

**SURVEY OF DISABILITY,
AGEING AND CARERS**

(SDAC)

PROMPT CARDS

SSS61

1

Examples of types of health establishments:

- **Hospitals**
- **Homes for the aged such as:**
 - **Nursing homes**
 - **Aged care hostels**
 - **Cared components of retirement villages**
- **Other 'homes', such as children's homes**

- 1. Angina**
- 2. Arthritis (all forms)**
- 3. Back problems**
- 4. Diabetes (all forms)**
- 5. Hypertension (high blood pressure)**
- 6. Nervous tension / stress**
- 7. Asthma**
- 8. Migraine**
- 9. Osteoporosis**
- 10. Other (Specify)**

3

Mobility

Examples: Moving around the home, or away from home, getting into or out of a bed or chair

Personal care

Examples: Washing, bathing, eating, dressing, toileting

Communication

Examples: Understanding or being understood by family, friends or strangers

Examples of types of cared accommodation:

- **Hospitals**
- **Homes for the aged such as:**
 - **Nursing homes**
 - **Aged care hostels**
 - **Cared components of retirement villages**
- **Other 'homes', such as children's homes**

5

1. **Not at all**
2. **Slightly**
3. **Moderately**
4. **Quite a bit**
5. **Extremely**

- 1. All of the time**
- 2. Most of the time**
- 3. A good bit of the time**
- 4. Some of the time**
- 5. A little of the time**
- 6. None of the time**

7

1. **All of the time**
2. **Most of the time**
3. **Some of the time**
4. **A little of the time**
5. **None of the time**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

9

1. **Nurse**
2. **Home care worker**
3. **Voluntary worker**
4. **Teacher**
5. **Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

11

1. **Nurse**
2. **Home care worker**
3. **Voluntary worker**
4. **Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

13

1. **Speech therapist**
2. **Teacher**
3. **Nurse**
4. **Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

15

1. **Sign language**
2. **Picture cards / boards**
3. **Handwriting**
4. **Typed / computer messages**
5. **Other**

- 1. Showering / bathing**
- 2. Toileting**
- 3. Managing incontinence**
- 4. Dressing**
- 5. Eating**
- 6. Meal preparation**
- 7. Getting into or out of a bed / chair**
- 8. Moving about the house**
- 9. Moving around places away from home**
- 10. Reading, writing or speaking with others**

17

10. **Canes** (sonar canes, etc.)
11. **Crutches**
12. **Walking frames**
13. **Walking sticks**
14. **Wheelchair** (manual)
15. **Wheelchair** (electric)
16. **Scooter**
17. **Specially modified car
or car aid(s)**
18. **Braces / belts / corsets**
19. **Built-up shoe(s)**
20. **Calipers / splints**
21. **Ejector chair**
22. **Other**

- 1. Nebulisers**
- 2. Dialysis machines**
(including portable)
- 3. Feeding pumps**
- 4. Pacemakers**
- 5. Oxygen concentrator or cylinder**
- 6. Ventilators**
- 7. Medical dressings**
- 8. Surgical stockings**
- 9. Pain management aids**
- 10. Other medical aids**

19

10. **Showering / bathing**
11. **Toileting**
12. **Managing incontinence**
13. **Dressing**
14. **Eating**
15. **Meal preparation**
16. **Getting into or out of a bed / chair**
17. **Moving about the house**
18. **Moving around places away from home**
19. **Reading, writing or speaking with others**
20. **Health care**
21. **Household chores**
22. **Home maintenance or gardening**
23. **Other (Specify)**

- 1. Dressing wounds**
- 2. Taking medication**
- 3. Having injections**
- 4. Using medical equipment**
- 5. Manipulating / exercising muscles and limbs**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Chiroprapist / Podiatrist**
- 2. Physiotherapist**
- 3. Nurse**
- 4. Doctor**
- 5. Chemist**
- 6. Other health worker**
- 7. Home care worker**
- 8. Voluntary worker**
- 9. Other source(s) of assistance,
 excluding unpaid help e.g. from
 partner or spouse, parents, family,
 friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

1. **Doctor**
2. **Psychologist**
3. **Psychiatrist**
4. **Chemist**
5. **Counsellor**
6. **Other health worker**
7. **Public guardian**
8. **Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Cleaner**
- 2. Housekeeper**
- 3. Home care worker**
- 4. Nurse**
- 5. Voluntary worker**
- 6. Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Gardener**
- 2. Handy person**
- 3. Tradesperson**
- 4. Landlord**
- 5. Unit manager**
- 6. Nurse**
- 7. Home care worker**
- 8. Voluntary worker**
- 9. Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Meals on wheels**
- 2. Nurse**
- 3. Home care worker**
- 4. Food retailer**
- 5. Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Public guardian**
- 2. Accountant**
- 3. Nurse**
- 4. Home care worker**
- 5. Voluntary worker**
- 6. Financial adviser**
- 7. Lawyer**
- 8. Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Nurse**
- 2. Home care worker**
- 3. Voluntary worker**
- 4. Other source(s) of assistance, excluding unpaid help e.g. from partner or spouse, parents, family, friends or neighbours (Specify)**

1. Government organisation

Examples:

*Department of Health and
Ageing
City Council
Shire Council*

2. Private non-profit organisation

Examples:

*Senior Citizens Centre
Church Groups*

3. Private commercial organisation

Examples:

*Medical practitioners
Housecleaners
Gardeners
Tradespeople*

- 1. Work**
- 2. School / educational institution**
- 3. General practitioner**
- 4. Medical specialist**
- 5. Shopping**
- 6. Visiting friends or relatives**
- 7. Participation in sporting activities**
- 8. Visiting restaurants / clubs**
- 9. Church / place of worship**
- 10. Other activity**

- 1. Quicker / easier / more convenient**
- 2. More comfortable**
- 3. No public transport available**
- 4. Difficulty due to disability / age**
- 5. Other problems with public transport**
- 6. Other**

- 1. Visited museum / art gallery**
- 2. Visited library**
- 3. Attended theatre / concert**
- 4. Attended cinema**
- 5. Visited animal / marine parks /
botanic gardens**
- 6. Took part in sport or
physical recreation away from
home**
- 7. Attended sporting event
as spectator**

8. Visited relatives / friends
9. Went to restaurant / club
10. Church activities
11. Voluntary activities
12. Performing arts group activity
13. Art / craft group activity
14. Other special interest group activities
15. Other (Specify)

- 1. Visits from family / friends**
- 2. Telephone calls with family / friends**
- 3. Art / craft work**
(for / with other people)
- 4. Church / special community activities**
- 5. Voluntary work**
(including advocacy)

41

- 1. Fixed telephone**
- 2. Mobile phone for calls**
- 3. Mobile phone for SMS**
- 4. Internet such as email or chat rooms**
- 5. Mail (inc, cards) or fax**
- 6. Other form of contact used (Specify)**
- 7. No contact**

- 1. A few times a day**
- 2. Once a day**
- 3. A few times a week**
- 4. Once a week**
- 5. At least once a month**
- 6. At least once a quarter**

43

Examples of types of crisis support:

- **Advice on what to do**
- **Emotional support**
- **Help out when you have a serious illness or injury**
- **Help in maintaining family or work responsibilities**
- **Provide emergency money**
- **Provide emergency accommodation**
- **Provide emergency food**

- 1. Friend**
- 2. Neighbour**
- 3. Family member**
- 4. Work colleague**
- 5. Community, charity or religious organisation**
- 6. Local council or other government services**
- 7. Health, legal or financial professional services**
- 8. Other**

45

1. **Work / business**
2. **Education / study**
3. **Volunteer / community groups**
4. **Personal / private**
5. **Other**

1. **Work / business**
2. **School**
3. **TAFE / tertiary institution**
4. **Public library**
5. **Government agency / department / shopfront**
6. **Internet / cyber cafe or similar**
7. **Community / voluntary organisation**
8. **Neighbour's / friend's / relative's house**
9. **Other**
10. **No**

47

- 1. Work / business**
- 2. Education / study**
- 3. Volunteer / community groups**
- 4. Personal / private**
- 5. Other**

1. **Work / business**
2. **School**
3. **TAFE / tertiary institution**
4. **Public library**
5. **Government agency / department / shopfront**
6. **Internet / cyber cafe or similar**
7. **Community / voluntary organisation**
8. **Neighbour's / friend's / relative's house**
9. **Other**
10. **No**

49

1. **Tax returns**
2. **Applications or claims for benefits**
3. **Applications for permits etc.**
4. **Bill payments** e.g. rates and car registration
5. **Taxation**
6. **Pensions or other benefits**
7. **Employment / unemployment**
8. **Other**
9. **No**

- 1. Real estate agent**
- 2. State or Territory housing authority**
- 3. Person not in the same dwelling**
 - Parent / Other relative**
- 4. Person not in the same dwelling**
 - Other person**
- 5. Person in the same dwelling**
 - Parent / Other relative**
- 6. Person in the same dwelling**
 - Other person**
- 7. Owner / Manager of caravan park**
- 8. Employer - Defence Housing Authority**
- 9. Employer - Government**
- 10. Employer - Other**
- 11. Housing co-operative, Community**
or Church group
- 12. Other (Specify)**

51

1. **Paid leave**
2. **Unpaid leave**
3. **Flexible working hours**
4. **Rostered day off**
5. **Working from home**
6. **Shift work**
7. **Casual work**
8. **Part time work**
9. **Informal arrangement with employer**
10. **Anything else - (Specify)**

- 1. Less than 8 hours**
(less than 1 day per week)
- 2. 8 hours or more**
(1 day per week or more)

1. **Australian Age Pension**
2. **Service Pension from the Department of Veterans' Affairs. Exclude Defence Force superannuation benefits**
3. **Disability Support Pension from Centrelink**
4. **Newstart Allowance**
5. **Carer Payment**
6. **Partner Allowance**
7. **Widow Allowance from Centrelink**
8. **Wife Pension**
9. **Mature Age Allowance**
10. **Sickness Allowance**
11. **Special Benefit**

- 1. Family Tax Benefit as a regular payment from the Family Assistance Office**
- 2. Parenting Payment**
- 3. Youth Allowance**
- 4. Carer Allowance**
- 5. War Widow's or Widower's Pension from the Department of Veterans' Affairs, including Income Support Supplement**
- 6. Disability Pension from the Department of Veterans' Affairs**
- 7. Overseas government pension**
- 8. Other government payment**
- 9. None of the above**

- 1. Profit or loss from own unincorporated business or share in a partnership**
- 2. Profit or loss from rental property**
- 3. Dividends or interest**
- 4. None of the above**

10. **Sight problems not corrected by glasses or contact lenses**
11. **Hearing problems**
12. **Speech problems**
13. **Shortness of breath or difficulty breathing**
14. **Chronic or recurrent pain or discomfort**
15. **Blackouts, fits or loss of consciousness**
16. **Learning or understanding difficulties**
17. **Limited use of arms or fingers**
18. **Difficulty gripping or holding things**
19. **Limited use of feet or legs**
20. **Nervous / emotional conditions that restrict everyday activities**
21. **A restriction in physical activities or work**
22. **Disfigurement or deformity**
23. **Mental illness**
24. **Long-term effects of a head injury / stroke / brain damage**
25. **Having treatment / medication for a long-term condition / ailment that restricts everyday activities**
26. **Any other long-term restricting condition**

57

1. **Bathing / showering**
2. **Dressing**
3. **Eating / feeding**
4. **Toileting**
5. **Managing incontinence**
6. **Moving around away from home**
7. **Moving about the house**
8. **Getting into or out of a bed / chair**
9. **Communicating with strangers**
10. **Communicating with family / friends**

1. **Meal preparation**
2. **Laundry**
Examples:
Washing
Ironing
Hanging out clothes
3. **Light housework**
Examples:
Vacuuming
Washing / drying dishes
Making beds
4. **Heavy housework**
Examples:
Moving furniture
Cleaning windows
Cleaning oven
5. **Home maintenance**
6. **Gardening**

1. **Visited museum / art gallery**
2. **Visited library**
3. **Attended theatre / concert**
4. **Attended cinema**
5. **Visited animal / marine parks /
botanic gardens**
6. **Took part in sport or
physical recreation away from
home**
7. **Attended sporting event
as spectator**

- 1. Visited relatives / friends**
- 2. Went to restaurant / club**
- 3. Church activities**
- 4. Voluntary activities**
- 5. Performing Arts group activity**
- 6. Art / craft group activity**
- 7. Other special interest
group activities**
- 8. Other (Specify)**

61

1. **Visits from family / friends**
2. **Telephone calls with family / friends**
3. **Art / craft work**
(for / with other people)
4. **Church / special community activities**
5. **Voluntary work**
(including advocacy)

- 1. Not at all**
- 2. Slightly**
- 3. Moderately**
- 4. Quite a bit**
- 5. Extremely**

1. **All of the time**
2. **Most of the time**
3. **A good bit of the time**
4. **Some of the time**
5. **A little of the time**
6. **None of the time**

- 1. All of the time**
- 2. Most of the time**
- 3. Some of the time**
- 4. A little of the time**
- 5. None of the time**