

- 1) How often you do the activity,
- 2) If the activity is important to you, and
- 3) If you feel you are doing the activity enough, too much, or not enough.

1. How often?>	2. Important?>	3. Doing enough?
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In a typical week, how many days do you:		1-2 Days	3-4 Days	5-6 Days	7 Days	Is this activity important to you?		Are you doing this activity:		
						No	Yes	Enough	Not Enough	Too Much
Get out and about	0	0	0	0	0	0	0	0	0	0
Spend time with family	0	0	0	0	0	0	0	0	0	0
Keep in touch with family by phone or Internet	0	0	0	0	0	0	0	0	0	0
Spend time with friends	0	0	0	0	0	0	0	0	Ο	0
Keep in touch with friends by phone or Internet	0	0	0	0	0	0	0	0	0	0
Go to parties, out to dinner, or other social activities	0	0	0	0	0	0	0	0	0	0
Spend time with a significant other or intimate partner	0	0	0	0	0	0	0	0	0	0





For each item, tell us:

1) How often you do the activity,

2) If the activity is important to you, and

3) If you feel you are doing the activity enough, too much, or not enough.

	bical week, how many		,	Are you doing this activity:							
In a typical week, how many hours do you:	None	1-4 Hours	5-9 Ho	10-19	20-34 Hours	35 or more Hours	No	Yes	Enough	Not Enough	Too Much
Work for money	0	0	0	0	0	0	0	0	0	0	0
Cook, clean, and look after your home	0	0	0	0	0	0	0	0	0	0	0
Manage household bills and expenses	0	0	0	0	0	0	0	0	0	0	0
Look after children or provide care for a loved one	0	0	0	0	0	0	0	0	0	0	0
Go to classes or participate in learning activities	0	0	0	0	0	0	0	0	0	ο	0
Volunteer	0	0	0	0	0	0	0	0	0	0	0

1. How often? --> 2. Important? --> 3. Doing enough?





For each item, tell us:

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1) How often you do the activity,

2) If the activity is important to you, and

3) If you feel you are you are doing the activity enough, too much, or not enough.

In a typical month, how many			les	les	les	Iore	Is this activity important to vou?		Are you doing this activity:		
In a typical month, how many times do you:	None	Once	2 Times	3 Times	4 Times	5 or More Times	No	Yes	Enough	Not Enough	Too Much
Participate in religious or spiritual activities	0	0	0	0	0	0	0	0	0	0	0
Go to support groups or self-help meetings	0	0	0	0	0	0	0	0	0	0	0
Engage in hobbies or leisure activities	0	0	0	0	0	0	0	0	0	0	0
Go to movies, sporting events or entertainment events	0	0	0	0	0	0	0	0	0	0	0
Exercise, participate in sports or active recreation	0	0	0	0	0	0	0	0	0	0	0
Participate in community clubs or organizations	0	0	0	0	0	0	0	0	0	0	0
Participate in civic or political activities	0	0	0	0	0	0	0	0	0	0	0

1. How often? --> 2. Important? --> 3. Doing enough?

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Shade circles like this:
Not like this:

Please mark the choice that most closely reflects your opinion:

1. I live my life the way that I want	С
2. People try to put limits on me	С
3. I participate in a variety of activities	С
4. I am uncomfortable participating in community activities	С
5. I spend time doing things that improve my community	С
6. I participate in activities that I choose	С
7. I spend time helping others	С
8. I count as a person in society	С
9. I have the freedom to make my own decisions	С
10. I live my life fully	С
11. I regularly seek out new challenges	С
12. I have reliable access to a telephone	С
13. I have a say on decisions in my community	С
14. I have choices about the activities I do	С
15. I actively pursue my dreams and desires	С
16. I do things that are important to me	С
17. People have high expectations of me	С
18. I am able to go out and have fun	С
19. I contribute to society	С
20. I have opportunities to make new friends	С
21. I speak up for myself	С
22. People speak to me disrespectfully	
23. I take responsibility for my own life	
24. I have good job opportunities	С
25. People underestimate me	С

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Shade circles like this:
Not like this:

Please mark the choice that most closely reflects your opinion:

	1
26. I assume leadership roles in organizations	0
27. I am welcome in my community	0
28. I am treated equally	0
29. I have reliable access to community services	0
30. I do important things with my life	0
31. My community respects me the way that I am	0
32. I have influence in my community	0
33. I am in control of my own life	0
34. I am ignored	0
35. I feel safe participating in community activities	0
36. I am treated as a valued member of society	0
37. People see my potential	0
38. I have access to reliable transportation	0
39. I have reliable access to the Internet	0
40. I have control over how I spend my time	0
41. People listen to what I say	0
42. I participate in activities when I want	0
43. I am uncomfortable participating in public meetings	
44. I am treated like a human being	0
45. People count on me	0
46. I contribute to the well-being of my community	0
47. I am actively involved in my community	0
48. It is hard for me to get information about community	-
services	0



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- 1. Respondent's GENDER:
 - Male
- Female
- 2. What is your age?



- 3. Are you of Spanish or Hispanic origin?
 O Yes
 O No
- 4. Which of the following best describes your race?

○ White

○ Asian

^O Black or African American

○ Native Hawaiian or Pacific Islander

O American Indian or Alaskan Native

• Other: _____

- 5. Did you vote in the last major election? • Yes • No
- 6. Are you currently:
 - Married
 - A member of an unmarried couple
 - Single and never been married
 - ^O Widowed
 - O Divorced
 - \circ Separated

7. Are you limited in any way in any activities because of physical, mental, or emotional problems?

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 \circ Yes

○ No [Skip to #9]

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If YES, please describe: _____

8. Would you describe your handicap, disability, or health problem as:

- O Slight
- Moderate
- O Somewhat severe, or
- O Very severe

9. How old were you when your handicap, disability or health problem began? Or were you born with your disability?



Enter "00" if born with a disability

10. Do you now have any health problem that requires the assistance of equipment such as a cane, a wheelchair, a special bed, or a modified telephone? **Include occassional use or use in certain**

○ Yes ○ No



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11. Do you have:

(Please mark all that apply)

- O A learning disability of any kind
- O Any emotional or mental disability
- O Any disability that limits the ability to speak or communicate
- O Any disability that limits hearing
- O Any vision or sight-related disability, except for ordinary eyeglasses
- O Any physical disability that limits the use of the legs, arms, or hands

12. What is your household's largest source of income? (Mark only one)

O My employment

- O Other household members' employment
- O Social Security Disability Insurance
- O Long term disability insurance
- O Retirement income
- O Investments and savings
- O Lawsuit settlement
- Inheritance
- O Public sources (Social Security Supplement, etc.)

That was the last question. Thank you for your help. If you would like more information about this study, please call (866) 577-7430. Again, thank you!

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