



PROMPT CARDS

SURVEY of DISABILITY, AGEING and CARERS (SDAC) 2015



Please shred and recycle this

document after enumeration

1. **Never Married**
2. **Widowed**
3. **Divorced**
4. **Separated but not divorced**
5. **Registered married**

10. **Dementia** (all forms)
11. **Angina**
12. **Arthritis** (all forms)
13. **Back problems**
14. **Diabetes** (all forms)
15. **Hypertension** (high blood pressure)
16. **Nervous tension / stress**
17. **Asthma**
18. **Migraine**
19. **Osteoporosis**
20. **Other** (please specify)

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.

- 1. Hospital**
- 2. Nursing home**
- 3. Aged care hostel**
- 4. Retirement village (Cared component)**
- 5. Retirement village (Independent living)**
- 6. Group homes with less than 6 people**
- 7. Group homes of 6 or more people who have 24 hour assistance provided**
- 8. Other type of cared accommodation**

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

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SAMPLE ONLY

Intentionally left blank

SAMPLE ONLY

1. Government organisation

Examples:

*Department of Social Services
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 / Support care worker**
3. **Voluntary worker**
4. **Teacher**
5. **Other source(s) of assistance received from
organised services (please specify)**

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1. **Speech therapist**
2. **Teacher**
3. **Nurse**
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1. **Sign language**
2. **Picture cards / boards**
3. **Handwriting**
4. **Assistive communication apps on mobile devices**
5. **Other typed / computer messages**
6. **Other**

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

10. **Canes** (sonar canes, etc.)
11. **Crutches**
12. **Walking frames**
13. **Walking sticks**
14. **Wheelchair** (Manual)
15. **Wheelchair** (Electric)
16. **Scooter / gopher**
17. **Specially modified car or car aid(s)**
18. **Guide dogs**
19. **Built-up shoe(s)**
20. **Orthoses or orthotics**
21. **Electric operated lounge chairs and/or specialised seating**
22. **Lifting machine / Hoist**
23. **Other mobility chair(s)**
24. **Disability specific mobile app**
25. **Other mobility aid(s)**

10. Home ventilator or respirator
11. Parenteral or enteral feeding device
12. Oxygen concentrator
13. Heart pump
14. Suction pump
15. Apnoea monitor
16. Nebuliser
17. Positive airways pressure device
18. Insulin pump
19. Phototherapy equipment
20. Blood glucose monitor
21. Blood pressure monitor
22. Other medical aid

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

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

Note that the examples provided above are not exhaustive.

Additional types of health care tasks a respondent may need help or supervision with include:

- Skin care
- Prevention of pressure sores
- Therapeutic massage.

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1. **Chiropodist / Podiatrist**
2. **Physiotherapist**
3. **Nurse**
4. **Doctor**
5. **Chemist**
6. **Health worker**
7. **Home care / Support care worker**
8. **Voluntary worker**
9. **Other source(s) of assistance received from organised services (please specify)**

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1. Doctor
2. Psychologist
3. Psychiatrist
4. Chemist
5. Counsellor
6. Other health worker
7. Public guardian
8. Teacher
9. Teacher's Aide / School Services Officer
10. Other source(s) of assistance received from organised services (please specify)

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1. **Cleaner**
2. **Housekeeper**
3. **Home care / Support care worker**
4. **Nurse**
5. **Voluntary worker**
6. **Other source(s) of assistance received from organised services (please specify)**

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1. **Gardener**
2. **Handyperson**
3. **Tradesperson**
4. **Landlord**
5. **Unit manager**
6. **Nurse**
7. **Home care / Support care worker**
8. **Voluntary worker**
9. **Other source(s) of assistance received from organised services (please specify)**

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1. **Meals on wheels**
2. **Nurse**
3. **Home care / Support care worker**
4. **Food retailer**
5. **Other source(s) of assistance received from organised services (please specify)**

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1. **Public guardian**
2. **Accountant**
3. **Nurse**
4. **Home care / Support care worker**
5. **Voluntary worker**
6. **Financial adviser**
7. **Lawyer**
8. **Other source(s) of assistance received from organised services (please specify)**

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- 10. Work**
- 11. School / Educational institution**
- 12. General Practitioner**
- 13. Medical specialist**
- 14. Shopping**
- 15. Visiting friends or relatives**
- 16. Participation in sporting activities**
- 17. Visiting restaurants / clubs**
- 18. Church / place of worship**
- 19. 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**

10. Employer
11. Work colleagues
12. Family or friends
13. Teacher or lecturer
14. Health staff (e.g. GP, nurse, hospital staff)
15. Bus drivers / rail staff / taxi drivers
16. Restaurant / Hospitality staff
17. Sales assistants
18. Strangers in the street
19. Other

10. Work
11. Visiting family or friends
12. School, University or educational facility
13. Medical facilities (e.g. GP, dentist, hospital)
14. Shops, banks etc.
15. Restaurants, cafés or bars
16. Public transport
17. Public park or recreation venue
18. Other social situations
19. Other public places
20. Other

1. **Car parking facilities**
2. **Approach areas (e.g. ramps, hand rails, lighting)**
3. **Entrance or exit areas (e.g. door width, intercom, lighting, obstructions)**
4. **Moving around the building (e.g. stairs, internal doors, corridor width, clutter / obstructions in walkways)**
5. **Bathroom facilities (e.g. location, layout, size)**
6. **Inadequate lifts or escalators**
7. **Reception areas (e.g. desk height, seating, background noise)**
8. **Change room facilities**
9. **Other**

- 10. Workplace**
- 11. Other people's homes**
- 12. Government buildings**
- 13. Schools, Universities or educational facilities**
- 14. Medical facilities (e.g. GP, dentist, hospital)**
- 15. Shops, banks etc.**
- 16. Restaurants or cafés**
- 17. Bars, clubs or pubs**
- 18. Public parks or recreation venues**
- 19. Movies, concerts, theatres or other performing arts events**
- 20. In the street**
- 21. Other**

In the last 3 months:

10. Visited relatives / friends
11. Went out with relatives / friends (e.g. to restaurant, club, movies, market)
12. Religious or spiritual group activities
13. Voluntary or community service activities (e.g. Rotary Club, SES)
14. Performing Arts group activities
15. Art / craft or practical hobby group activities (e.g. scrapbooking or furniture making)
16. Went on holidays or camping with others
17. Sport or physical recreation with others (e.g. fishing, walking, bowls)
18. Other recreational or special interest group activities (e.g. bridge, car clubs, ethnic/multicultural clubs)
19. Support groups (e.g. Alcoholics Anonymous, Canteen)
20. Other (please specify)

In the last 12 months:

1. **Public Library**
2. **Museum or Art Gallery**
3. **Botanic Garden, Zoo or Aquarium**
4. **Movie, concert, theatre or other performing arts event**

In the last 3 months:

1. Visits from family / friends
2. Telephone calls with family / friends
3. Art / craft or practical hobby group activities (e.g. scrapbooking or furniture making)
4. Religious or spiritual group / special community activities
5. Voluntary work (including advocacy)
6. Other special interest group activities (e.g. book clubs, role playing games)

In the last 3 months:

- 1. Phone calls (using fixed telephones, mobile phones or online systems such as VOIP or Skype)**
- 2. Email**
- 3. Social networking / chat rooms (e.g. Facebook)**
- 4. Mobile phone for texting**
- 5. Mail (inc. cards) or fax**
- 6. Other form of contact used (please specify)**

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**

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
8. Other

1. **Very safe**
2. **Safe**
3. **Neither safe nor unsafe**
4. **Unsafe**
5. **Very unsafe**

Choose only one:

1. Health Care Card

Issued from Aug 2012



2. Pensioner Concession Card

Issued from Aug 2012



3. Commonwealth Seniors Health Card

Issued from Aug 2012



10. Accessing government services or information about government services (e.g. tax, benefits payments, licenses)

11. Paying bills or banking online

12. Social networking (e.g. Facebook, Twitter, Skype)

13. Entertainment (e.g. playing/downloading games, music, movies / tv)

14. Work purposes

15. Purchasing or ordering goods or services online (e.g. travel, tickets, accommodation, computer software, clothes, food, movies, music, books)

16. Formal educational activities

17. Health services (e.g. Telehealth, making medical appointments)

18. Volunteering or participating in community groups

Lodgement of:

- 10. Tax returns
- 11. Applications or claims for benefits
- 12. Applications for licences or permits (e.g. passport, disability parking)
- 13. Bill payments (e.g. using BPAY to pay rates or car registration etc.)

Information or services relating to:

- 14. Taxation
- 15. Pensions or other benefits
- 16. Employment / unemployment
- 17. Other government information or services
- 18. **No government information or services accessed via the internet**
- 19. Don't know

Information or services relating to:

- 1. Disability support (e.g. Anglicare, Uniting Care, National Disability Services)**
- 2. Aged care support (e.g. My Aged Care, Home and Community Care (HACC))**
- 3. Assistance to carers (e.g. National Respite for Carers Program (NRCP), National Carer Counselling Program (NCCP))**

1. **At work, including voluntary and unpaid work**
2. **At a school, TAFE, University or other educational institution**
3. **At a public library**
4. **At an internet cafe, shopping mall, hotel, airport or similar**
5. **At a neighbour's, friend's or relative's house**
6. **Anywhere else**

10. Have no need / no interest
11. No access to a computer or mobile technology
12. Lack of confidence/knowledge in accessing the internet
13. Can rely on friends / family to use the internet
14. Cost
15. No time
16. Internet services not available/of too poor quality for use in local area
17. Lack of assistive technology (e.g. screen readers, screen magnifiers, voice recognitions software, selection switches, specialised keyboards)
18. Privacy or security concerns (e.g. personal identity theft, financial fraud/scams, viruses)
19. Other reason

10. Real estate agent
11. State or Territory housing authority
12. Person not in the same dwelling
 - Parent / Other relative
13. Person not in the same dwelling
 - Other person
14. Person in the same dwelling
 - Parent / Other relative
15. Person in the same dwelling
 - Other person
16. Owner / Manager of caravan park
17. Employer – Defence Housing Authority
18. Employer – Government
19. Employer – Other
20. Housing co-operative, Community or Church group
21. Other (please specify)

11. Paid leave (e.g. annual leave, maternity leave, sick leave) excluding carer's leave
12. Paid carer's leave
13. Unpaid leave (excluding unpaid carer's leave)
14. Unpaid carer's leave
15. Flexible working hours
16. Rostered day off
17. Working from home
18. Shift work
19. Casual work
20. Part time work
21. Informal arrangement with employer
22. Other (please specify)

1. Less than 8 hours

(less than 1 day per week)

2. 8 hours or more

(1 day per week or more)

SAMPLE ONLY

10. **Australian Age Pension**
11. **Service Pension from the Department of Veterans' Affairs. Exclude Defence Force superannuation benefits**
12. **Disability Support Pension from Centrelink**
13. **Newstart Allowance**
14. **Carer Payment**
(Carer Payment provides income support if an individual is unable to support themselves through substantial paid employment, while providing care to a person with a severe disability or severe medical condition.)
15. **Partner Allowance**
16. **Widow Allowance from Centrelink**
17. **Wife Pension**
18. **Sickness Allowance**
19. **Special Benefit**

1. **Family Tax Benefit as a regular payment from Centrelink**
2. **Parenting Payment**
3. **Youth Allowance**
4. **Carer Allowance**
(Carer Allowance is a supplementary payment for individuals providing additional daily care or attention for an adult or child with a disability or medical condition, or for an adult who is frail, that can be paid in addition to wages or other income support payments such as Age Pension or Carer Payment.)
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. **Schoolkids Bonus**
9. **Any other government payment**

1. **Child Support or Maintenance**
2. **Superannuation, an annuity or private pension**
3. **Workers' Compensation**

1. 1 - 9 hours

2. 10 - 19 hours

3. 20 - 29 hours

4. 30 - 39 hours

5. 40 - 59 hours

6. 60 hours or more

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, seizures 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. Memory problems or periods of confusion
25. Social or behavioural difficulties
26. Long-term effects of a head injury / stroke / brain damage or acquired brain injury
27. Having treatment / medication for a long-term condition / ailment that restricts everyday activities
28. Any other long-term restricting condition

10. Bathing / showering
11. Dressing
12. Eating / feeding
13. Toileting
14. Managing incontinence
15. Moving around away from home
16. Moving about the house
17. Getting into or out of a bed / chair
18. Communicating with strangers
19. Communicating with family / friends

1. **Meal preparation**
2. **Laundry (e.g. washing, ironing, hanging out clothes, taking clothes to and from a laundromat)**
3. **Light housework (e.g. vacuuming, washing/drying dishes, making beds)**
4. **Heavy housework (e.g. moving furniture, cleaning windows, cleaning oven, washing car, washing pets)**
5. **Home maintenance**
6. **Gardening**

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- 20. Other (please specify)**

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2. Most of the time
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- 11. Paying bills or banking online**
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- 5. Aged care support (e.g. My Aged Care, Home and Community Care (HACC))**
- 6. Assistance to carers (e.g. National Respite for Carers Program (NRCP), National Carer Counselling Program (NCCP))**

- 1. At work, including voluntary and unpaid work**
- 2. At a school, TAFE, University or other educational institution**
- 3. At a public library**
- 4. At an internet cafe, shopping mall, hotel, airport or similar**
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