

**Table 3.1: Perception of Disability and Adaptation to Disability (N=1002)<sup>1,2,3</sup>**

Task and Adaptation	No Difficulty (%)	Difficulty (%)	Unable to Do (%)	Doesn't Do (%)
Walking up 10 steps without resting <sup>4</sup>	48.2	38.6	13.2	-
Does less often <sup>5</sup>	37.4	84.6	-	-
Does differently <sup>6</sup>	46.1	85.5	-	-
Walking for a quarter of a mile, that is about 2 or 3 blocks <sup>4</sup>	25.6	48.1	26.3	-
Does less often <sup>5</sup>	51.3	92.0	-	-
Doing heavy housework such as washing windows, walls or floors <sup>7</sup>	11.9	26.8	54.8	6.5
Does less often <sup>5</sup>	68.9	89.7	-	-
Does differently <sup>6</sup>	49.9	67.9	-	-
Receives help <sup>8</sup>	41.6	58.3	83.4	75.0
Walking across a small room <sup>9</sup>	74.5	19.7	5.8	-
Does less often <sup>5</sup>	16.4	72.4	-	-
Lifting or carrying something as heavy as 10 pounds, for example a bag of groceries <sup>4</sup>	34.3	45.6	20.1	-
Does less often <sup>5</sup>	55.9	90.6	-	-
Shopping for personal items, such as toilet items or medicine <sup>7</sup>	55.6	14.1	26.8	3.5
Does less often <sup>5</sup>	29.9	74.8	-	-
Does differently <sup>6</sup>	22.4	80.4	-	-
Receives help <sup>8</sup>	26.8	71.5	95.9	83.3
Doing light housework such as doing dishes, straightening up or light cleaning <sup>7</sup>	73.6	14.2	10.1	2.1
Receives help <sup>8</sup>	20.7	55.1	93.1	71.5
Preparing your own meals <sup>7</sup>	78.4	9.1	9.9	2.6
Does less often <sup>10,11</sup>	15.0	74.2	-	-
Does differently <sup>10,12</sup>	15.6	63.3	-	-
Missing	10.7	0.0	-	-
Do you have any difficulty managing your money, for example, paying bills or keeping a bank account, by yourself and without help from another person?	78.9	7.8	7.0	6.4
Does less often <sup>13</sup>	5.0	69.5	100.0	-
Receives help <sup>14</sup>	14.0	72.0	61.2	39.8
Using telephone <sup>7</sup>	89.4	8.2	1.9	0.5
Receives help <sup>8</sup>	2.2	28.7	56.9	-
Taking medications <sup>15</sup>	95.4	2.6	1.3	0.7
Receives help <sup>8</sup>	3.7	84.8	97.8	14.7

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

<sup>1</sup> All variables except preparing meals less often or differently have less than 2% missing data. For these variables, results are based on non-missing data.

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

<sup>3</sup> First row for each task may not add up to 100% due to rounding.

<sup>4</sup> The screener question is in the form "By yourself, that is without help from another person or special equipment, do you have any difficulty . . . ?" Item is followed by "How much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> The question is in the form "Do you [do the task] less often than you used to?"

<sup>6</sup> The question is in the form "Do you [do the task] differently than you used to?"

<sup>7</sup> The screener question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?" and followed by "By yourself, how much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

<sup>8</sup> Do you usually receive help from another person [doing the task]?

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- <sup>9</sup> The question is in the form "By yourself, that is without help from another person or special equipment, do you have any difficulty . . . ?" Item is followed by "How much difficulty do you have?"
- <sup>10</sup> Due to an error in the administration of the questionnaire the questions were not asked of all eligible participants.
- <sup>11</sup> Have you cut back on the number of meals you prepare because your health makes it difficult?
- <sup>12</sup> Have you changed the types of food you prepare or given up preparing certain foods because your health makes it difficult?
- <sup>13</sup> Are you less involved in managing your money than you used to be because your health or physical condition makes it difficult?
- <sup>14</sup> Does another person usually help you with managing your money?
- <sup>15</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?" and followed by "By yourself, how much difficulty do you have?"