

SHOWCARDS WAVE 17 MAIN



SHOWCARD HF16

• Employed (including self-employed and working students):

usually works 35 hours <u>or more</u> per week	1
usually works <u>less</u> than 35 hours per week	2
Not employed but looking for work	3
Neither employed nor looking for work:	
Retired	4
Home duties	5
Non-working student	6

SHOWCARD HF17

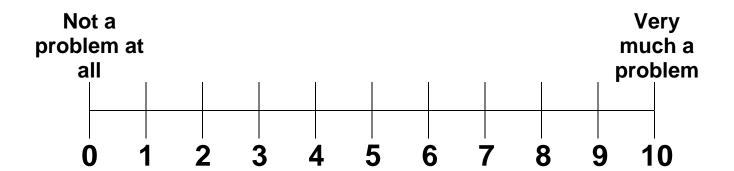
Please Answer Yes or No.

DISABILITIES / HEALTH CONDITIONS WHICH:

- Have lasted, or are likely to last, 6 months or more;
- · Restrict everyday activity; and
- Can not be corrected by medication or medical aids.
- Sight problems not corrected by glasses or contact lenses
- Hearing problems
- Speech problems
- Blackouts, fits or loss of consciousness
- Difficulty learning or understanding things
- Limited use of arms or fingers
- Difficulty gripping things
- Limited use of feet or legs
- A nervous or emotional condition which requires treatment
- Any condition that restricts physical activity or physical work (e.g., back problems, migraines)
- Any disfigurement or deformity
- Any mental illness which requires help or supervision
- Shortness of breath or difficulty breathing
- Chronic or recurring pain
- Long-term effects as a result of a head injury, stroke or other brain damage
- A long-term condition or ailment which is still restrictive even though it is being treated or medication is being taken for it
- Any other long-term condition such as arthritis, asthma, heart disease, Alzheimer's disease, dementia etc.

Types of child care you might have considered so you (or your partner) can undertake paid work:

- Family Day Care, Long Day Care, any other care at a Child Care Centre
- Outside of school hours or Vacation Care
- Someone paid to come to your home to care for your child
- Someone paid to care for your child in their home
- A friend, relative or neighbour caring for your child for free or for payment in kind



- a Finding good quality child care
- b Finding the right person to take care of your child
- c Getting care for the hours you need
- d Finding care for a sick child
- e Finding care during school holidays
- f The cost of child care
- g Juggling multiple child care arrangements
- h Finding care for a difficult or special needs child
- i Finding a place at the child care centre of your choice
- j Finding a child care centre in the right location
- k Finding care your (child is / children are) happy with
- I Finding care at short notice

- Family Day Care, Long Day Care, any other care at a Child Care Centre
- Outside of school hours or Vacation Care
- Someone paid to come to your home (nanny / baby-sitter)
- Someone paid to care for your child in their home
- A relative who lives with you (paid or unpaid)
- A relative who doesn't live with you (paid or unpaid)
- A friend or neighbour (caring for the child either at your home or in their home; paid or unpaid)
- The child's brother or sister
- The child goes to your (or your partner's) work
- Child looks after his or her self
- Some other form of child care

- Family Day Care, Long Day Care, any other care at a Child Care Centre
- Outside of school hours or Vacation Care
- Someone paid to come to your home to care for your child (nanny / baby-sitter)
- Someone paid to care for your child in their home
- A relative who lives with you (whether paid or unpaid)
- A relative who doesn't live with you (whether paid or unpaid)
- A friend or neighbour (caring for the child either at your home or in their home, whether paid or unpaid)
- The child's brother or sister (whether paid or unpaid)
- Some other form of child care

hours so one of you is able to care for your child/ren)	01
The child's brother or sister	02
Child looks after self	03
Child comes to my (or my partner's) workplace.	04
Child's grandparent who lives with us	05
Child's grandparent who lives elsewhere	06
Other relative who lives with us	07
Other relative who lives elsewhere	08
A friend or neighbour coming to <u>our</u> home	09
A friend or neighbour in <u>their</u> home	10
A paid sitter or nanny	11
Family day care	12
Formal outside of school hours care	13
Other (please specify)	21

leave, you arrange working hours so one of you is able to care for your child/ren)	01
The child's brother or sister	02
Child looks after self	03
Child comes to my (or my partner's) workplace	04
Child's grandparent who lives with us	05
Child's grandparent who lives elsewhere	06
Other relative who lives with us	07
Other relative who lives elsewhere	08
A friend or neighbour coming to <u>our</u> home	09
A friend or neighbour in <u>their</u> home	10
A paid sitter or nanny	11
Family day care	12
Vacation care	13
Other (please specify)	21

Me or my partner (e.g., you arrange working hou so one of you is able to care for your child/ren	
The child's brother or sister	02
Child's grandparent who lives with us	03
Child's grandparent who lives elsewhere	04
Other relative who lives with us	05
Other relative who lives elsewhere	06
A friend or neighbour coming to <u>our</u> home	07
A friend or neighbour in <u>their</u> home	08
A paid sitter or nanny	09
Family day care	10
Long day care centre at workplace	11
Private or community long day care centre	12
Kindergarten / pre-school	13
Other (please specify)	21

- Family Day Care, Long Day Care, any other care at a Child Care Centre
- Out of school hours or Vacation Care
- Someone paid to come to your home to care for your child (nanny / baby-sitter)
- Someone paid to care for your child in their home
- A relative who lives with you (whether paid or unpaid)
- A relative who doesn't live with you (whether paid or unpaid)
- A friend or neighbour (caring for the child either at your home or in their home, whether paid or unpaid)
- The child's brother or sister (whether paid or unpaid)
- Some other form of child care

The child's brother or sister01
Child's grandparent who lives with us02
Child's grandparent who lives elsewhere03
Other relative who lives with us04
Other relative who lives elsewhere05
A friend or neighbour coming to <u>our</u> home06
A friend or neighbour in <u>their</u> home07
A paid sitter or nanny08
Family day care09
Private or community long day care centre10
Formal outside of school hours care11
Other (please specify)21

The child's brother or sister	.01
Child's grandparent who lives with us	.02
Child's grandparent who lives elsewhere	.03
Other relative who lives with us	.04
Other relative who lives elsewhere	.05
A friend or neighbour coming to <u>our</u> home	-06
A friend or neighbour in <u>their</u> home	.07
A paid sitter or nanny	.08
Family day care	.09
Private or community long day care centre	.10
Kindergarten / pre-school	.11
Other (please specify)	21

Less than 6 months ago	1
Six to less than 12 months ago	2
One to less than 2 years ago	3
Two to less than 5 years ago	4
Five or more years ago	5
Never been to the dentist	8

TYPE OF LOAN

Standard loan (where you pay down both the principal and interest over time)	1
Interest-only loan (where you do not pay down the principal over time)	2
Line of credit	3
Reverse mortgage	4
Other (please specify)	7

TYPE OF LOAN

Standard loan (where you pay down both the principal and interest over time)	1
Interest-only loan (where you do not pay down the principal over time)	2
Line of credit	3
Reverse mortgage	4
Other (please specify)	8

Include food, supermarket and convenience store shopping.

LIST A All groceries, including cleaning products and toiletries

LIST B Food and drink only

For example:

- Meat and fish
- Bread and milk
- Tinned and packaged food
- Drinks (but not alcohol)
- Pet food
- Cleaning products
- Toilet paper
- Soap, shampoo etc.

For example:

- Meat and fish
- Bread and milk
- Fruit and vegetables
 Fruit and vegetables
 - Tinned and packaged food
 - Drinks (but not alcohol)

TOTAL GROSS INCOME OF EVERYONE LIVING IN THIS HOUSEHOLD

LAST FINANCIAL YEAR (1 July 2016 to 30 June 2017), BEFORE TAX OR ANYTHING ELSE IS DEDUCTED. Include income from <u>all</u> sources, such as wages, investments and government pensions and benefits.

	<u>Per Year</u> <u>Per Week</u>	
o Income	Negative or Zero Income	1
	\$1 - \$9,999 (\$1 - \$189)	. 2
99	\$10,000 - \$19,999 (\$190 - \$379)	3
99	\$20,000 - \$29,999 (\$380 - \$579)	4
99	\$30,000 - \$39,999 (\$580 - \$769)	5
99	\$40,000 - \$49,999 (\$770 - \$959)	6
99	\$50,000 - \$59,999 (\$960 - \$1149)	7
99	\$60,000 - \$79,999 (\$1150 - \$1529)	8
99	\$80,000 - \$99,999 (\$1530 - \$1919)	9
1,999	\$100,000 - \$124,999 (\$1920 - \$2399)	10
9,999	\$125,000 - \$149,999 (\$2400 - \$2879)	11
9,999	\$150,000 - \$199,999 (\$2880 - \$3839)	. 12
re	\$200,000 or more (\$3840 or more)	13

SHOWCARD AA11

Skilled migrant	1
Business migrant	2
Family migrant*	3
Refugee or Special Humanitarian migrant	4
New Zealand citizen	5
None of the above	8

^{*} Family migrants include people coming to Australia as spouses, parents or children of Australian permanent residents or citizens

SHOWCARD BB11

None	1
Primary school only	2
Some secondary school, but no more than Year 10	3
Year 11 or equivalent (e.g., 5 th form, Leaving Certificate)	4
Year 12 or equivalent (e.g., 6 th form, Matriculation)	5

SHOWCARD BB13

University	1
Teachers college / College of Advanced Education	2
Institute of Technology	3
Technical college / TAFE / College of Technical & Further Education	4
Employer	5
Other (please specify)	8

Year 12 or e	equivalent (Senior Secondary)	1
	 6th form Matriculation Leaving Honours Certificate (SA) Leaving Certificate (NSW, WA) Certificate of Secondary Education (WA) General Certificate of Education (GCE) A levels (UK) International Baccalaureate Higher School Certificate (NSW, Vic, Tas, ACT) Senior Certificate (Qld) Northern Territory Certificate of Education (NTCE) South Australian Certificate of Education (SACE) Tasmanian Certificate of Education (VCE) Victorian Certificate of Education (WACE) Year 12 Certificate (ACT) 	
Year 11 or e	 equivalent 5th form School Leaving Certificate (Vic) Technical Leaving Certificate (Vic) Leaving Certificate (SA) Leaving (Vic, SA) 	2
Year 10 or e	equivalent (Junior Secondary) 4 th form Intermediate (Vic, SA, NSW) School Certificate (NSW, Tas) Junior Certificate (Qld, WA) Achievement Certificate (WA) General Certificate of Education (GCE) O levels (UK) General Certificate of Secondary Education (UK) Junior Secondary Studies Certificate (NT) Certificate of Lower Secondary Studies (WA) Year 10 Certificate (ACT, NSW)	3
Year 8 or ec	quivalent quivalent quivalent	5
	nd secondary school but finished chool	7
Attended pr	imary school but did not finish	8

Government school	
Catholic non-government school	2
Other non-government school	3
Other, not included above (please specify)	8

Secondary school qualification – lower level	600
Secondary school qualification – highest level	611
Nursing qualification	001
Teaching qualification	002
Trade certificate or apprenticeship	514
Technician's certificate / Advanced certificate	511
Other certificate – level I	524
Other certificate – level II	521
Other certificate – level III	598
Other certificate – level IV	599
Other certificate – don't know level	500
Associate diploma / Diploma (2 yrs full-time or equivalent)	421
Associate Degree	
Undergraduate diploma / Advanced diploma	
(3 yrs full-time or equivalent)	411
Bachelor Degree but not Honours	312
Honours Bachelor Degree	311
Graduate Certificate	221
Post-graduate Diploma / Graduate Diploma	211
Masters Degree	120
Doctorate	110
Other (please specify)	995
Did not complete qualification	993
Still studying	994

Enrolled nurse511
Associate diploma / Diploma (2 years full-time or equivalent)421
Undergraduate diploma / Advanced Diploma (3 years full-time or equivalent)411
Bachelor Degree but not Honours312
Honours Bachelor Degree311
Triple, Double Certificate Nurse310
Registered Nurse, Sister310
Post-graduate diploma / Graduate Diploma 211
Masters Degree 120
Doctorate110
Other (please specify)997

TPTC (Trained Primary Teaching Cert.)	. 421
TSTC (Trained Secondary Teaching Cert.) TITC (Trained Infants Teaching Cert.)	. 411
Associate Diploma / Diploma (1-2 years full-time or equivalent)	. 498
Undergraduate Diploma of Teaching (Dip T) (3 years full-time or equivalent)	. 499
Bachelor Degree but not honours	. 312
Honours Bachelor Degree	. 311
Graduate Certificate	. 221
Postgraduate Diploma, Graduate Diploma, Diploma of Education (Dip Ed) (after Bachelor Degree or Undergrad Diploma)	. 211
Masters Degree	. 120
Doctorate	.110
Other (please specify)	. 997

Secondary school qualification – lower level	600
Secondary school qualification – highest level	611
Certificate level I	524
Certificate level II	521
Certificate level III	514
Certificate level IV	511
Certificate – don't know level	500
Diploma (2 years full-time or equivalent)	421
Associate Degree	413
Advanced Diploma (3 years full-time or equivalent)	411
Bachelor Degree but not Honours	312
Honours Bachelor Degree	311
Graduate Certificate	221
Graduate Diploma	211
Masters Degree	120
Doctorate	110
Other (please specify)	997

Retired / Voluntarily inactive1
Home duties / Child care2
Study / Went to school, TAFE or university 3
Own disability or handicap4
Own illness or injury5
Looking after ill or disabled person6
Travel / On holiday / Leisure activities7
Working in an unpaid voluntary job8
Other activity (please specify)98

SHOWCARD A6

Government school	
Catholic non-Government school	2
Other non-Government school	3
Other, not included above (please specify)	8

SHOWCARD A9

Certificate – level I	524
Certificate – level II	521
Certificate – level III	514
Certificate – level IV	511
Certificate – don't know level	500
Diploma (2 yrs full-time or equivalent)	421
Associate Degree	413
Advanced Diploma (3 yrs full-time or equivalent)	411
Bachelor Degree but not Honours	312
Honours Bachelor Degree	311
Graduate Certificate	221
Graduate Diploma	211
Masters Degree	120
Doctorate	110
Other (please specify)	998

SHOWCARD B4

Incorporated business

- has a registered business name with the Australian Securities and Investments Commission (ASIC);
- has "Incorporated"; "Limited"; "Proprietary Limited" or "no liability" in the name (abbreviated as "Ltd", "Pty Ltd" or "N.L.").

Unincorporated business

• if the above criteria are <u>not</u> met, the business is NOT incorporated – that is, it's <u>unincorporated</u>.

A regular daytime schedule	. 1
A regular evening shift	. 2
A regular night shift	. 3
A rotating shift (changes from days to evenings to nights)	. 4
Split shift (two distinct periods each day)	. 5
On call	. 6
Irregular schedule	. 7
Other (please specify)	. 8

Employed on a fixed-term contract	1
Employed on a casual basis	2
Employed on a permanent or ongoing basis	3
Other (please specify)	8

Collective (enterprise) agreement	1
An agreement made at your workplace or firm between your employer and either a union or a group of employees.	
It may sometimes be known as an Enterprise Agreement.	
Individual agreement (or contract)	2
Combination of collective / enterprise agreement and individual agreement This will apply in those cases where you are covered by a collective (i.e. enterprise) agreement, but are paid above the rate specified in that agreement.	3
Paid exactly the Award rate	4
None of the above	8
Other arrangement (please describe)	

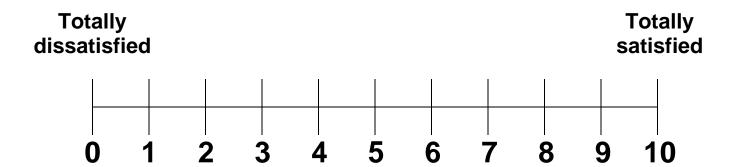
If you are an independent contractor, you:

- usually issue invoices (including tax invoices) to bill clients for the work that you do for them
- usually earn income from using your skills and effort, not just from owning your business
- do <u>not</u> spend most of your work time dealing with administrative tasks and paperwork for your business
- may be able to negotiate the terms of your work contract
- may perform work for more than one client
- may subcontract work to another person or business

<u>Commercial*</u>
Private sector "for profit" organisation1
Government business enterprise or commercial statutory authority
Other commercial (please specify)3
* By 'commercial' we mean businesses that undertake activity for profit. It should not include businesses which, in the course of providing a public service, may happen to make a profit.
Non-commercial
Private sector "not-for-profit" organisation 4
Other government organisation, such as a public service department, local councils, schools and universities5
Other non-commercial (please specify)6

- One person (self)
- 2 to 4
- 5 to 9
- 10 to 19
- 20 to 49
- 50 to 99
- 100 to 199
- 200 to 499
- 500 or more

- Less than 20
- 20 to 99
- 100 to 499
- 500 to 999
- 1,000 to 4,999
- 5,000 to 19,999
- 20,000 or more



- a Your total pay
- b Your job security
- c The work itself (what you do)
- d The hours you work
- e The flexibility available to balance work and non-work commitments
- f All things considered, how satisfied are you with your job?

Self-employed	1
Employed on a fixed-term contract	2
Employed on a casual basis	3
Employed on a permanent or ongoing basis	4
Other (please specify)	8

written, phoned or applied to an employer for work1	
Had an interview with an employer for work2	!
Answered an advertisement for a job3	1
Looked in newspapers, on the internet or checked notice boards4	ı
Been registered with Centrelink as a jobseeker5	J
Checked or registered with any employment services provider or employment agency6	
Taken steps to purchase or start your own business7	ı
Anvthing else (please specify)9	3

Because of your own ill health or disability 01
Employers thought you were too young or too old 02
The hours were unsuitable 03
You had transport problems or it was too far to travel 04
You did not have the required education, training or skills
You did not have enough work experience 06
Because of language difficulties07
Because there were no jobs in your line of work 08
Because there were too many applicants for the available jobs09
Because there were just no jobs at all10
Because of difficulties in finding child care 11
Any other difficulties (please specify) 98

Retired / Voluntarily inactive	1
Home duties / Child care	2
Study / Went to school, TAFE or university	3
Own illness, injury or disability	4
Looking after ill or disabled person	5
Travel / On holiday / Leisure activities	6
Working in an unpaid voluntary job	7
Other activity (please specify)	8

Self-employed	1
Employed on a fixed-term contract	2
Employed on a casual basis	3
Employed on a permanent or ongoing basis	4
Other (please specify)	8

- Pay course fees
- Purchase materials, books etc.
- Pay for travel, accommodation while attending course
- Take unpaid time off to attend training course

To help you get started in your job	1
To improve your skills in your current job	2
To maintain professional status and / or meet occupational standards	3
To prepare you for a job you might do in the future or to facilitate promotion	4
To develop your skills generally	5
Because of health / safety concerns	6
Other aims (please specify)	8

Not at all	1
Only to a limited extent	2
To a moderate extent	3
To a great extent	4
To a very great extent	5
Did not learn any new skills	8

- Maternity leave
- Paternity leave
- Parental leave
- Long-service leave
- Bereavement leave
- Family leave
- Carers leave
- Other form of paid leave

But NOT

- o annual leave
- o sick leave, or
- o workers' compensation

Study	01
Part-time paid work	02
Voluntary unpaid work	03
Work for the Dole	04
PaTH Internships	05
National Work Experience Programme	06
PaTH Employability Skills Training	07
Accredited language, literacy or numeracy training	08
Community Development Programme	09
Relocating to an area of better employment prospects	10
Defence Reserves	11
Other government employment or training programmes	12
Other non-government employment or training programmes	13
Non-vocational interventions or assistance	14

Superannuation (excluding the 9.5% compulsory contribution and any additional employer contributions)	1
Motor vehicle	2
Computer	3
Child care	4
Telephone	5
Housing (rent or mortgage repayments)	6
Household / personal bills	7
Other (please specify)	8

Housing rent free or at less than normal market rent	1
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Telephone and / or contribution	
to private telephone calls	2
Motor vehicle (private use)	3
Superannuation (any employer	
contribution over and above the	_
9.5% compulsory contribution)	4
Computer (private use)	5
Child care	6
Car park	7
Shares	Q
DIIai to	O
Low interest loans	9
Other (please specify)9	7

Superannuation (excluding the 9.5% compulsory contribution and any additional employer contributions)	1
Motor vehicle	
Computer	3
Child care	4
Telephone	5
Housing (rent or mortgage repayments)	6
Household / personal bills	7
Other (please specify)	8

than normal market rent	1
Telephone and / or contribution to private telephone calls	2
Motor vehicle (private use)	3
Superannuation (any employer contribution over and above the 9.5% compulsory contribution)	4
Computer (private use)	5
Child care6	3
Car park 7	7
Shares 8	3
Low interest loans	9
Other (please specify)97	7

Newstart Allowance	.01
Service Pension (paid by Dept of Veterans' Affairs)	.02
Disability Support Pension (paid by Centrelink)	.03
Wife Pension OR Widow Allowance (paid by Centrelink)	.04
Carer Payment	.05
Sickness Allowance OR Special Benefit	.06
Partner Allowance	.07
Parenting Payment (NOT Family Tax Benefit)	.08
Youth Allowance – as a full-time student (or Australian Apprentice)	.09
Youth Allowance – as a job seeker	.10
Austudy / ABSTUDY payment	.11
None of these	.97

war widows / widowers Pension (paid by Dept of Veterans' Affairs)	.1
Disability Pension (paid by Dept of Veterans' Affairs)	.2
Carer Allowance (an income supplement to assist carers)	.3
Paid Parental Leave (include Dad and Partner Pay)	.4
Pensions or benefits paid by overseas governments	.5
Any other government pensions / benefits (please specify)	.8
Do <u>not</u> include:	
• Family Tax Benefit (Child Endowment)	
Superannuation payments	

LAST FINANCIAL YEAR

1st July 2016 to 30th June 2017

Superannuation (excluding the 9.5% compulsory contribution and any additional employer contributions)	1
Motor vehicle	
Computer	3
Child care	4
Telephone	5
Housing (rent or mortgage repayments)	6
Household / personal bills	7
Other (please specify)	8

than normal market rent	1
Telephone and / or contribution to private telephone calls	2
Motor vehicle (private use)	3
Superannuation (any employer contribution over and above the 9.5% compulsory contribution)	4
Computer (private use)	5
Child care6	3
Car park 7	7
Shares 8	3
Low interest loans	9
Other (please specify)97	7

Incorporated business

- has a registered business name with the Australian Securities and Investments Commission (ASIC);
- has "Incorporated"; "Limited"; "Proprietary Limited" or "no liability" in the name (abbreviated as "Ltd", "Pty Ltd" or "N.L.").

Unincorporated business

if the above criteria is <u>not</u> met, the business is
 NOT incorporated – that is, it's <u>unincorporated</u>.

Superannuation (excluding the 9.5% compulsory contribution and any additional employer contributions)	1
Motor vehicle	
Computer	3
Child care	4
Telephone	5
Housing (rent or mortgage repayments)	6
Household / personal bills	7
Other (please specify)	8

Housing rent free or at less than normal market rent	1
uiaii iiviiiiai iiiai net i eiit	1
Telephone and / or contribution	
to private telephone calls	2
Motor vehicle (private use)	3
Superannuation (any employer	
contribution over and above the	_
9.5% compulsory contribution)	4
Computer (private use)	5
Child care	6
Car park	7
Shares	Q
DIIai to	O
Low interest loans	9
Other (please specify)9	7

Interest from:

- banks
- other financial institution
- bonds
- debentures
- cash management trusts
- family or other private trust funds, or
- interest from loans to other persons not in this household

ess than \$100	1	
\$100 to \$499	2	
\$500 to \$999	3	
\$1,000 to \$4,999	4	
\$5,000 to \$9,999	5	
\$10,000 or more	6	

SHOWCARD F58a

- Company shares
- Managed funds
- Property trusts (listed and unlisted)

SHOWCARD F58c

Less than \$100	
\$100 to \$499	2
\$500 to \$999	3
\$1,000 to \$4,999	4
\$5,000 to \$9,999	5
\$10,000 or more	6

Loss of \$10,000 or more	1
Loss of between \$5,000 and \$9,999	2
Loss of between \$1,000 and \$4,999	3
Profit or loss of less than \$1,000	4
Profit of between \$1,000 and \$4,999	5
Profit of between \$5,000 and \$9,999	6
Profit of \$10,000 or more	7

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Do <u>not</u> include Family Tax Benefit, Energy Supplement or Schoolkids Bonus payments

Superannuation / Roll-over Fund / Annuity / Life Insurance / Allocated Pension Fund1
Child Support / Maintenance2
Workers' Compensation / Accident or Sickness Insurance / Personal Accident Claims3
Redundancy and severance payments4
Inheritance / Bequests5
Parents6
Other persons not in this household (but excluding any income already reported)7
Any other source (please specify)96
Include cash gifts
 Do not include Family Tax Benefit, Energy Supplement or Schoolkids Bonus payments

Hardly ever or never	1
Not very often	2
About half of the time	3
Most months	4
Always or almost always	5

SHOWCARD G1

Lives in this household	
at least 50% of the time	1
Lives in another household	
more than 50% of the time	2
more than 50% of the time	2
Lives in a <u>non-private dwelling</u> , but spends	
the remainder of the time mainly with you	3
,	
Lives in a non-private dwelling, but does	
Lives in a <u>non-private dwelling</u> , but does	
not spend the remainder of the time	
mainly with you	4

Non-private dwelling examples:

Boarding school, university hall of residence, longterm care facility, detention centres, boarding houses etc.

SHOWCARD G3

Less than 5 kilometres A
5-9 kms B
10-19 kms C
20-49 kms D
50-99 kms E
100-499 kms F
500 kms or more G
Overseas H

SHOWCARD G9

Daily	1
At least once a week	2
At least once a fortnight	3
At least once a month	4
Once every 3 months	5
Once every 6 months	6
Once a year	7
Less than once a year	8
Never	9

Nowhere near enough	1
Not quite enough	2
About right	3
A little too much	4
Way too much	5

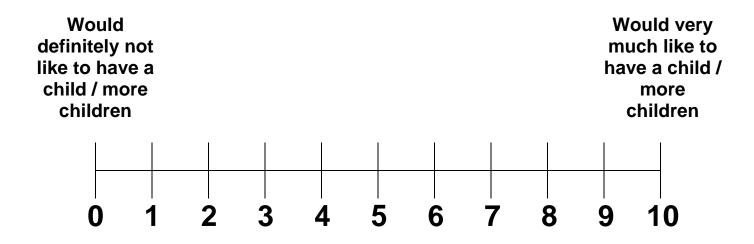
Employed full-time - usually 35 hours or more per week	1
Employed part-time - usually less than 35 hours per week	2
Not employed BUT is looking for work	3
Neither employed NOR looking for work:	
Retired	4
Home duties	5
Non-working student	6
Other	8

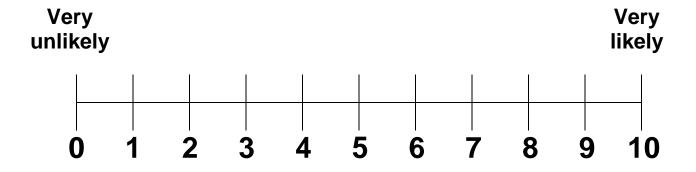
Less than 5 kilometres A
5-9 kms B
10-19 kms C
20-49 kms D
50-99 kms E
100-499 kms F
500 kms or more G
Overseas H

Daily	1
At least once a week	2
At least once a fortnight	3
At least once a month	4
Once every 3 months	5
Once every 6 months	6
Once a year	7
Less than once a year	8
Never	9

Nowhere near enough	1
Not quite enough	2
About right	3
A little too much	4
Way too much	5

more per week	1
Employed – usually works less than 35 hours per week	2
Not employed BUT is looking for work	3
Neither employed NOR looking for work:	
Retired	4
Home duties	5
Non-working student	6
Other	8





Got married (in a registered marriage)	1
Separated (from a registered marriage)	2
Got divorced (finalised a divorce)	3
Reunited with spouse	4
Was widowed	5
None of the above	7

Married (in a registered marriage)	1
Separated (but not divorced)	2
Divorced	3
Widowed	4
Never married but <u>living with someone</u> in a relationship	5
Never married and <u>not</u> living with someone in a relationship	6

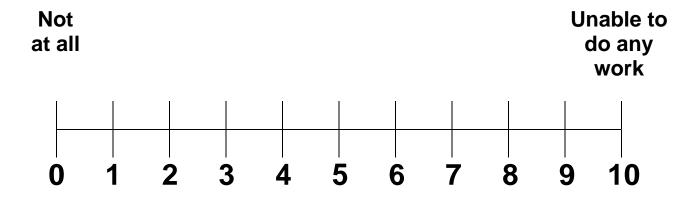
Married and living with spouse	1
Married, but spouse is in an institution (e.g., nursing home, gaol)	2
Married, but living with spouse	
less than half the time owing to	
work / other commitments	3

Very likely	1
Likely	2
Not sure	3
Unlikely	4
Very unlikely	5
Prefer not to disclose	9

DISABILITIES / HEALTH CONDITIONS WHICH:

- Have lasted, or are likely to last, 6 months or more;
- Restrict everyday activity; and
- Cannot be corrected by medication or medical aids.

Sight problems not corrected by glasses or lenses 1
Hearing problems2
Speech problems 3
Blackouts, fits or loss of consciousness 4
Difficulty learning or understanding things 5
Limited use of arms or fingers 6
Difficulty gripping things 7
Limited use of feet or legs 8
A nervous or emotional condition which requires treatment 9
Any condition that restricts physical activity or physical work (e.g., back problems, migraines)
Any disfigurement or deformity11
Any mental illness which requires help or supervision 12
Shortness of breath or difficulty breathing 13
Chronic or recurring pain14
Long-term effects as a result of a head injury, stroke or other brain damage 15
A long-term condition or ailment which is still restrictive even though it is being treated or medication is being taken for it
Any other long-term condition such as arthritis, asthma, heart disease, Alzheimer's disease, dementia etc



Self-care

For example:

- Bathing / showering
- Dressing / undressing
- Eating / feeding
- Going to toilet
- Bladder / bowel control

Mobility

For example:

- Moving around away from home
- Moving around at home
- Getting in or out of a bed or chair

Communication in own language

For example:

 Understanding / being understood by strangers, friends or family, including use of sign language or lip reading

Mobility aids

Some examples of aids used to help with mobility:

- Canes
- Walking sticks
- Crutches
- Walking frames
- Wheelchair
- Scooter
- Specially modified car or car aids

Self-care aids

Any aids to help with self-care activities such as:

- bathing
- dressing and undressing
- toileting and managing incontinence

Non-electronic communication aids

such as picture boards or large print books to assist with communication

Electronic communication aids

such as hearing aids, audio tapes, a talking word processor or special computer software to assist with communication

Some examples of home improvements that might help with your disability / health condition

- Ramps
- Hand grab rails
- Toilet / bath / laundry modifications
- Kitchen modifications
 (e.g., special handles to turn on taps)
- New / changed heating or air-conditioning
- Visual doorbell
- Visual telephone
- Visual smoke alarm
- Other home modifications (e.g., doors widened)

Types of difficulties with employment (because of long-term health condition or disability)

Permanently unable to work	1
Restricts the type of job you can do	2
Restricts the number of hours that can be worked	3
Makes it more difficult to change jobs, get a better job or find a suitable job	4
Need additional time off work	5
Need ongoing assistance or supervision at work	6
Need an employer who will provide special equipment, modify the work environment or some other special arrangement	7
Other employment difficulties	8

Types of difficulties with education (because of longterm health condition or disability)

Need additional time off school / study	1
Have to attend special classes / school	2
Need ongoing assistance or supervision	3
Restricted in the number of hours you can study	4
Need special equipment, modified environment or other special arrangements	5
General learning difficulties	€
Other difficulties	8

Arthritis or osteoporosis	1
Asthma	2
Any type of cancer	3
Chronic bronchitis or emphysema	4
Type 1 diabetes (also known as juvenile- onset or insulin-dependent diabetes)	5
Type 2 diabetes (also known as late-onset or non-insulin dependent diabetes)	6
Depression	7
Anxiety	8
Other mental illness	9
Heart disease	10
High blood pressure or hypertension	11
Any other serious circulatory condition (e.g., stroke, hardening of the arteries)	12

- 1. Department of Veterans'
 Affairs Orange
 Treatment Entitlement
 Card
- 2. Department of Veterans' Affairs White Treatment Entitlement Card
- 3. Department of Veterans' Affairs Gold Treatment Entitlement Card
- 4. Health Care Card (often given to people receiving a government benefit or with low incomes)
- 5. Pensioner Concession Card
- 6. Commonwealth Seniors
 Health Card

 (typically issued to self-funded)

(typically issued to self-funded retirees)















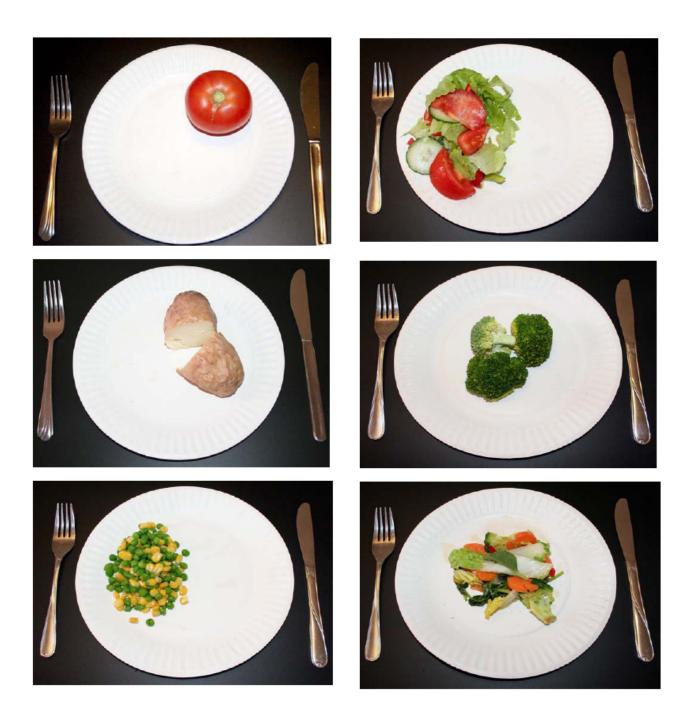
Less than one year ago	.1
One to less than two years ago	.2
Two to less than three years ago	.3
Three to less than four years ago	.4
Four or more years ago	.5

Less than 6 months ago	1
Six to less than 12 months ago	2
One to less than 2 years ago	.3
Two to less than 5 years ago	.4
Five or more years ago	.5
Never been to the dentist	8

(i.e., in outpatients or casualty)	.1
A specialist doctor (excluding in outpatients or casualty of a hospital)	.2
A mental health professional, such as a psychiatrist or psychologist	.3
A podiatrist (foot doctor)	.4
A chiropractor or osteopath	.5
A physiotherapist	.6
An optometrist	.7
Any other allied health provider, such as a speech therapist, audiologist, or occupational therapist	.8
An alternative health practitioner, such as a naturopath, acupuncturist or herbalist	.9
A community nurse, practice nurse, nurse practitioner or midwife1	10

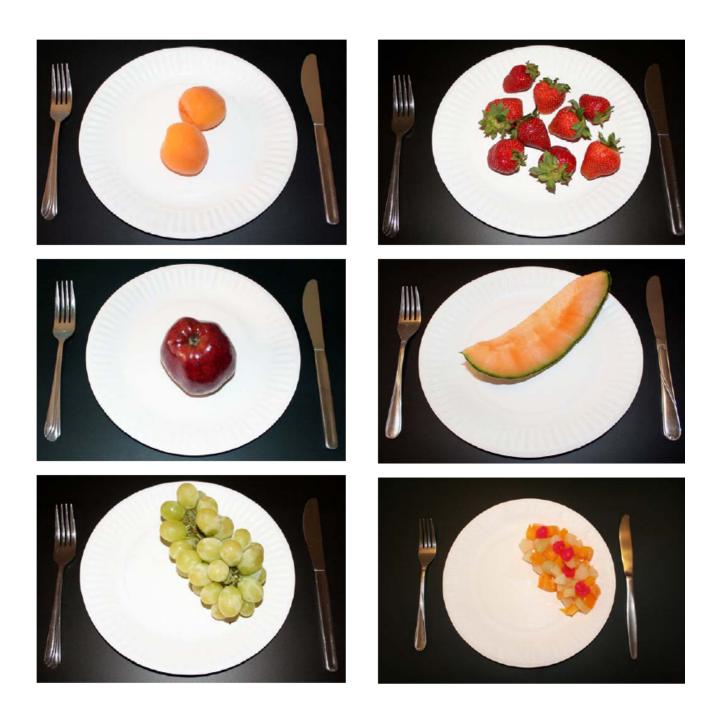
Screening for bowel cancer	1
Pap smear	2
Breast screening	3
Prostate check	4
Chest / other x-rays	5
Blood pressure	6
Cholesterol test	7
Any other blood test	8

Whole / full cream	1
Low / reduced fat	2
Skim	3
Evaporated or sweetened condensed milk	4
Soy milk	5
Other (please specify)	6
Do not drink milk	7



Photos on this card are examples only

If you eat twice as much broccoli as shown in the picture above each day, then your number of serves = 2



Photos on this card are examples only

If you eat twice as many grapes as shown in the picture above each day, then your number of serves = 2

Self-care

For example:

- Bathing / showering
- Dressing / undressing
- Eating / feeding
- Going to toilet
- Bladder / bowel control

Mobility

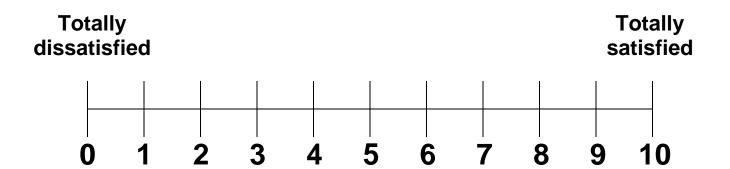
For example:

- Moving around away from home
- Moving around at home
- Getting in or out of a bed or chair

Communication in own language

For example:

 Understanding / being understood by strangers, friends or family, including use of sign language or lip reading



- a The home in which you live
- b Your employment opportunities
- c Your financial situation
- d How safe you feel
- e Feeling part of your local community
- f Your health
- g The neighbourhood in which you live
- h The amount of free time you have