

**Table 2.4: Percent of Women Reporting Difficulty in Instrumental ADLs and Level of Difficulty Reported<sup>1,2</sup>**

Task and Level of Difficulty	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Shopping for personal items, such as toilet items or medicine <sup>4</sup>	40.9	33.6	39.7	65.0	26.0	39.2	76.4
Level of difficulty <sup>5,6</sup>							
A little	4.1	3.9	5.0	2.0	4.8	3.8	3.4
Some	5.2	4.7	4.4	8.5	5.0	5.5	4.6
A lot	4.7	3.6	6.1	4.3	3.1	5.7	5.4
Unable to do	26.8	21.3	24.0	50.2	13.1	24.3	62.2
Doing light housework such as doing dishes, straightening up or light cleaning <sup>4</sup>	24.3	21.9	25.0	29.8	7.3	21.8	66.6
Level of difficulty <sup>5,6</sup>							
A little	4.2	5.2	3.7	2.8	1.3	5.6	6.5
Some	6.3	6.1	6.7	6.2	3.1	7.2	10.8
A lot	3.7	4.1	3.3	3.4	1.5	4.1	7.0
Unable to do	10.1	6.6	11.3	17.4	1.4	5.0	42.4
Preparing your own meals <sup>4</sup>	19.0	15.8	20.3	24.9	5.3	13.8	62.0
Level of difficulty <sup>5,6</sup>							
A little	3.0	3.0	3.5	1.7	0.7	3.6	6.3
Some	2.8	3.1	2.5	2.5	1.6	3.2	4.0
A lot	3.3	2.6	4.1	2.8	1.0	2.8	9.1
Unable to do	9.9	7.1	10.1	17.6	1.9	4.2	42.6
Managing your money, for example, paying bills or keeping a bank account <sup>7</sup>	14.8	10.0	15.4	27.0	7.5	11.8	38.2
Level of difficulty <sup>5,6</sup>							
A little	3.3	1.6	4.3	5.4	3.1	3.3	3.7
Some	3.0	2.2	2.8	5.9	0.8	3.0	7.8
A lot	1.5	1.4	1.1	2.4	0.3	1.2	4.6
Unable to do	7.0	4.7	7.1	13.2	3.3	4.3	22.2
Using the telephone <sup>4</sup>	10.1	6.8	11.0	17.2	6.1	9.5	20.1
Level of difficulty <sup>5,6</sup>							
A little	3.9	3.2	4.2	5.4	2.9	4.0	6.1
Some	2.6	1.5	3.4	3.6	1.6	2.0	6.2
A lot	1.5	1.0	1.6	2.6	0.7	1.7	2.8
Unable to do	1.9	1.0	1.8	4.8	0.7	1.8	4.8
Taking medications <sup>8</sup>	3.9	1.9	4.3	8.7	0.8	1.8	16.2
Level of difficulty <sup>5,6</sup>							
A little	1.2	0.5	1.6	2.0	0.1	0.6	5.0
Some	0.8	0.2	0.8	2.7	0.7	0.5	2.1
A lot	0.6	0.7	0.3	1.0	0.0	0.0	3.5
Unable to do	1.3	0.5	1.6	3.0	0.0	0.8	5.6

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "Because of a health or physical problem, do you have any difficulty . . . by yourself?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> How much difficulty do you have?

<sup>6</sup> The percents of participants reporting their levels of difficulty may not add up to the percent reporting difficulty due to (1) rounding (2) level of difficulty not reported.

<sup>7</sup> The question is in the form "Do you have any difficulty . . . by yourself and without help from another person?"

<sup>8</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . by yourself?"