

Variable	Value	Value description
Physical activity (intensity)		
	None	Never exercises and rarely goes out, only for medical examinations
	Weak	Very mild physical activity, i.e. sometimes goes for walks, mainly for errands.
	Moderate	Sometimes exercises – once a week or less-and/or often goes out and walks at a good pace.
	Good or high	Follows regularly an exercise program and she/he goes out every day and walks at a good pace.
Quality of sleeping		
	Bad	She/he says to sleep badly, for example not much (≤ 5 hours) and/or with breaks/interruptions.
	Fair	She/he says to sleep quite well but for not many hours (≤ 5) or many hours with some breaks/interruptions.
	Good or high	She/he says that she/he sleeps well and enough.
Social life – level of engagement in social activities		
	None	She/he doesn't see/meet anybody.
	Weak	She/he sees/meets few people, only relatives/caregivers.
	Moderate	She/he sees/meets people, not only relatives or caregivers, but also friends twice a week or less.
	Good or high	She/he often goes out for social activities like having dinners, going to the theatre and/or attends circles, associations, parish etc...
Desired monthly income [emerged from the answers to the “indirect” question number 14 of Interview grid (see Box 1)]		
		≤ 1000 €
		1000 € - 2000 €
		≥ 2000 €