out any of these activities? Doing heavy housew	ork				
(e.g. vacuuming, yard work)	Yes	119	93.2	82	93.3
	No	9	6.8	85 92 3 68 75 22 24 4 34 38 54 61 5 82 93 6 6 6 31 34	6.7
	Missing	7		6	
Q23I In the last month have you needed help from another person to carry out any of these activities? Managing money (e.g					
writing cheques or keeping accounts)	Yes	33	26.5	31	34.0
	No	90	73.5	60	66.0

Item Description	Categories	Survey 21	%	Survey 22	%
	Missing	9		4	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals					
	Yes	57	45.0	45	49.4
	No	70	55.0	47	50.6
	Missing	8		3	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications					
	Yes	17	13.1	12	13.4
	No	111	86.9	79	86.6
	Missing	7		4	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone		,			-
	Yes	29	22.7	24	26.7
	No	99	77.3	67	73.3
	Missing	6		4	
Q23p In the last month have you needed help from another person to carry out any of these activities? Doing leisure activities or		,			-
hobbies	Yes	49	37.8	32	34.8
	No	80	62.2	60	65.2
	Missing	6		4	
Height (in cms)					
	Mean	155.32		156.04	
	Std Dev	8.48		8.50	
	Ν	120		75	
	N Missing	15		17	
Weight (in kgs)					
	Mean	56.91		56.25	
	Std Dev	11.08		10.01	
	Ν	114		81	
	N Missing	21		11	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 21 and 22, 2021 to 2023

Item Description	Categories	Survey 21	%	Survey 22	%
BMI (Body Mass Index)					
	Mean	23.80		23.18	
	Std Dev	4.90		4.09	
	Ν	107		70	
	N Missing	28		22	
BMI classification					
	Underweight, BMI < 18.5	12	11.0	8	10.3
	Healthy weight, 18.5 <= BMI < 25	59	54.1	48	62.6
	Overweight, 25 <= BMI < 30	27	24.5	17	22.2
	Obese, 30 <= BMI	11	10.3	4	4.8
	Missing	28		22	
Q26 Which of the following best describes your housing situation? Do you live in:					
	House	71	53.9	49	51.5
	Flat/unit/apartment	23	17.2	17	18.1
	Retirement Village	18	13.8	14	15.0
	Nursing Home	15	11.3	11	12.0
	Hostel	4	3.0	2	2.4
	Other	1	0.7	1	1.(
	Missing	3		1	
Q28 Did someone help you fill in this survey?					
	No	95	74.9	74	78.8
	Yes, but I told them the answers	19	15.2	13	14.1
	Yes, but the helper answered using judgement	13	9.9	7	7.′

	Item Description	Categories	Survey 21	%	Survey 22	%
		Missing	6		3	
Age						
		Mean	97.72		98.09	
		Std Dev	1.31		1.41	
		Ν	135		92	
		N Missing	0		0	
ARIA+ Grouped						
		Major cities of Australia	82 (67.9	68	75.4
		Inner regional Australia	27	21.8	13	14.3
		Outer regional Australia	13	10.3	9	10.3
		Missing	12		6	
Iodified Monash Model						
		Metropolitan areas	81 (67.1	68	75.4
		Regional centres	7	5.4	2	2.7
		Large rural towns	11	9.1	7	7.3
		Medium rural towns	8	6.9	5	5.7
		Small rural towns	14 ⁻	11.5	8	8.9
		Missing	12		6	
State of residence						
		NSW	41 🗧	33.1	32	34.2
		Vic	31 2	24.7	24	25.2
		Qld	19 ⁻	15.0	12	12.4
		SA	11	8.5	6	6.6
		WA	13	10.1	11	11.3
		Tas	1	0.8	0	0.5
		ACT	10	7.7	9	9.8
		Missing	8		2	

Item Description	Categories	Survey 21	%	Survey 22	%
SF36 PAIN INDEX					
	Mean	57.02		55.06	
	Std Dev	26.17		30.37	
	Ν	131		92	
	N Missing	4		0	
SF36 GENERAL HEALTH PERCEPTIONS					
	Mean	54.32		53.94	
	Std Dev	18.15		18.15	
	Ν	124		83	
	N Missing	11		9	
SF36 MENTAL HEALTH INDEX		· · ·	-	·,	
	Mean	78.25		75.56	
	Std Dev	17.26		19.74	
	Ν	127		88	
	N Missing	8		4	
SF36 PHYSICAL FUNCTIONING					
	Mean	29.96		31.46	
	Std Dev	23.01		24.12	
	Ν	130		89	
	N Missing	5		3	
SF36 ROLE-EMOTIONAL				,	
	Mean	63.69		62.76	
	Std Dev	42.87		41.57	
	Ν	126		87	
	N Missing	9		5	
SF36 ROLE-PHYSICAL					
	Mean	27.16		20.95	

Item Description	Categories	Survey % 37.08 125 10 125 10 63.53 33.63 130 53 130 5 45.12 20.91 129 6 51.63 11.33 113 22 52.93 11.31 113	Survey % 22	' %
	Std Dev	37.08	31.53	3
	Ν	125	90)
	N Missing	10	2	2
SF36 SOCIAL FUNCTIONING				
	Mean	63.53	59.29)
	Std Dev	33.63	33.30)
	Ν	130	92	2
	N Missing	5	()
SF36 VITALITY				
	Mean	45.12	44.70)
	Std Dev	20.91	21.68	3
	Ν	129	89	}
	N Missing	6	3	3
MENTAL COMPONENT SCALE-00 - AUST general				
	Mean	51.63	50.14	1
	Std Dev	11.33	12.91	I
	Ν	113	78	3
	N Missing	22	14	1
MENTAL COMPONENT SCALE-00 - US General				
	Mean	52.93	51.48	3
	Std Dev	11.31	12.76	3
	Ν	113	78	3
	N Missing	22	14	1
MENTAL COMPONENT SCALE-00 - WHA				
	Mean	50.93	49.52	2
	Std Dev	11.40	12.80)
	Ν	113	78	3

Item Description	Categories	Survey 21	Surve % 22	
	N Missing	22		14
PHYSICAL COMPONENT SCALE-00 - AUST general				
	Mean	29.48	28.8	89
	Std Dev	9.19	9.9	55
	Ν	113		78
	N Missing	22		14
PHYSICAL COMPONENT SCALE-00 - US General				
	Mean	29.93	29.2	27
	Std Dev	9.10	9.4	40
	Ν	113	-	78
	N Missing	22		14
PHYSICAL COMPONENT SCALE-00 - WHA				
	Mean	40.03	39.5	53
	Std Dev	8.34	8.9	93
	Ν	113	-	78
	N Missing	22		14