

B4. 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
- 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

B5. 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
- I rarely start and plan social activities..... 2
- I do not start and plan social activities..... 3

B6. 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
- 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

B7. 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
- 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

B8. 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
- 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

B9. 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
- 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

B10. 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
- I sometimes need help bathing (getting in and out of the tub/shower) 2
- I always need help from others when bathing 3

B11. 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
- 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

B12. 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
- 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

B13. 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
- 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

B14. 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
- 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

B15. 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
- I sometimes need help caring for my children or grandchildren 3
- I need constant help in taking care for my children or grandchildren 4

B16. Work **NOW**. Please choose the response that best describes how well you work **NOW**.

- I am retired 1
- I am efficient at work 2
- 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

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 (END)
- 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?

- 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