

Your Life Now

Self-completion questionnaire

LIFE IN YOUR EARLY 60s

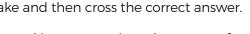
HOW TO FILL IN THE QUESTIONNAIRE

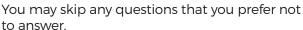
Please complete the questionnaire using **BLACK** or **BLUE INK**.

Sometimes you will be asked to write in a box like this: **24 Answer**

Please keep your answer within the boxes.

If you make a mistake or change your mind, please completely fill the box to show the mistake and then cross the correct answer.





HOW TO RETURN THE QUESTIONNAIRE

When you have completed the questionnaire please seal it inside the envelope provided and give it back to the interviewer when they visit. Your responses will be treated in the strictest confidence.

ANY QUESTIONS?

If you have any questions about this questionnaire, or about the National Child Development Study, please contact us: by email at ncds@natcen.ac.uk or on Freephone 0800 652 4574.

INTERVIEWER TO ENTER

Interviewer ID number

3017-3020

Participant reference number CR

Card

0 3 3010-3011

Participant first name

3024-3043

Participant gender

M F

Participant date of birth

0 **3 5 8**

SPARE 3044-3049

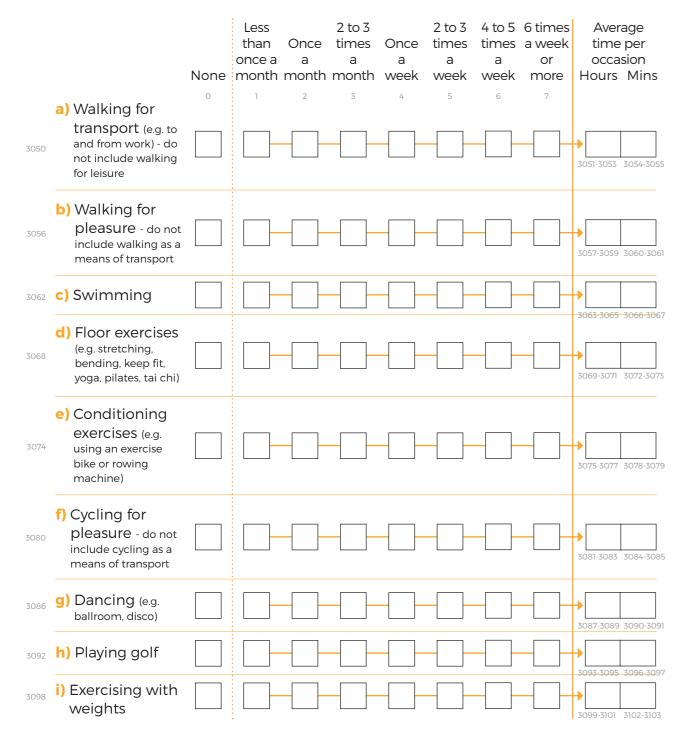
BATCH 3012-3016

ACTIVITIES

The following questions ask how often you have done particular leisure activities on average over the last 12 months AND the average length of time you spent doing the activity on each occasion.

FOR SEASONAL ACTIVITIES, E.G. MOWING THE LAWN, PUT HOW OFTEN YOU DID THE ACTIVITIES ON AVERAGE DURING THE SEASON YOU DID THEM.

CROSS (X) ONE BOX ON EACH ROW AND FOR EACH ACTIVITY YOU HAVE DONE, RECORD THE AVERAGE LENGTH OF TIME SPENT DOING THE ACTIVITY ON EACH OCCASION.



Question 1 continues on next page »

3104	j) Jogging	None °	Less than once a month	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	6 times a week or more	Averaç time p occasi Hours N	on Mins
3110	k) Mowing lawn - during the grass cutting season								3105-3107 3	3108-31 09
3116	l) Watering lawn or garden in the summer								3117-3119 3	5120-3121
3122	m) Digging, shovelling or chopping wood								3123-3125 3	5126-3127
3128	n) Weeding or pruning								3129-3131 3	3132-3133
3134	o) Doing DIY (e.g. carpentry, home or car maintenance)								3135-3137 3	3138-3139
3140	p) Playing a musical instrument, singing								3141-3143 3	3144-3145

ACTIVISM

2 In the <u>last 12 months</u> have you done any of the following?

CROSS (X) ONE BOX ON EACH ROW

	Yes 1	No 2	
a) Attended a public meeting or rally			3146
b) Taken part in a public demonstration or protest			3147
c) Signed a petition, including online petitions			3148 SPARE 3149-3199

ATTITUDES

Here is a list of opinions on different topics.

How much do you agree or di	sagree with the following statements?
-----------------------------	---------------------------------------

	CROS	0 (X) 83	NE BOX O	N <u>EACH</u>	ROW	
	Strongly agree	Agree	agree nor disagree	Disagree 4	Strongly disagree	
 a) None of the political parties would do anything to benefit me 						3200
b) Problems in the environment are not as serious as people claim						3201
c) I would not mind working with people from other races						3202
d) People who break the law should be given stiffer sentences						3203
e) Ordinary working people do not get their fair share of the nation's wealth						3204
f) We should tackle problems in the environment even if this means slower economic growth						3205
g) Schools should teach children to obey authority						3206
h) I would not want a person from another race to be my boss						3207
 i) Politicians are mainly in politics for their own benefit and not for the benefit of the community 						3208
j) There is one law for the rich and one for the poor						3209
k) Management will always try to get the better of employees if it gets the chance						3210
I) I would not mind if a family from another race moved in next door to me						3211

CROSS (X) ONE BOX Strongly agree 3215 Agree Neither agree nor disagree Disagree Strongly disagree How often do you talk to any of your neighbours? CROSS (X) ONE BOX On most days 3216 Once or twice a week Once or twice a month Less than once a month Never Question 3 continues on next page »

Disagree disagree agree Agree disagree m) For some crimes the death penalty is the most appropriate sentence n) It does not make much difference which political party is in power in Britain o) Preserving the environment is more important than any other political issue today **NEIGHBOURHOOD** Please indicate how strongly you agree or disagree with this statement: I feel like I belong to this neighbourhood.

Strongly

Neither agree

nor

Strongly

PARTICIPATION

6 Are you currently a member of any of the following organisations?

PLEASE INDICATE WHETHER YOU ARE A MEMBER OF EACH ORGANISATION. <u>IF YOU ARE A MEMBER, RECORD HOW OFTEN YOU TAKE PART IN ITS ACTIVITIES.</u>

	MEMBER	RSHIP	HOW OFTEN YOU TAKE PART				
	Yes	No	At least once a week	At least once a month	Less than once a month	Never	
a) Political party	3217	2		2	5	4	3218
b) Trade union	3219						3220
c) Environmental group	3221						3222
d) Parents'/school association	3223						3224
e) Tenants/residents group or neighbourhood watch	3225						3226
f) Religious group or church organisation	3227						3228
g) Voluntary service group	3229						3230
h) Other community or civic group	3231						3232
i) Social club/ working men's club	3233						3234
j) Sports club	3235						3236
k) Women's Institute/ Townswomen's Guilds	3237						3238
I) Women's group/ feminist organisation	3239						3240
m) Professional organisation	3241						3242
n) Pensioners group/ organisation	3243						3244
o) Scouts/Guides organisation	3245						3246
p) Any other organisation	3247						3248

RELIGION

7	Do you actively practise any religion now

CROSS (X) <u>ONE</u> BOX
No - do not belong to any religion	01 3249-3250
Christian - Church of England or Anglican	02
Christian - Roman Catholic	03
Christian - Any other denomination	04
Buddhism	05
Hinduism	06
Judaism (Jewish)	07
Islam (Muslim)	08
Sikhism	09
Other religion	10
How often, if ever, do you attend any kind o	of religious service or meeting?
CROSS (X) <u>ONE</u> BOX
More than once a week	1 3251
Once a week	2
Two to three times a month	3
Once a month or less	4
Hardly ever	5
Never	6

HEALTH

Very severe

9	The following items are about activities you might do during a typical day. Doe
	your health limit you in these activities? If so, how much?

your nealth limit you in these activities? If so, now much	cn?			
CROSS (X	X) <u>ONE</u> BO	OX ON <u>EA</u>	<u>CH</u> ROV	V
	Yes, limited a lot	Yes, limited a little	No, not limited at all	
a) Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	1	2	3	3252
b) Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf				3253
c) Lifting or carrying groceries				3254
d) Climbing several flights of stairs				3255
e) Climbing one flight of stairs				3256
f) Bending, kneeling or stooping				3257
g) Walking more than one mile				3258
h) Walking half a mile				3259
i) Walking 100 yards				3260
j) Bathing or dressing yourself				3261
How much bodily pain have you had <u>during the past 4</u> CROSS (X) <u>ONE</u> BOX	weeks?			
None None				3262
Very mild 2				
Mild 3				
Moderate 4				
Severe 5				

During the past 4 weeks, how to (including both work outside to		-		•	ormal wo	ork
CROSS ()	() <u>ONE</u> E	ЗОХ				
Not at all	1					3263
Slightly	2					
Moderately	3					
Quite a bit	4					
Extremely	5					
SLEEP						
12 During the last 4 weeks, how lo	ong did it	t usually	take for y	ou to fall	asleep?	
CROSS ()			_		-	
0-15 minutes	1					3264
16-30 minutes	2					
31-45 minutes	3					
46-60 minutes	4					
More than 60 minutes	5					
During the past 4 weeks, how			-	each nigh	nt on aver	age?
WRITE IN	INOMBI	ER OF F				
			hrs			3265-3266
During the past 4 weeks, how		_				
	CR	OSS (X)	ONE BO	ON <u>EA</u>	<u>CH</u> ROW	
	All of the time	Most of the time	A good bit of the time		A little of the time	
a)awaken during your sleep time and have trouble falling back to sleep again?	1	2	3	4	5	6 3267
b)get enough sleep to feel rested upon waking in the morning?						3268

FEELINGS

15	Generally speaking, would yo can't be too careful in dealing	_		people car	n be trust	ed, or tha	t you		18	Below are some statements about for that best describes your experience	_	_	•		he optio	n
	CROS	10 (X) 23	NE BOX								CRO	SS (X) <u>C</u>	NE BOX O	N <u>EACH</u>	ROW	
	Most people can be truste	ed 1						3269			None of the time	Rarely	Some of the time	Often	All of the time	Э
	Can't be too caref Other/depend		2							a) I've been feeling optimistic about the future	1	2	3	4	5	3276
										b) I've been feeling useful						3277
16	These questions are about he the past 4 weeks. For each q	uestion,				_				c) I've been feeling relaxed						3278
	to the way you have been fee How much time <u>during the</u> p	•	eeks							d) I've been dealing with problems well						3279
	CRO	SS (X) <u>O</u>	NE BOX	ON EACH	l ROW					e) I've been thinking clearly						3280
		All of the time	Most of the time	A good bit of the time		A little of the time	None of			f) I've been feeling close to other people						3281
	a)have you been a very nervous person?		2	3	4	5	6	3270		g) I've been able to make up my own mind about things						3282
	b)have you felt so down in the dumps that nothing could cheer you up?							3271	19	Here is a list of statements that peop they feel. How often, if at all, do you	-			i r lives o ı	r how	
	c)have you felt calm and							3272			CRO	SS (X) <u>C</u>	<u>NE</u> BOX OI	۱ <u>EACH</u>	ROW	
	cheerful? d)have you felt											Often	Sometimes	Not Often	Never	
	downhearted and low?							3273		a) My age prevents me from doing th things I would like to do	е		2	3	4	3283
	e)have you been a happy person?							3274		b) I feel what happens to me is out of my control	F					3284
17	How often do you feel lonely	y?								c) I feel left out of things						3285
	CROS	SS (X) <u>OI</u>	NE BOX							d) I feel full of energy these days						3286
	Hardly ever or neve	er 🗍	Some	of the tim	ne 🗍	Often		3275		e) I feel that life is full of opportunities	S					3287
	,	1			2		3			f) I feel that the future looks good for						3288

10

HEARING

20	Do you have any difficulty with your hearing?			23 In the <u>past month</u> , how often has your eyesight
	If you normally use a hearing aid, answer as if you were not using it.			CROSS (X) ONE BOX ON EACH ROW
	CROSS (X) ONE BOX Yes		3289	A fair amount Not at Very A little of of the A lot of All the all rarely the time time the time
21	Please read each of the statements below and answer according to your explict you normally use a hearing aid, please answer the following as if you wasing it. Do you have difficulty	vere <u>not</u>		a)stopped you from doing the things you want to do? b)interfered with your life in general?
	CROSS (X) <u>ONE</u> BOX ON <u>EA</u> Yes, Yes, slight moderate No difficulty difficulty	Yes, great		If you normally use glasses or corrective lenses, please answer the following as if you were using them.
	a)following a conversation if there is background noise such as TV, radio, children playing?	4	3290	How good is your eyesight for CROSS (X) ONE BOX ON EACH ROW Very Excellent good Good Fair Poor
	b)following TV programmes at a volume others find acceptable, without any aid to hearing?		3291	a)seeing things at a distance, like recognising a friend across the street?
	c)having a conversation with several people in a group?		3292	b)seeing things up close, like reading ordinary newspaper print?
22	Nowadays, do you ever wear a hearing aid? CROSS (X) ONE BOX			TEETH
	Yes, most of the time		3293	Adults usually have up to 32 natural teeth but over time people lose some of them. How many natural teeth have you got?
	Yes, some of the time 2			CROSS (X) ONE BOX
	No 3			None at all o
				Between 1 and 9 natural teeth
				Between 10 and 19 natural teeth 2
				Between 20 and 25 natural teeth

EYESIGHT

All the

3294

3297

3298

13

12

26 or more natural teeth

LEISURE TIME

How often do you read books, including in electronic format, in your spa (not for work or study)?	re time	How often do you have a drink containing alcohol? CROSS (X) ONE BOX
		Never o
CROSS (X) ONE BOX		Monthly or less
Every day or almost every day	3299	
Several times a week 2		2-4 times per month 2
Once or twice a week		2-3 times per week
At least once a month 4		4 or more times a week
Every few months 5		How many drinks containing alcohol do you have on a typical day when you are drinking? CROSS (X) ONE BOX
At least once a year 6		1 - 2
Less often or never 7		1 - Z '
		3 - 4 2
27 How much time did you spend on average <u>during the last year</u> watching	I	5 - 6
programmes or films on a television or a device such as a laptop, tablet of smartphone? Please remember to include time spent watching DVDs, Bl	or	7 - 9 4
etc.	iu-iays	10.
CROSS (X) ONE BOX		10+ 5
None O	3300	Do not drink alcohol o
Less than 1 hour a day		How often during the last year
1 to 2 hours a day		CROSS (X) <u>ONE</u> BOX ON <u>EACH</u> ROW
2 to 3 hours a day 3		Daily Less than almo Never monthly Monthly Weekly dai
3 or 4 hours a day 4		a)have you found that you
More than 4 hours a day 5	SPARE 3301-3314	were not able to stop drinking once you had started?
		b)have you failed to do what was normally expected of you because of your drinking?
		was normally expected of you

DRINKING

3315

3316

Daily or almost

daily

CROSS (X) ONE BOX

Yes, but not in

the last year 📖

No

Yes, during

the last year

3317

3318

3319

15

14

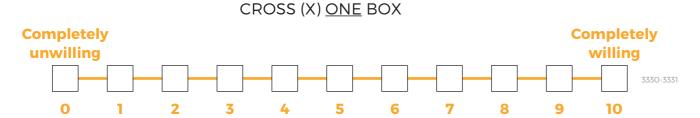
PREFERENCES

If you had the choice of receiving a thousand pounds today or one thousand one hundred pounds in a year's time, which would you choose?

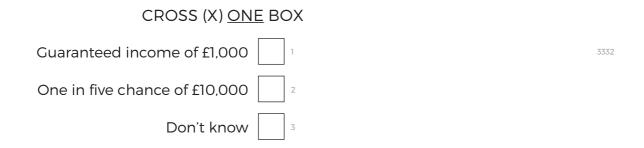
CROSS (X) <u>ONE</u> BOX	
£1,000 today1	3320
£1,100 in a year's time 2	
Don't know	SPARE 3321-3329

How willing are you to give up something that is beneficial for you today in order to benefit more from it in the future?

Please indicate your answer on the scale from 0 to 10 where <u>0 means you are</u> completely unwilling to do so and <u>10 means that you are very willing to do so</u>.



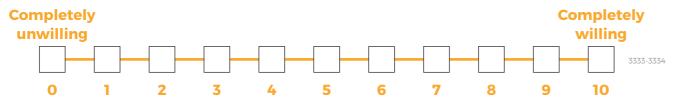
If you had a choice between a guaranteed payment of one thousand pounds and a one in five chance of winning ten thousand pounds, which would you choose?



In general how willing or unwilling you are to take risks.

Please indicate your answer on the scale from 0 to 10 where <u>0 means you are completely unwilling to take risks</u> and <u>10 means you are very willing to take risks</u>.

CROSS (X) ONE BOX



RETIREMENT

36 Have you retired from full-time paid employment?

CROSS (X) ONE BOX. IF YES ENTER AGE IN THE BOX PROVIDED.

Yes	Age of retirement from full- time paid employment	
No	2	CONTINUE WITH Q37

If you have not retired from full time paid employment...

	PLEASE WRITE AGE IN BOX	X
a) What age would you <u>like</u> to retire from full-time paid employment?		3339-3340
b) What age do you <u>expect</u> to retire from full-time paid employment? If you are unsure please give your best estimate.		3341-3342
Have you retired from all forms of paid work?		

Have you retired from <u>all forms of paid work?</u>

CROSS (X) ONE BOX. IF YES ENTER AGE IN THE BOX PROVIDED.

Yes	Age of retirement from all paid work	→ GO TO Q40	3344-33
No		→ CONTINUE WITH Q3	39

If you have not retired from all forms of paid work...

	PLEASE WRITE AGE IN BOX
a) What age would you <u>like</u> to retire from all forms of paid work?	3346-3347

b) What age do you <u>expect</u> to retire from all forms of paid work? If you are unsure please give your best estimate.

	3348

16 SPARE 3335

EXPECTATIONS

The last set of questions is about how likely you think it is that various events might happen.

On a scale from 0% to 100%, where <u>0% means there is absolutely no chance of it happening</u>, and <u>100% means that you are absolutely certain that it will happen</u>, what are the chances that each of the following things will happen?

a) You will live to be 75 or more?	%	3350-3352
b) You will live to be 85 or more?	%	3353-3355
c) You will be working after you reach age 66? Please think about paid work in general (and not just your present job)?	%	3356-3358
d) You will be working after you reach age 70? Please think about paid work in general (and not just your present job)?	%	3359-3361
e) Your health will limit your ability to work before you reach age 66?	%	3362-3364
f) You will ever move to a nursing home or need long term care at home?	%	3365-3367
g) You (or your partner) will <u>leave</u> any inheritance? Please include any property and other valuables you (or your partner) might own.	%	3368-3370
h) You (or your partner) will <u>leave</u> an inheritance totalling £100,000 or more? Please include any property and other valuables you (or your partner) might own.	%	3371-3373
i) You (or your partner) will <u>leave</u> an inheritance totalling £250,000 or more? Please include any property and other valuables you (or your partner) might own.	%	3374-3376
j) You (or your partner) will <u>receive</u> any inheritance? Please include property and valuables.	%	3377-3379

k) You (or your partner) will <u>receive</u> an inheritance totalling £100,000 or more? Please include property and valuables.	%	3380-3382
I) You (or your partner) will <u>receive</u> an inheritance totalling £250,000 or more? Please include property and valuables.	%	3383-3385
m) At some point in the future you will not have enough financial resources to meet your needs?	%	3386-3388
n) Your (and your partner's) future income will be the same as or more than what you live on now?	%	3389-3391
o) Your (and your partner's) future income will be less than half of what you live on now?	%	3392-3394
	SPAF	RE 3395-3999

THANK YOU!

Question 40 continues on next page »

18

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!

PLEASE NOW SEAL IT INSIDE THE ENVELOPE PROVIDED AND GIVE IT BACK TO THE INTERVIEWER WHEN THEY VISIT.

