

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

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

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

City and country: \_\_\_\_\_

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

Health (describe your medical condition shortly): \_\_\_\_\_

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

- A) House                      B) Appartment in a highrise                      C) Appartment in a low building                      D) Other: \_\_\_\_\_

**You live (more answers possible)**

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

**On which floor do you live?**

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

**How many floors do you use in the house you live in?**

- A) 1                      B) 2                      C) More than 2

**Is there an elevator available?**

- A) Yes, for all stairs                      B) Yes, but there are some stairs I still need to climb: \_\_\_\_ steps                      C) No

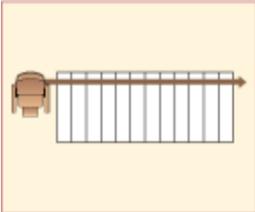
**The staircase is located (pick one answer)**

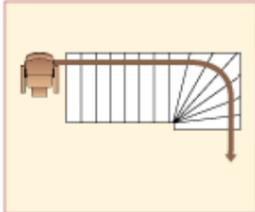
- A) inside the house                      B) outside the house

**The staircase is**

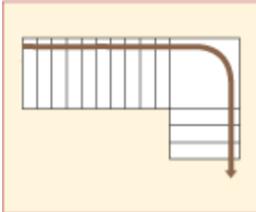
- A) Public                      B) Private

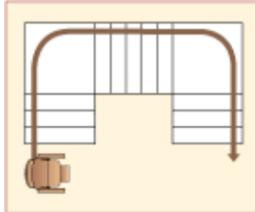
**Which picture represents your stairway best? (pick one answer)**

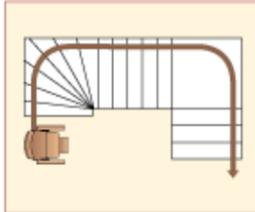
A)  Straight

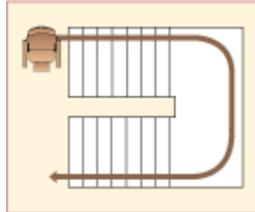
B)  Curved

C)  Multiple curved

D)  Quarter landing

E)  Multi quarter landing

F)  curved+quarter landing

G)  Half landing

H)  spiral

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

- A) Always                      B) Very often                      C) Half of the times                      D) Sometimes                      E) Never                      F) Not public

**Are the stairs free of objects?**

- A) Always                      B) Very often                      C) Half of the times                      D) Sometimes                      E) Never

<b>When you are climbing stairs do you feel pain in..</b>	not at all	usually only in evenings	always, but I can live with it	always, it is horrible
..knees:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..hips:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..muscles:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..back:	<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"/>

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

- |   |   |
|---|---|
| A) not at all   | A) While climbing   |
| B) sometimes when I am tired                                      | B) While descending   |
| C) some problems but I can still handle them                      | 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 |   |
| E) I always need help   |   |

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

- A) almost normal
- B) intensive
- C) very intensive
- D) unacceptable - you have to make a few pauses before reaching the top

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

- A) very bad - I have some health problems
- B) bad - I am too old for efforts like that
- C) I do not care
- D) good - it keeps me in good shape
- E) excellent - I live for sport/exercises

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

- A) not at all
- B) when the lighting is bad, but it does not affect me much
- C) my eyes are slightly damaged, but it does not affect me much
- D) lighting in our/my stairway is bad - I have vision problems because of that
- E) my eyes are quite damaged - I have vision problems because of that
- F) I am blind/almost blind

Just before you FINISH climbing stairs you feel pain in..	not at all	usually only in evenings	always, but I can live with it	always, it is horrible
..knees:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..hips:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..muscles:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
..back:	<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"/>

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

- A) less than once per week
- B) 1 to 4 times per week
- C) once or twice per day
- D) 2 to 5 times per day
- E) more than 5 times per day

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

- A) not at all
- B) really
- C) sometimes
- D) usually
- E) always

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

- A) not a problem
- B) problem only with big and/or heavy bags
- C) problem with all but the small and light bags
- D) problem with all kinds of bags

What helps you to climb the stairs?	never	occasionally	sometimes	usually	always
grabbing walls	<input type="radio"/>				
holding a rail	<input type="radio"/>				
walking stick	<input type="radio"/>				
crutches	<input type="radio"/>				
walker	<input type="radio"/>				
family members	<input type="radio"/>				
neighbours	<input type="radio"/>				
other _____	<input type="radio"/>				

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

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? \_\_\_\_\_



(1)



(2a)



(2b)



(3a)



(3b)



(3c)



(4a)



(4b)



(5)



(6)

Comments:

\_\_\_\_\_

**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!

**If you don't exercise anymore, why? (more answers possible)**

- A) ..don't care
- B) ..do not have time
- C) ..have health problems
- D) ..are lazy
- E) ..other reason: \_\_\_\_\_

**Normally, where do you do sports and exercises?**

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

**If you go to the public community exercise site, why? (Order the following reasons according to their importance 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: \_\_\_\_\_

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? \_\_\_\_\_

**Nr:**

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**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

**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
- B) No, I would feel ashamed of it
- C) No, I have other reasons: \_\_\_\_\_
- D) Maybe
- E) Yes, usually when I would feel too tired to climb the stairs
- F) Yes, I do not want to be a burden to others
- G) Yes, I have big problems with climbing the stairs
- H) Yes, I have other reasons: \_\_\_\_\_

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
- B) No, I would feel ashamed of it
- C) No, I have other reasons: \_\_\_\_\_
- D) No, it looks very scary
- E) Maybe, because: \_\_\_\_\_
- F) Yes, usually when I would feel too tired to climb the stairs
- G) Yes, I do not want to be a burden to others
- H) Yes, I have big problems with climbing the stairs
- I) Yes, I have other reasons: \_\_\_\_\_

Which of the two products do you prefer, and what would you be willing to pay for it?

A) Stairlift

B) Stairwalker

I will buy it if it costs: \_\_\_\_\_