VES-13

1. Age ______________________________ 

SCORE: 1 POINT FOR AGE 75-84 

3 POINTS FOR AGE 85+

2. In general, compared to other people your age, would you say that your health is:

☐ Poor,* (1 POINT) 
☐ Fair,* (1 POINT) 
☐ Good, 
☐ Very good, or 
☐ Excellent 

SCORE: 1 POINT FOR FAIR or POOR

3. How much difficulty, on average, do you have with the following physical activities:

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>No Difficulty</th>
<th>A little Difficulty</th>
<th>Some Difficulty</th>
<th>A Lot of Difficulty</th>
<th>Unable to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. stooping, crouching or kneeling? ..........</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>b. lifting, or carrying objects as heavy as 10 pounds? ..................</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>c. reaching or extending arms above shoulder level? .......................</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>d. writing, or handling and grasping small objects? .......................</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>e. walking a quarter of a mile? ...............</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>f. heavy housework such as scrubbing floors or washing windows? ........</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

SCORE: 1 POINT FOR EACH * RESPONSE IN Q3a THROUGH f. MAXIMUM OF 2 POINTS.

4. Because of your health or a physical condition, do you have any difficulty:

a. shopping for personal items (like toilet items or medicines)?
   ☐ YES → Do you get help with shopping? ☐ YES * ☐ NO
   ☐ NO
   ☐ DON’T DO → Is that because of your health? ☐ YES * ☐ NO

b. managing money (like keeping track of expenses or paying bills)?
   ☐ YES → Do you get help with managing money? ☐ YES * ☐ NO
   ☐ NO
   ☐ DON’T DO → Is that because of your health? ☐ YES * ☐ NO

.........................................................

Continued
c. walking across the room? USE OF CANE OR WALKER IS OK.

☐ YES  →  Do you get help with walking?  ☐ YES *  ☐ NO
☐ NO
☐ DON’T DO  →  Is that because of your health?  ☐ YES *  ☐ NO

d. doing light housework (like washing dishes, straightening up, or light cleaning)?

☐ YES  →  Do you get help with light housework?  ☐ YES *  ☐ NO
☐ NO
☐ DON’T DO  →  Is that because of your health?  ☐ YES *  ☐ NO

e. bathing or showering?

☐ YES  →  Do you get help with bathing or showering?  ☐ YES *  ☐ NO
☐ NO
☐ DON’T DO  →  Is that because of your health?  ☐ YES *  ☐ NO

**SCORE:** 4 POINTS FOR ONE OR MORE * RESPONSES IN Q4a THROUGH Q4e