

(4) **Life gets me down**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☐	☐	☒	☐

Health (wt 4)

(5) **I have a lot of physical energy**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☒	☐	☐	☐

(6) **Pain affects my well-being**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☐	☐	☐	☒

(7) **My health restricts me looking after myself or my home**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☐	☐	☐	☒

(8) **I am healthy enough to get out and about**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☒	☐	☐	☐	☐

Social relationships (wt 8)

(9) **My family, friends or neighbours would help me if needed**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☒	☐	☐	☐	☐

(10) **I would like more companionship or contact with other people**

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☒	☐	☐	☐

(11) **I have someone who gives me love and affection**

Strongly agree (1)	Agree (2)	Neither agree or disagree (2)	Disagree (3)	Strongly disagree (4) (5)
☐	☒	☐	☐	☐

5 4 3 2 1

(12) I'd like more people to enjoy life with (-)

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☐	☐	☒	☐

(13) I have my children around which is important

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☒	☐	☐	☐

Independence, control over life, freedom (wt 3)

(14) I am healthy enough to have my independence

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☒	☐	☐	☐	☐

(15) I can please myself what I do

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☒	☐	☐	☐

(16) The cost of things compared to my pension/ income restricts my life (-)

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☐	☐	☐	☒	☐

(17) I have a lot of control over the important things in my life

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☒	☒	☐	☐	☐

Home and neighbourhood (wt 4)

(18) I feel safe where I live

Strongly agree (1)	Agree (2)	Neither agree or disagree (3)	Disagree (4)	Strongly disagree (5)
☒	☐	☐	☐	☐

	5	4	3	2	1
	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
(19) The local shops, services and facilities are good overall	(1) ☐	(2) ☒	(3) ☐	(4) ☐	(5) ☐
(20) I get pleasure from my home	(1) ☐	(2) ☒	(3) ☐	(4) ☐	(5) ☐
(21) I find my neighbourhood friendly	(1) ☒	(2) ☐	(3) ☐	(4) ☐	(5) ☐

Psychological and emotional well-being (wt 4)

	5	4	3	2	1
	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
(22) I take life as it comes and make the best of things	(1) ☒	(2) ☐	(3) ☐	(4) ☐	(5) ☐
(23) I feel lucky compared to most people	(1) ☒	(2) ☒	(3) ☐	(4) ☐	(5) ☐
(24) I tend to look on the bright side	(1) ☒	(2) ☐	(3) ☐	(4) ☐	(5) ☐
(25) If my health limits social/leisure activities, then I will compensate and find something else I can do	(1) ☒	(2) ☐	(3) ☐	(4) ☐	(5) ☐

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Financial circumstances (wt 3)

- | | 5 | 4 | 3 | 2 | 1 |
|---|---|---|--|--|--|
| (26) I have enough money to pay for household bills | Strongly agree
(1)
☐ | Agree
(2)
☒ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (27) I have enough money to pay for household repairs or help needed in the house | Strongly agree
(1)
☐ | Agree
(2)
☒ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (28) I can afford to buy what I want to | Strongly agree
(1)
☐ | Agree
(2)
☒ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (29) I cannot afford to do things I would enjoy
(-) | Strongly agree
(1)
☐ | Agree
(2)
☐ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☒ | Strongly disagree
(5)
☐ |

Leisure and activities (wt 6)

- | | 5 | 4 | 3 | 2 | 1 |
|---|--|---|--|---|---|
| (30) I have social or leisure activities/hobbies that I enjoy doing | Strongly agree
(1)
☒ | Agree
(2)
☐ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (31) I try to stay involved with things | Strongly agree
(1)
☐ | Agree
(2)
☒ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (32) I do paid or unpaid work or activities that give me a role in life | Strongly agree
(1)
☒ | Agree
(2)
☐ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☐ |
| (33) I have responsibilities to others that restrict my social or leisure activities
(-) | Strongly agree
(1)
☐ | Agree
(2)
☐ | Neither agree or disagree
(3)
☐ | Disagree
(4)
☐ | Strongly disagree
(5)
☒ |

	5	4	3	2	1
(34) Religion, belief or philosophy is important to my quality of life	Strongly agree (1) ☒	Agree (2) ☒	Neither agree or disagree (3) ☐	Disagree (4) ☐	Strongly disagree (5) ☐
(35) Cultural/religious events/festivals are important to my quality of life	Strongly agree (1) ☐	Agree (2) ☐	Neither agree or disagree (3) ☐	Disagree (4) ☒	Strongly disagree (5) ☐

Thank you for your help.

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SERIAL NO. ☐☐☐☐

7:37p-7:52

Older People's Quality of Life Questionnaire (OPQOL-35)

We would like to ask you about your quality of life:

Please tick one box in each row. There are no right or wrong answers. Please select the response that best describes you/your views.

Total: 156

1. Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

Your quality of life

as a whole is:

Very good

Good

Alright

Bad

Very bad

(1)

☒

(2)

☐

(3)

☐

(4)

☐

(5)

☐

2. Please indicate the extent to which you agree or disagree with each of the following statements.

Tick one box in each row

Life overall

5

4

3

2

1

(1) **I enjoy my life overall**

Strongly agree

(1)

☒

Agree

(2)

☐

Neither agree or disagree

(3)

☐

Disagree

(4)

☐

Strongly disagree

(5)

☐

(2) **I am happy much of the time**

Strongly agree

(1)

☐

Agree

(2)

☒

Neither agree or disagree

(3)

☐

Disagree

(4)

☐

Strongly disagree

(5)

☐

(3) **I look forward to things**

Strongly agree

(1)

☐

Agree

(2)

☒

Neither agree or disagree

(3)

☐

Disagree

(4)

☐

Strongly disagree

(5)

☐