

B2a. Handling money and bills **NOW**. Please choose the response that best describes how well you take care of money and bills **NOW**.

- I handle all my money and bills (check cashing, banking, handling money) by myself 1 **(B3a)**
- I am able to handle my own money and bills, but someone else does them for me. 2
- I can handle paying for simple things (groceries), but need help with banking and checking 3
- I am not able to handle money correctly..... 4

B2b. Handling money and bills **BEST EVER**. Please choose the response that best describes how well you took care of money when you were at your **BEST EVER**.

- At my best, I have handled all my money and bills (check cashing, banking, handling money) by myself 1
- At my best, I have been able to handle my own finances, but someone else did them for me. 2
- Even at my best, I have handled paying for simple things (groceries), but needed help with banking and checking 3
- Even at my best, I have not been able to handle money correctly 4

B3a. Buying groceries **NOW**. Please choose the response that best describes how well you take care of buying groceries **NOW**.

- I create my own grocery list and do my own shopping..... 1 **(B4a)**
- I am able to create my own grocery list and do my own shopping, but someone else does it for me 2
- I sometimes need help grocery shopping..... 3
- I need someone else to do my grocery shopping for me..... 4

B3b. Buying groceries **BEST EVER**. Please choose the response that best describes how well you took care of buying groceries when you were at your **BEST EVER**.

- At my best, I have created my own grocery list and done my own shopping 1
- At my best, I have been able to create my own grocery list and do my own shopping, but someone else did it for me 2
- At my best, I sometimes needed help grocery shopping..... 3
- Even at my best, I have needed someone else to do my grocery shopping for me..... 4

B4a. Cooking **NOW**. Please choose the response that best describes how well you take care of cooking **NOW**.

- I plan, make, and serve many of my own meals 1 **(B5a)**
- I am able to plan, make, and serve my own meals but someone else does it for me 2
- I make meals if someone else provides me with the right ingredients 3
- I heat and serve meals provided by others 4
- I need to have meals made and served to me 5

B4b. Cooking **BEST EVER**. Please choose the response that best describes how well you took care of cooking when you were at your **BEST EVER**.

- At my best, I have planned, made, and served many of my own meals 1
- At my best, I have been able to plan, make, and serve my own meals but someone else did it for me 2
- At my best, I have made meals if someone else provided me with the right ingredients 3
- Even at my best, I have heated and served meals provided by others 4
- Even at my best, I have needed to have meals made and served to me.... 5

B5a. Planning social activities **NOW**. Please choose the response that best describes how well you take care of social activities **NOW**.

- I often start and plan social activities (e.g., going out, having a party, going to church activities, planning a BBQ)..... 1 **(B6a)**
- I rarely start and plan social activities..... 2
- I do not start and plan social activities..... 3

B5b. Planning social activities **BEST EVER**. Please choose the response that best describes how well you planned social activities when you were at your **BEST EVER**.

- At my best, I have often started and planned social activities (e.g., going out, having a party, going to church activities, planning a BBQ) 1
- Even at my best, I have rarely started and planned social activities 2
- Even at my best, I did not start and plan social activities 3

B6a. Understanding things I read or things I watch on TV **NOW**. Please choose the response that best describes how well you understand things you read or see on TV **NOW**.

- I understand things I read and things I watch on TV without any problem.. 1 **(B7a)**
- I sometimes have problems understanding things I read or things I watch on TV 2
- I often have problems understanding things I read or things I watch on TV 3
- I am unable to understand things I read or things I watch on TV 4

B6b. Understanding things I read or things I watch on TV **BEST EVER**. Please choose the response that best describes how well you were able to understand things you read and saw on TV when you were at your **BEST EVER**.

- At my best, I have understood books, magazines, other things I read, and things I watch on TV without any problem..... 1
- At my best, I sometimes have had problems understanding things I read or things I watch on TV..... 2
- Even at my best, I have often had problems understanding things I read or things I watch on TV..... 3
- Even at my best, I have been unable to understand things I read or things I watch on TV..... 4

B7a. Getting where you need to go **NOW**. Please choose the response that best describes how well you take care of getting where you need to go **NOW**.

- I drive my own car or take the bus, subway, or train on my own (if you do not own a car)..... 1 (B8a)
- I arrange my own travel using taxis, but do not drive or take the bus, subway, or train 2
- I can take the bus, subway, or train or use taxis if someone else helps me 3
- Other people need to take me where I need to go. I can't do it on my own 4

B7b. Getting where you need to go **BEST EVER**. Please choose the response that best describes how well you took care of getting where you needed to go when you were at your **BEST EVER**.

- At my best, I have driven my own car or took the bus, subway, or train on my own (when I have not owned a car)..... 1
- At my best, I have arranged my own travel using taxis, but did not drive or take the bus, subway, or train..... 2
- Even at my best, I have been able to take the bus, subway, or train or use taxis if someone helped me..... 3
- Even at my best, other people needed to take me where I needed to go; I have never been able to do it on my own..... 4

B8a. Using the phone **NOW**. Please choose the response that best describes how well you use the phone **NOW**.

- I do not have access to a phone 1
- I handle using the phone without any problems (looking up and dialing new numbers, etc.) 2 (B9a)
- I only dial a few well-known numbers..... 3
- I answer the phone, but do not dial 4
- I do not use the phone at all 5

B8b. Using the phone **BEST EVER**. Please choose the response that best describes how well you used the phone when you were at your **BEST EVER**.

- I have never had access to a phone..... 1
- At my best, I have handled using the phone without any problems (looking up and dialing new numbers, etc.) 2
- At my best, I have only dialed a few well-known numbers 3
- Even at my best, I have answered the phone, but have not dialed..... 4
- Even at my best, I have not used the phone at all..... 5

B9a. Home repairs **NOW**. Please choose the response that best describes how well you take care of home repairs **NOW**.

- I handle most minor home repairs (unclogging the sink, replacing batteries in the smoke detector) 1 **(B10a)**
- I can make minor repairs but choose not to 2
- I need help with most minor home repairs..... 3
- I am unable to do most repairs by myself..... 4

B9b. Home repairs **BEST EVER**. Please choose the response that best describes how well you were able to fix things in your home when you were at your **BEST EVER**.

- At my best, I have handled most minor home repairs (unclogging the sink, replacing batteries in the smoke detector) 1
- At my best, I was able to make minor repairs but chose not to 2
- Even at my best, I have needed help with most minor home repairs 3
- Even at my best, I have not been able to do most repairs by myself 4

B10a. Bathing **NOW**. Please choose the response that best describes how well you take care of bathing yourself **NOW**.

- I handle all of my bathing needs by myself 1 **(B11a)**
- I sometimes need help bathing (getting in and out of the tub/shower) 2
- I always need help from others when bathing 3

B10b. Bathing **BEST EVER**. Please choose the response that best describes how well you took care of bathing yourself when you were at your **BEST EVER**.

- At my best, I have handled all of my bathing needs by myself..... 1
- Even at my best, I have sometimes needed help with bathing (getting in and out of the tub/shower) 2
- Even at my best, I have always needed help from others when bathing..... 3

B11a. Dressing **NOW**. Please choose the response that best describes how well you take care of dressing yourself **NOW**.

- I am able to dress myself and pick out my own clothes 1 **(B12a)**
- I dress myself, but someone else must pick out my clothes for me 2
- I sometimes need help getting dressed or frequently make mistakes in choosing clothes..... 3
- I often need help getting dressed 4

B11b. Dressing **BEST EVER**. Please choose the response that best describes how well you took care of dressing yourself when you were at your **BEST EVER**.

- At my best, I have been able to dress myself and pick out my own clothes 1
- At my best, I have dressed myself, but someone else has picked out my clothes for me 2
- Even at my best, I sometimes needed help getting dressed or have frequently made mistakes in choosing clothes 3
- Even at my best, I have often needed help getting dressed..... 4

B12a. Shopping (e.g., clothes, other non-food items) **NOW**. Please choose the response that best describes how well you take care of shopping **NOW**.

- I take care of all my shopping needs 1 (B13a)
- I am able to shop, but choose to have someone else do my shopping for me..... 2
- I only make small purchases 3
- I need someone to go with my on any shopping trip 4
- I am unable to shop 5

B12b. Shopping (e.g., clothes, other non-food items) **BEST EVER**. Please choose the response that best describes how well you took care of shopping when you were at your **BEST EVER**.

- At my best, I have taken care of all my shopping needs 1
- At my best, I have been able to shop, but have chosen to have someone else do my shopping for me..... 2
- At my best, I have only made small purchases 3
- Even at my best, I have needed someone to go with me on any shopping trip 4
- Even at my best, I have been unable to shop 5

B13a. Laundry **NOW**. Please choose the response that best describes how well you take care of laundry **NOW**.

- I do all of my own laundry 1 (B14a)
- I am able to do my own laundry, but choose to have others do it for me. ... 2
- I sometimes need help doing the laundry..... 3
- I launder only small items (e.g., rinse socks, stockings, etc.)..... 4
- All laundry must be done by others 5

B13b. Laundry **BEST EVER**. Please choose the response that best describes how well you took care of laundry when you were at your **BEST EVER**.

- At my best, I have done all of my own laundry 1
- At my best, I have been able to do my own laundry, but have chosen to have others do it for me. 2
- At my best, I have sometimes needed help doing the laundry 3
- Even at my best, I have laundered only small items (e.g., rinse socks, stockings, etc.) 4
- Even at my best, I have needed others to do my laundry 5

B14a. Taking/keeping track of medication **NOW**. Please choose the response that best describes how well you take care of your medications **NOW**.

- On my own, I can take my medications in correct dosages at the correct time 1 **(B15a)**
- I am able to take care of my own medications, but choose to have someone else do it for me 2
- I take medications that are prepared in individual doses by someone else 3
- I am unable to track my own medications 4

B14b. Taking/keeping track of medication **BEST EVER**. Please choose the response that best describes how well you handled your medications when you were at your **BEST EVER**.

- At my best, I was able on my own to make sure I took medications in correct dosages at the correct time 1
- At my best, I have been able to take care of my own medications, but have chosen to have someone else do it for me 2
- At my best, I have taken medications that are prepared in individual doses by someone else 3
- Even at my best, I have been unable to track my own medications 4

B15a. Taking care of children/grandchildren **NOW**. Please choose the response that best describes how well you take care of children/grandchildren **NOW**.

- I do not have children or grandchildren 1
- I am fully able to handle child care 2 **(B16a)**
- I sometimes need help caring for my children or grandchildren 3
- I need constant help in taking care for my children or grandchildren 4

B15b. Taking care of children/grandchildren **BEST EVER**. Please choose the response that best describes how well you took care of children/grandchildren when you were at your **BEST EVER**.

- I have never had children or grandchildren 1
- At my best, I have been fully able to handle child care 2
- At my best, I have sometimes needed help in taking caring of children or grandchildren 3
- Even at my best, I have needed constant help in taking care of children and grandchildren 4

B16a. Work **NOW**. Please choose the response that best describes how well you work **NOW**.

- I am retired 1
- I am efficient at work 2 **(B17)**
- I am not very good at work and have problems paying attention or finishing things I am supposed to do 3
- I am having a great deal of problems in paying attention or finishing tasks at work 4
- I am no longer able to work 5
- I am able to work outside my home, but currently do not..... 6

B16b. Work **BEST EVER**. Please choose the response that best describes how well you worked when you were at your **BEST EVER**.

- At my best, I have been efficient at work..... 1
- At my best, I have not been very good at work and have had problems paying attention or finishing things I am supposed to finish 2
- Even at my best, I have had a lot of problems in paying attention or finishing tasks at work 3
- Even at my best, I have never been able to work..... 4
- At my best, I was able to work outside my home, but I never did..... 5

B17. I feel that the problems that I am having on the above tasks, if any, are due to:

- I am not having any problems on the previous tasks 1
- Primarily problems thinking (for example, memory, paying attention)..... 2
- Primarily physical problems (for example, fatigue, feeling sick) 3
- Equally thinking and physical problems..... 4

B18. If you are having more problems than you used to with the above tasks, about when did the problems begin?

- I am not having any problems 1
- Within the last month 2
- One to six months ago 3
- Six months to two years ago 4
- Two to five years ago 5
- More than five years ago..... 6