

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 年龄
Gender 性别
City and country 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 D) Other: ____
别墅 高层公寓 多层公寓 其他, 请描述

您住在什么样的房子里？

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) B) C) D) E) F) G) H)

Straight Curved Multiple curved Quarter landing Multi quarter landing curved+quarter landing Half landing 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

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

Are the stairs free of objects?

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

- E) Never

楼道空间是空着的么?

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)

您上下楼梯有平衡问题么?

- | | |
|--|---|
| A) not at all 完全没 | A) While climbing 当上楼的时候 |
| B) sometimes when I am tired 有时, 当我累的时候 | B) While descending 当下楼的时候 |
| C) some problems but I can still handle them 有些问题但我能掌控 | C) Especially when climbing/descending but also when doing the other (pick the one appropriate) |
| 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 | |

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

当你刚爬完楼梯时, 你的呼吸和心跳?

- | | |
|---|--|
| 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 爬楼梯过程中需要停下休息, 不能一次性爬完 | |

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

呼吸急促和心率过快对你的健康?

- | |
|---|
| 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 |

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

您爬楼梯时有视觉方面的问题么?

- | |
|--|
| 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 |

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
- E) always 总是

您是否担心会从楼梯上摔下去

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"/>				
holding a rail 楼梯扶手	<input type="radio"/>				
walking stick 拐杖	<input type="radio"/>				
crutches 拄杖	<input type="radio"/>				
walker 助步车	<input type="radio"/>				
family members 家人	<input type="radio"/>				
neighbours 邻居	<input type="radio"/>				
other _____	<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？



(1)



(2a)



(2b)



(3a)



(3b)



(3c)



(4a)



(4b)



(5)



(6)

Comments:

评价

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_____