1. What is your name: ……………………..
2. What gender do you identify as?

A. Male  
B. Female  
C. Other  
D. Prefer not to answer.

1. How old are you? ………………..
2. Ethnicity

A. Caucasian  
B. African-American  
C. Latino or Hispanic  
D. Asian  
E. Native American  
F. Native Hawaiian or Pacific Islander  
G. Two or More  
H. Other/Unknown  
I. Prefer not to say

1. Location

What city is your home located? …………………….

1. Education

What is the highest degree or level of education you have completed?

A. Some High School  
B. High School  
C. Bachelor's Degree  
D. Master's Degree  
E. Ph.D. or higher  
F. Trade School  
G. Prefer not to say

1. Have you retired?
   * Yes (= no ongoing paid work).
     1. At what age did you retire? ………………
   * No; then:
     1. Is it a part time, casual ongoing paid or full time work? ………………
     2. What is the main occupation title? ………………..
2. Do you currently reside (Please fill in ONE oval only):
   * Alone
   * With a partner
   * With a friend
   * With family
   * Other arrangement
3. Are you currently an active member of any social clubs or groups?
   * No
   * Yes, please indicate how many:
4. Do you do any charity or volunteer work?
   * No
   * Yes, please indicate how many?
5. How often might you make an outing to see a family member, friend or group of friends?
   * Never
   * Less than monthly
   * Monthly
   * Fortnightly
   * Weekly
   * Daily
6. What types of events or entertainment have you undertaken in the last 2 months?
   * Nil
   * Movies
   * Plays/drama
   * Bar/club
   * Concert/Recital
   * Special Performance
   * Dancing
   * Visiting friends
   * Sporting event
   * Restaurants
   * Other, please describe ……………………………………………………….
7. How do you usually acquire your information about world and national events?
   * No particular way
   * Friends
   * TV
   * Radio
   * Newspapers
   * Magazines
   * Internet
   * Other, please describe ……………………………………………………………
8. How would you spend a typical day?
   * Sleep / Nothing
   * House work
   * TV
   * Radio
   * Listening to Music
   * Email
   * Internet use
   * Walking
   * Gardening
   * Crosswords or Sudoku
   * Pet Care
   * Socializing
   * Reading
   * Writing
   * Studying
   * Teaching
   * Volunteer work
   * Paid work
   * Strategic games (e.g. Chess, Bridge, Cards)
   * Helping friends / family
   * Artistry (e.g. drawing, painting, sculpture, creative writing, acting, etc)
   * Prayer / Religious activity
   * Playing Music
   * Brain Training Games (e.g. on computer or Nintendo)
   * Learning something new
   * Hobby / Pastime
   * Intellectual / Professional
   * Taking care of grandchildren
   * Sewing / knitting / embroidering
9. What kinds of materials are you reading on a regular basis?
   * Just what is needed to get by
   * Newspaper articles
   * Magazines articles
   * Novels
   * Fiction stories
   * Journals or Monographs
   * Non-Fiction Books
   * All of above
   * Other, please describe …………………………………………………
10. Please give the typical number of hours per week you spend in sports and physical activities.
    * Mildly energetic (e.g., walking, weeding)……………
    * Moderately energetic (e.g. dancing, cycling)………………………
    * Vigorous (e.g. running, squash) …………………
11. How often are you seeing a member of your family or friend during this time?
    * Never
    * Less than Monthly
    * Monthly
    * Fortnightly
    * Weekly
    * Daily
12. How often are you practicing or playing a musical instrument?
    * Never
    * Less than Monthly
    * Monthly
    * Fortnightly
    * Weekly
    * Daily
13. How often do you practice or develop an artistic pastime (e.g. drawing, painting, sculpture, creative writing, acting, etc)?
    * Never
    * Less than Monthly
    * Monthly
    * Fortnightly
    * Weekly
    * Daily
14. How often do you take part in sports or activities that are mildly energetic, moderately energetic or vigorous:
    * Mildly energetic: e.g. walking, woodwork, weeding, hoeing, bicycle repair, playing pool, general housework.
      1. Never
      2. Less than Monthly
      3. Monthly
      4. Fortnightly
      5. Weekly
      6. Daily
    * Moderately energetic: e.g. scrubbing, polishing car, dancing, golf, cycling, decorating, lawn mowing, leisurely swimming.
      1. Never
      2. Less than Monthly
      3. Monthly
      4. Fortnightly
      5. Weekly
      6. Daily
    * Vigorous: e.g. running, hard swimming, tennis, squash, digging, cycle racing.
      1. Never
      2. Less than Monthly
      3. Monthly
      4. Fortnightly
      5. Weekly
      6. Daily
15. How often do you read (material of any sort) for more than 20 minutes?
    * Never
    * Less than Monthly
    * Monthly
    * Fortnightly
    * Weekly
    * Daily
16. How often do you practice speaking, reading, writing or learning a second language?
    * Never
    * Less than Monthly
    * Monthly
    * Fortnightly
    * Weekly
    * Daily
17. Have you traveled to any of the following continents since the age of 65 years? Please fill in as many ovals as applicable.
    * None
    * Pacific Islands
    * Asia/Subcontinent
    * Latin/Central America
    * North America
    * Western Europe
    * East Europe / former USSR
    * Africa
    * Middle East
18. Have you had any other pastime, hobby or special interest NOT mentioned in this questionnaire?
    * Yes, please describe
    * No
19. Since the age of 65 years, have you undertaken any form of formal study?
    * Yes, please tell us the name of study …………………….
    * No