

Do you use stairs in your house/multiple apartment building?

- A) YES
- B) NO - You do not need to continue

请问您家里有楼梯么？

Age
Gender
City and country

年龄
性别
城市和国家

For immigrants only: When have you left your home country?

Health (describe your medical condition shortly)

What kind of housing do you live in? (pick one answer)

- A) House
- B) Apartment in a highrise
- C) Apartment in a low building

别墅

高层公寓

多层公寓

您住在什么样的房子里？

D) Other: _____

其他，请描述

You live (more answers possible)

- A) alone
- B) with suppose
- C) with your children
- D) with others

独居

有保姆等

与子女同住

与其他人同住

你居住情况

On which floor do you live on? / How many floors do you use in the house you live in? (pick one answer)

- A) 0 (ground floor)
- B) 1
- C) 2
- D) 3
- E) 4
- F) 5

底层

2层

3层

四层

5层

6层

您住几层楼？ / 在您所住得房屋内您会使用到几层楼？

G) higher then 5

Is there an elevator available?

- A) Yes
- B) No

您所居住的地方有电梯么

The staircase is located (pick one answer)

- A) inside the house
- B) outside the house

电梯是室内的还是室外的？

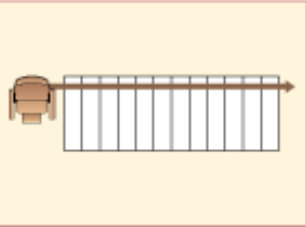
The staircase is

- A) Public
- B) Private

电梯是公共的还是私人的？

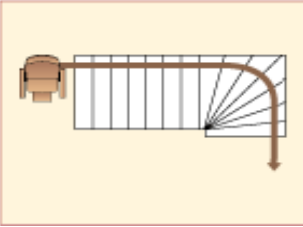
Which picture represents your stairway best? (pick one answer)

A)



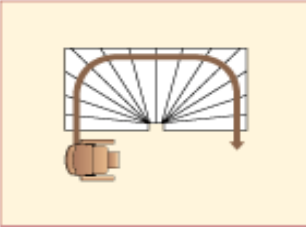
Straight

B)



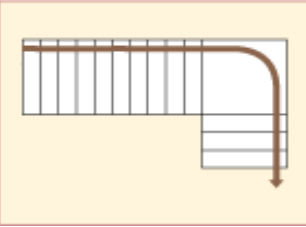
Curved

C)



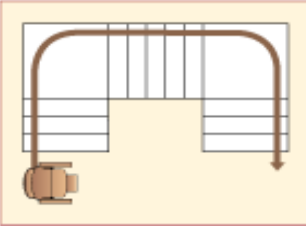
Multiple curved

D)



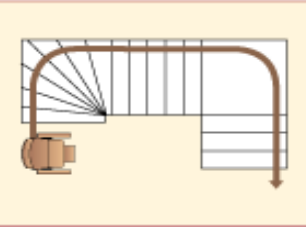
Quarter landing

E)



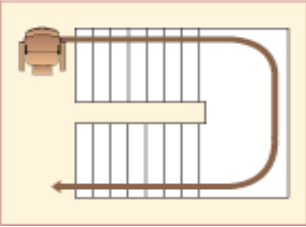
Multi quarter landing

F)




curved+quarter landing

G)



Half landing

H)



spiral

以下哪张图最符合您所居住地方的楼梯结构

If the stairs are public: do you meet people on the stairs?

- A) Always
- B) Very often
- C) Half of the times
- D) Sometimes

总是

经常

一半一半

有时

Are the stairs free of objects?

- A) Always
- B) Very often
- C) Half of the times
- D) Sometimes

如果楼梯是公共的，您会在楼道内遇到其他人么？

- E) Never
- F) Not public

从不

没有公共楼梯

E) Never

When you are climbing stairs do you feel pain in..	not at all 完全不（不适疼痛）	usually only in evenings通常只有晚上	always, but I can live with it 还过得去	always, it is horrible 经常，而且很不适
..knees:膝盖	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..hips:髋骨	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..muscles:肌肉	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..back:背	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..other其他: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

当你爬楼梯时哪里会觉得痛或者不适？

Do you have BALANCE problems when you climb or descend stairs at home? (pick one answer)

- A) not at all
完全不

B) sometimes when I am tired
有时，当我累的时候

C) some problems but I can still handle them
有些问题但我能掌控

D) lots of problems, it is dangerous for me to climb stairs alone
很多问题，我独自爬楼梯有危险/困难

E) I always need help
我总是需要帮助
- A) While climbing
当上楼的时候

B) While descending
当下楼的时候

C) Especially when climbing/descending but also when doing the other (pick the one appropriate)

您上下楼梯有平衡问题么？

Just before you FINISH climbing stairs your breathing and heart rate is (pick one answer)

- A) almost normal
几乎正常

B) intensive
急促

C) very intensive
非常急促

D) unacceptable - you have to make a few pauses before reaching the top

当你刚爬完楼梯时，你的呼吸和心跳？

Intensive breathing and heart rate is for your health: (pick one answer)

- A) very bad - I have some health problems
非常不好，我有一些严重的健康问题

B) bad - I am too old for efforts like that
不好，我的年纪不适宜这种情况

C) I do not care
无所谓

D) good - it keeps me in good shape
很好，使我保持健康

E) excellent - I live for sport/exercises
非常好，我就是为了锻炼的

呼吸急促和心率过快对你的健康？

Do you have VISION problems when climbing stairs at home? (more answers possible)

- A) not at all
完全没有

B) when the lighting is bad, but it does not affect me much
当灯光昏暗时，但对我影响不大

C) my eyes are slightly damaged, but it does not affect me much
我视力不太好，但影响不大

D) lighting in our/my stairway is bad - I have vision problems because of that
因为楼道灯光不好，所以对我有视觉上的影响

E) my eyes are quite damaged - I have vision problems because of that
我眼睛不好（老花、青光眼白内障等等等等）

F) I am blind/almost blind
我几乎是失明状态

您爬楼梯时有视觉方面的问题么？

Just before you FINISH climbing stairs you feel pain in..	not at all 完全不（不适疼痛）	usually only in evenings通常只有晚上	always, but I can live with it 还过得去	always, it is horrible 经常，而且很不适
..knees:膝盖	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..hips:髋骨	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..muscles:肌肉	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..back:背	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..other其他: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

就在你爬完楼梯前，你觉得那里不适？

How often do you climb stairs? Up + down is counted as one time. (pick one answer)

- A) less than once per week
一周少于一次
- B) 1 to 4 times per week
一周1-4次
- C) once or twice per day
一天1-2次
- D) 2 to 5 times per day
2-5次每天
- E) more than 5 times per day
每天>5次

请问您多经常爬楼梯？（上+下算一次）

Are you afraid of falling down the stairs? (pick one answer)

- A) not at all
完全不
- B) rarely
很少
- C) sometimes
有时
- D) usually
时常

您是否担心会从楼梯上摔下去
E) always
总是

How difficult is it for you to carry bags and other luggage up and down the stairs? (pick one answer)

- A) not a problem
完全不是问题
- B) problem only with big and/or heavy bags
只有当很大很重的包时会有问题
- C) problem with all but the small and light bags
会有问题，但是小的轻的包没问题
- D) problem with all kinds of bags
都会有问题

拿着购物袋或者行李上下楼梯对您来说有多困难？

What helps you to climb the stairs?	从不 never	偶尔 occasionally	有时 sometimes	经常 usually	总是 always
grabbing walls 扶墙	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
holding a rail楼梯扶手	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
walking stick拐杖	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
crutches拄杖	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
walker 助步车	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
family members家人	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
neighbours邻居	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
other_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

什么帮助你爬楼梯？

Below is a set of examples of aids for elderly people.

如下是一些辅助性器具

Which of the following physical aid products do you feel are appropriate? _____
What are reasons for a device to be inappropriate? _____
What do you like about the appropriate ones? _____
What would you use yourself? _____
Do specific circumstances exist under which you would consider using an inappropriate aid? _____
Do you feel some of these aids are unnecessary luxury goods? Why? _____
Some of the devices might provide more freedom, or independency. Do you feel this is important? Why? _____

下面哪种您比较喜欢？
如下如果有您不喜欢的工具，原因是？
您喜欢如下某种工具的原因是？
您自己会使用什么辅助工具？

是否在一定客观条件下您也会选择使用您不喜欢的工具？
您是否觉得如下工具有些是太奢侈没必要的？

有些工具可能会提供更多的独立性和自由行，您觉得这点是否重要？



Comments:

评价

Do you do any kind of exercises/sports? (pick one answer)

- A) I hardly walk or don't walk at all
- B) I walk
- C) I walk and do some exercises or sport sometimes
- D) I walk a lot and do exercises or sport every day
- E) Sport is my life!

您平时运动健身否？
我很少走路/根本不走动
我走路/散步
我走路/散步，或做一些运动、健身等
我很常走路散步，或每天健身运动
我离不开运动！

You do not exercise/do sports more because you.. (more answers possible)

- A) ..don't care 我不在乎
- B) ..do not have time 我没时间
- C) ..have health problems 有健康问题
- D) ..are lazy 懒
- E) ..other reason: _____ 其他理由_____

您不运动健身的原因是？（多选）

Normally, where do you do sports and exercises?

- A) At home
- B) In public community exercise site
- C) Fitness studio
- D) Other: _____

平时您在哪里健身运动？
家中
在社区公共健身场
健身房
其他

If you go to the public community exercise site, why? (Order the following reasons according to their imortance to you)

- A) There are enough exercise equipment and space for me
- B) I'd like to meet my friends and neighbours there
- C) The community feeling helps me to keep doing the exercises
- D) I like to exercise outside
- E) It's important to do exercises to stay healthy, exercising outside is a good way to promote this value
- F) I'd like others to see that I try to stay healthy, it is a honorable thing
- G) Other reasons: _____

有很多健身器材
可以遇到朋友和邻居
社区、集体感有助于我坚持运动
我喜欢室外健身

其他理由

Are some of the reasons above stated in a wrong way? (How would you state them yourself?) _____

Could you explain in your own words why you like to exercise in the place you exercise? _____

There is a stairlift on the picture below. You sit on a chair which brings you up and down the stairs.



Are you familiar with the product? (more answers possible)

- A) I had no idea that the product like this exists
- B) I have heard that it exists
- C) I have seen it on pictures/movies
- D) I have seen it in reality
- E) I have already used it

Nr:

如果您去社区公共健身场所，原因是？

-
-
-
-
-
-
-

健身对于健康很重要， 户外健身有助于进一步增进健身效果
户外健身使我能向他人展示我努力保持健康的态度， 让我有荣誉感

如果上述理由您觉得有不恰当的表述请指出， 并请给出您的观点。
您选择自己健身的场所并喜爱它的理由？

这是座椅电梯

多选 请问您是否熟悉该产品？

- 我不了解该产品存在的意义
- 我听说过
- 我见过（图片，影片）
- 我见过实物
- 我使用过

您会使用该产品么（如果您将免费获得该产品的话）

Would you use this kind of product if it would be available to you for free? (more answers possible) (or maybe for future?)

- | | |
|---|----------------------------------|
| A) No, I do not feel that handicapped | 不，我觉得这种产品不方便 |
| B) No, I would feel ashamed of it | 不，我觉得使用这种产品有损颜面 |
| C) No, I have other reasons: _____ | 不，其他理由_____ |
| D) Maybe | 可能会使用 |
| E) Yes, usually when I would feel too tired to climb the stairs | 会使用，爬楼梯太累了 |
| F) Yes, I do not want to be a burden to others | 会使用，我不想造成其他人的负担（家庭成员或保姆朋友需要搀扶我等） |
| G) Yes, I have big problems with climbing the stairs | 会使用，我爬楼梯有很大困难 |
| H) Yes, I have other reasons: _____ | 会使用，其他理由_____ |

这是一项辅助爬楼梯的产品，给您爬楼梯带来支持和安全，但总体上您仍是独立的爬楼梯。您会选择此类产品么如果您能免费获得此类产品？

There is a stair walker on the picture below. It gives you support and safety, but you still have to walk by yourself.



Would you use this kind of product if it would be available to you for free? (more answers possible)

- | | |
|---|----------------------------------|
| A) No, I do not feel that handicapped | 不，我觉得不方便 |
| B) No, I would feel ashamed of it | 不，我觉得使用这种产品有损颜面 |
| C) No, I have other reasons: _____ | 不，其他理由_____ |
| D) No, it looks very scary | 不，该产品看起来吓人 |
| E) Maybe, because: _____ | 可能，理由____ |
| F) Yes, usually when I would feel too tired to climb the stairs | 会使用，爬楼梯太累了 |
| G) Yes, I do not want to be a burden to others | 会使用，我不想造成其他人的负担（家庭成员或保姆朋友需要搀扶我等） |
| H) Yes , I have big problems with climbing the stairs | 会使用，我爬楼梯有很大困难 |
| I) Yes, I have other reasons: _____ | 会使用，其他理由_____ |