ABOUT THIS QUESTIONNAIRE

This questionnaire is a part of the Health and Retirement Study. We greatly value your past participation in the HRS, and we hope that you will find this questionnaire interesting to complete. As always, your answers are extremely important to us. Please remember that your participation is *voluntary* and that you may skip over any questions that you would prefer not to answer.

A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

FILLING OUT THIS QUESTIONNAIRE

It is very important that the questions be answered by the person to whom the questionnaire is addressed (or by someone who knows this person well enough to answer the questions instead, if the addressee is unable to complete the questionnaire alone). At the end of this questionnaire, please record in the space provided the name of the person who completed the questions.

If you have any questions about the questionnaire, please feel free to call us at

1-866-611-6476 THANK YOU!



Conducted by: The Survey Research Center at the University of Michigan.

Sponsored by: The Social Security Administration and the National Institute on

Aging.

PLEASE ANSWER THE QUESTIONS BY:
Marking a box like this: ✓
Or writing an answer on a line like this: Answer
Sometimes you will find an instruction telling you which questions to answer next like this:
Yes
No → Go to A13 on page 3.
Please use a #2 pencil or black ballpoint pen.

Section A:

In the first part of this questionnaire section, we ask you to estimate how much time you spent doing various activities during the last week. For each activity, please tell us the number of hours you spent doing that activity. If you haven't done that activity at all in the last week, then mark the "0 hours" box to the right. If you spent less than an hour doing an activity, tell us how much of an hour you did spend (such as ³/₄ or ¹/₂).

PLEASE NOTE:

- Sometimes people do more than one activity at a time -- for example, listening to music while preparing a meal. That is, one hour of listening to music while preparing a meal would count as one hour of *listening to music* and also one hour of *preparing meals*.
- Similarly, one behavior might represent more than one activity included in the list. For example, e-mailing friends is both *using the computer* and *communicating with friends*. Record that time for both of the activities.
- Please include the time you spent traveling to and from an activity when estimating the amount of time spent on that activity.
- We realize that last week or last month might have been unusual, and that your answers may not reflect your typical activity patterns. It is important, however, to report the actual amount of time spent on each activity, rather than the usual amount.
- If you did not do an activity in the last week, please check the "0 hours" box.

How many hours did you actually spend LAST WEEK...

		Hours spent last week		No time spent last week
A1	Watching programs or movies/videos on TV, computers, etc.	hours last week	OR	□ 0 hours
A2	Reading newspapers or magazines	hours last week	OR	□ 0 hours
A3	Reading books	hours last week	OR	□ 0 hours
A4	Listening to music	hours last week	OR	□ 0 hours
A5	Sleeping and napping (including at night)	hours last week	OR	□ 0 hours
A6	Walking	hours last week	OR	□ 0 hours
A7	Participating in sports or other exercise activities	hours last week	OR	□ 0 hours
A8	Visiting in-person with friends, neighbors, or relatives	hours last week	OR	□ 0 hours
A9	Communicating by telephone, letters, e-mail, Facebook, Skype, or other media with friends, neighbors, or relatives	hours last week	OR	□ 0 hours
A10	Working for pay	hours last week	OR	□ 0 hours
A11	Using the computer	hours last week	OR	□ 0 hours

		Hours spent last week		No time spent last week
A12	Praying or meditating	hours last week	OR	□ 0 hours
A13	House cleaning	hours last week	OR	□ 0 hours
A14	Washing, ironing, or mending clothes	hours last week	OR	□ 0 hours
A15	Yard work or gardening	hours last week	OR	□ 0 hours
A16	Shopping or running errands	hours last week	OR	□ 0 hours
A17	Preparing meals and cleaning up afterwards	hours last week	OR	□ 0 hours
A18	Personal grooming and hygiene, such as bathing and dressing	hours last week	OR	□ 0 hours
A19	Caring for pets	hours last week	OR	□ 0 hours
A20	Physically showing affection for others through hugging, kissing, etc.	hours last week	OR	□ 0 hours

Now think about the **LAST MONTH.** How many hours did you spend last month...

		Hours spent last month		No time spent last month
A21	Helping friends, neighbors, or relatives who did not live with you and did not pay you for the help	hours last month	OR	□ 0 hours
A21.5	Taking care of grandchildren	hours last month	OR	□ 0 hours
A22	Doing volunteer work for religious, educational, health-related, or other charitable organizations	hours last month	OR	□ 0 hours
A23	Attending religious services	hours last month	OR	□ 0 hours
A24	Attending meetings of clubs or religious groups	hours last month	OR	□ 0 hours
A25	Taking care of finances or investments, such as banking, paying bills, balancing the checkbook, doing taxes, etc.	hours last month	OR	□ 0 hours
A26	Treating or managing an existing medical condition of your own	hours last month	OR	□ 0 hours
A27	Playing cards or games, or solving puzzles	hours last month	OR	□ 0 hours
A28	Attending concerts, movies, or lectures, or visiting museums	hours last month	OR	□ 0 hours
A29	Singing or playing a musical instrument	hours last month	OR	□ 0 hours

		Hours spent last month		No time spent last month
A30	Doing arts and crafts projects, including knitting, embroidery, or painting	hours last month	OR	□ 0 hours
A31	Doing home improvements, including painting, redecorating, or making home repairs	hours last month	OR	□ 0 hours
A32	Working on, maintaining, or cleaning your car(s) or vehicle(s)	hours last month	OR	□ 0 hours
A33	Dining or eating outside the home (not related to business or work)	hours last month	OR	□ 0 hours

A34.	Thinking of your meals last week, how much time did you spend eating meals at
	home last week?

Hours last week

A35. Please think of how much time you spend seeing doctors, nurses, therapists or other health care providers about your own health, or going to the pharmacy for your own medications. During the past year, about how much time did you spend on average on these activities, including travel time?

hours per week	OR	hours per month	OR	hours last year
----------------	----	-----------------	----	-----------------

	Did you spend any tir another person?	ne last w	reek treating or mar	naging tl	ne medical condition of	
	 ☐ Yes → Go to ☐ No → Go to 	-				
A36a.	Who was that person'	(Check	all that apply.)			
	□ spouse□ your child, step□ your parent, pa□ other, specify	rent-in-l	aw or grandparent			
	_	did you s s last wee	pend in total last w ek	eek?		
		ls, includ	ling dealing with in	nsurance	d on average paying or claims? If you helped nclude that time.	
	hours per week	OR	hours per month	OR	hours last year	
	How many days in th overnight trips related		•	ou away	from home on	
	Days					
	How many days in the overnight trips or vac		-	•		
	Days					
Now t	hink about everythii	ng you d	o during waking h	ours:		
A40.	How often do you use	your mi	ind in what you do?	? (Checl	k one.)	
	☐ Rarely					
	☐ Sometimes					
	☐ Often	4:				
	☐ Almost all the					
	☐ Uncertain, can't say					

A41.	How often do you use your body in what you do? (Check one.)
	 □ Rarely □ Sometimes □ Often □ Almost all the time □ Uncertain, can't say
A42.	How often are your activities done with other people? (Check one.)
	 □ Rarely □ Sometimes □ Often □ Almost all the time □ Uncertain, can't say
A43.	How often do your activities benefit other people? (Check one.)
	 □ Rarely □ Sometimes □ Often □ Almost all the time □ Uncertain, can't say
A44.	Were the questions in Section A answered by the person to whom this questionnaire was addressed, or did someone else answer for that person? (Check one.)
	☐ Yes, the questions were answered by the person to whom the questionnaire was addressed
	☐ The questions were answered by that person's spouse or partner
	 ☐ The questions were answered by that person's son or daughter ☐ The questions were answered by someone else: Please say if you are a relative, a friend, a care provider, or what:
A45.	Approximately, how long did it take you to complete Section A? Minutes

Now think about everything you do during waking hours:

End of Section A.

Section B:

B1.

We would like to know how families spend their income. If you think that somebody else in your household might be more knowledgeable about your household's spending, please ask that person to help you in answering these questions.

In this section, please record amounts in whole dollars (i.e., \$2157.00).

Please indicate whether your household made any of these purchases in the past 12 months:

- To the best of your ability, provide the purchase price.
- If you can't remember the exact amount, please give us your best estimate.

If you bought more than one item in a category:

- Please indicate the total amount you spent on all items in that category.
- Please include purchases by all members of your household, that is, by you or anyone living with you.

In the past twelve months, has your household leased or purchased an automobile

or t	ruck? (If it was a	a lease, we are ask	ing about n	ew lo	ong-term	lease	es.)
[□ Yes						
	□ No → Go to	Question B2 on	page 9				
	o, what was the eased?	make, model, year	and price of	of the	vehicle	(s) yo	ou purchased
(Car 1): _			_	\$		00	
	Make	Model	Year		Price		New or used?
(Car 2):			_	\$		00	
	Make	Model	Year		Price		New or used?
(Car 3):				\$.00	
`	Make	Model	Year		Price	_	New or used?

B2.	In the past twelve months, has your household purchased a refrigerator?							
	☐ Yes → About how much was the purchase price? \$00☐ No							
В3.	In the past twelve months, has your household purchased a washing machine and/or dryer?							
	☐ Yes → About how much was the purchase price? \$00☐ No							
B4.	In the past twelve months, has your household purchased a dishwasher?							
	☐ Yes → About how much was the purchase price? \$00☐ No							
B5.	In the past twelve months, has your household purchased a television?							
	 ☐ Yes → About how much was the purchase price? \$00 ☐ No 							
B6.	In the past twelve months, has your household purchased a computer/laptop/tablet?							
	☐ Yes → About how much was the purchase price? \$00☐ No							

We'd also like you to provide your best estimate of your household spending for the following categories. For the items on this page, please enter your annual cost in the provided spaces in the column "Amount spent in last 12 months." If you did not spend money on a specific item or service in the last 12 months, then check the "No money spent on this in last 12 months" box.

		Amount spent in last 12 months		No money spent on this in last 12 months
B7	Homeowner's or renter's insurance	\$00	OR	□ \$0
B8	Property taxes	\$00	OR	□ \$0
B9	Vehicle insurance	\$00	OR	□ \$0
B10	Vehicle maintenance: parts, repairs, and servicing	\$00	OR	□ \$0
B11	Health insurance: out- of-pocket, including Medicare supplemental insurance	\$00	OR	□ \$0
B12	Trips and vacations: including transportation, accommodations, and recreational expenses on trips	\$00	OR	□ \$0
B13	Home repairs and maintenance: materials your household bought directly	\$00	OR	□ \$0

		Amount spent in last 12 months		No money spent on this in last 12 months
B14	Home repairs and maintenance services: hiring costs including materials they provided	\$00	OR	□ \$0
B15	Household furnishings and equipment: such as furniture, floor coverings, small appliances, miscellaneous household equipment	\$00	OR	□ \$0
B16	Contributions to religious, educational, charitable, or political organizations	\$00	OR	□ \$0
B17	Cash or gifts to family and friends outside your household: including alimony and child support payments	\$00	OR	□ \$0

For the next set of items we have included two time periods so that you can estimate your spending in the way that is easiest for you for each category: the amount you spend on a monthly basis, OR the amount you spent in the last 12 months. For example, if it is easiest for you to think about what you spend on electricity in monthly terms, then please report how much you spent each month. If you did not spend money on a specific item or service in the last 12 months, then check the "No money spent on this in last 12 months" box.

		Amount spent monthly		Amount spent in last 12 months		No money spent on this in last 12 months
B18	Mortgage	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B19	Rent	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B20	Electricity	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B21	Water	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B22	Heating fuel for the home	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B23	Telephone, cable, internet	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B24	Car payments: interest & principal	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0

The next block has items that some people do not purchase on a regular basis. Please use the time period that best reflects your spending over the last 12 months to estimate what you actually spent.

For example:

- If your household's spending on clothing in the last year was irregular or concentrated in just a few months then please report your best estimate of the total amount your household spent on clothing in the last 12 months.
- If your household's spending on clothing was fairly evenly distributed over the year, then you can choose whether to report the average monthly amount or the total amount spent in the last 12 months, whichever you find easier.

Again, if you did not spend money on a specific item or service in the last 12 months, then check the "No money spent on this in last 12 months" box.

If you bought an item only occasionally or on an as-needed basis, then please give your best estimate of what you spent in the last 12 months.

		Amount spent monthly		Amount spent in last 12 months		No money spent on this in last 12 months
B25	Housekeeping supplies: cleaning and laundry products	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B26	Housekeeping, dry cleaning and laundry services: hiring costs for housekeeping or home cleaning, and amount spent at dry cleaners and laundries	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B27	Gardening and yard supplies: yard, lawn and garden products	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0

		Amount spent monthly		Amount spent in last 12 months		No money spent on this in last 12 months
B28	Gardening and yard services: hiring costs including materials they provided	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B29	Clothing and apparel: including footwear, outerwear, and products such as watches or jewelry	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B30	Personal care products and services: including hair care, shaving and skin products, amount spent at hair dresser, manicure, etc.	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B31	Prescription and nonprescription medications: out-of-pocket cost, not including what's covered by insurance	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
В32	Health care services: out-of-pocket cost of hospital care, doctor services, lab tests, eye, dental, and nursing home care	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0

		Amount spent monthly		Amount spent in last 12 months		No money spent on this in last 12 months
В33	Medical supplies: out-of-pocket cost, not including what's covered by insurance	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B34	Tickets to movies, sporting events, and performing arts	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B35	Sports: including gym, exercise equipment such as bicycles, skis, boats, etc.	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
В36	Hobbies and leisure equipment: such as photography, stamps, reading materials, camping, etc.	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0

For the items below we have included three time periods so that you can estimate your spending in the way that is easiest for you for each category. For example, if it is easiest for you to think about what your household spends in a usual week on food and beverages, then please enter the amount in the first column.

Again, if you did not spend money on a specific item or service in the last 12 months, then check the "No money spent on this in last 12 months" box. If you bought an item only occasionally or on an as-needed basis, then please give your best estimate of what you spent in the last 12 months.

		Amount spent weekly		Amount spent monthly		Amount spent in last 12 months		No money spent on this in last 12 months
В37	Food and beverages: food and drinks, including alcoholic, that you buy in grocery or other stores	\$00 per week	OR	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
В38	Dining and/or drinking out: items in restaurants, cafes, and diners, including take-out food	\$00 per week	OR	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0
B39	Gasoline	\$00 per week	OR	\$00 per month	OR	\$00 in last 12 months	OR	□ \$0

B41. How has your household's spending changed over the past **two** years? Please think of what you typically spend, leaving out any unusual expenses. (Check one.) ☐ It decreased ☐ It decreased ☐ It stayed about ☐ It increased ☐ It increased a lot. a little. the same. a little. a lot. Go to B42a Go to B42a Go to B43 on Go to B42b Go to B42b p. 19 **B42a.** Why does your household (or you) **B42b.** Why does your household (or you) spend less now? (Check all that apply.) spend more now? (Check all that apply.) ☐ We/I cannot afford to spend as much ☐ We/I can afford to spend more now as we used to ☐ There are more persons in my household than two years ago ☐ There are fewer persons in my household than two years ago ☐ We/I are not saving as much ☐ To increase our savings ☐ We/I have increased spending on some things because we get more enjoyment ☐ We/I have reduced spending on some things because we get less enjoyment from them than we used to from them than we used to ☐ Some things we spend money on are \square Some things we spend money on are more expensive now cheaper now ☐ We have to spend money on some things that we didn't two years ago (or ☐ We no longer have to spend money we have to spend more than before) on some things that we did two years ago (or we have to spend less than ☐ Due to COVID-19 we buy different, before) more expensive things or services ☐ Due to COVID-19 we don't feel safe ☐ Other reasons: doing some things or going places (e.g., stores, restaurants, transit) ☐ Other reasons:

B43.	Overall, how satisfied are you with your present financial situation? (Check one.)
	☐ Completely satisfied
	☐ Very satisfied
	☐ Somewhat satisfied
	☐ Not very satisfied
	☐ Not at all satisfied
B44.	And compared to two years ago how satisfied are you with your present financial situation? (Check one.)
	☐ Much more satisfied today than two years ago
	☐ A little more satisfied
	☐ About the same
	☐ A little less satisfied
	☐ Much less satisfied
B45.	To what extent would you say is your household constrained in its spending? (Check one.)
	☐ Very constrained (often we cannot afford to buy things we need)
	☐ Somewhat constrained (we have to watch our spending, but can cover all basic needs)
	☐ Hardly at all constrained (we can largely buy what we want)
	☐ Not constrained (we do not have to worry about finances)
B46.	Do you feel more financially constrained today than you did two years ago?
	(Check one.)
	☐ A lot more constrained today
	☐ Somewhat more constrained today
	☐ Constrained about the same
	☐ Somewhat less constrained today
	☐ A lot less constrained today

B47.	Sometimes people have positive surprises earlier in life that help their finances
	turn out better than expected. Did any of the following happen to you? (Check all that apply.)
	 □ My salary or earnings were higher than expected □ My spouse made more money than expected □ I worked longer than expected □ My spouse worked longer than expected □ Household spending was lower than expected □ My/our investments or business performed well □ Received financial help from family □ Received an inheritance (self or spouse)
	☐ Other (please specify)
	OR
	\square No, none of these happened.
B48.	Sometimes people have negative surprises earlier in life that cause their finances to turn out worse than expected. Did any of the following happen to you? (Check all that apply.) Bad health that affected the ability to work (self or spouse) Large unexpected health expenses (self or spouse)
	☐ Unemployment (self or spouse)
	☐ Retired too early (self or spouse)☐ Salary or earnings were less than expected (self or spouse)
	☐ My/our investments or business performed badly
	☐ Needed to provide financial help to family members
	☐ College costs (for kids or grandchildren) higher than expected
	☐ Divorce or separation
	Death in the family
	☐ Large expenses other than health or education expenses
	☐ Other (please specify)
	OR
	☐ No, none of these happened.

If you have reached age 60 or older, please continue to B49 on the next page. Otherwise, go to B51 on page 22.

B49. Please think back to when you were around 45 years old. Suppose you could redo your spending and saving from then to now, which of the following would you do? (Check only one.)						
☐ Spend less and save more over the years?	☐ Spend and	save about ver the years?	☐ Spend more and save less over the years?			
Go to B49a	Go to B51	on p. 22	Go to B49b			
B49a. How strongly do you could redo your spending and Uvery strongly □ Strongly □ Somewhat strongly □ Not at all strongly B50a. To save more you have less. Which of the spending could you have possibly spe □ Housing □ Food □ Clothing □ Appliances and home furuld Car □ Vacation □ Leisure (going/dining outlete) □ Children's education or related expenses □ Providing financial help □ Other (specify):	id saving? y y y y y y y y y y y y y y y y y y	could redo you Ve Str Son No B50b. To save more. Which evould you have Housing Food Clothing Appliance Car Vacation Leisure (getc) Children's related exp	financial help			
OR No way I/we could have I/We could not have sav OR/IN ADDITION I/we would have worked longer.	ed more.	spend mor	d have worked less or			

B51. We would like to understand more ab	out spending in retirement. Are you retired
☐ Yes → Complete BOX A	□ No → Complete BOX B
BOX A – Retired:	BOX B – Not Retired:
a. How did your TOTAL spending change with retirement?	d. How do you expect your TOTAL spending to change with retirement?
\square Stayed the same \rightarrow Go to \mathbf{c}	\square Stay the same \rightarrow Go to \mathbf{f}
☐ Increased	☐ Increase
☐ Decreased	☐ Decrease
b. By how much?	e. By how much?
 c. For the items below, check (✓) whether the spending increased, decreased or stayed the same in retirement: 	f. For the items below, check () whether you expect spending to increase, decrease or stay the same in retirement:
	Story(ad)
B52.	Increase(d) Decrease(d) Stay(ed) the same
a. Trips, travel, or vacations	
b. Clothing	
c. Eating out / food and beverages	
d. New home, home repairs, or household items	
e. Entertainment, sports, and hobbies	
f. Automobile expenses	
the future?	at you will run out of money sometime in number between 0 and 100%)

B54.		the questions in Section B answered by the person to whom this onnaire was addressed, or did someone else answer for that person? (Check
		Yes, the questions were answered by the person to whom the questionnaire was addressed
		The questions were answered by that person's spouse or partner
		The questions were answered by that person's son or daughter
		The questions were answered by someone else: Please say if you are a relative, a friend, a care provider, or what:
B55.	Approx	simately, how long did it take you to complete Section B?
		Minutes

End of Section B.

Section C:

C1.	Are you working now, temporarily laid off, unemployed and looking for work, disabled and unable to work, retired, a homemaker, or what? (Check all that apply.)			
		☐ Working now		
	☐ Disabled			
		☐ Uncertain, can't say		
	_	<u> </u>		
C2.	Are you currently married, living with a partner, separated, divorced, widowed, or have you never been married? (Check one.)			
		Married		
		Living with a part	ener	
		Separated	→ Go to C2b on page 25	
		Divorced	→ Go to C2b on page 25	
		Widowed	→ Go to C2b on page 25	
		Never married	• 0	
		Other, specify:	→ Go to C2b on 25	
C2a.	(If married or living with a partner) Did your household spend any money on clothing and apparel (including footwear, outerwear, and products such as watches or jewelry) in the last 12 months: (Check one.)			
			etion of that spending was for things that you use? %	
			your spouse or partner uses? % other household members use? %	
		No		

C2b.	Do you (and/or your husband/wife/partner) own or rent the home or apartment you live in? (If you live part of the year in another home or apartment, please answer for the one in which you spend most of the year.) (Check one.)			
	 □ Own (or buying) □ Rent □ Live rent-free with relative/employer/friend □ Other, specify: 			
C3.	Please add any comments that you wish in the space below:			
C4.	Were the questions in Section C answered by the person to whom this questionnaire was addressed, or did someone else answer for that person? (Check one.) Yes, the questions were answered by the person to whom the questionnaire was addressed The questions were answered by that person's spouse or partner The questions were answered by that person's son or daughter The questions were answered by someone else: Please say if you are a			
C5.	relative, a friend, a care provider, or what: Approximately, how long did it take you to complete Section C? Minutes			

Thank you for your participation in this important survey!