

## Who is carrying out the study?

The study is being carried out by some of Britain's leading research organisations in health, economics and social research:

- NatCen Social Research
- Department of Epidemiology and Public Health, University College London
- Institute for Fiscal Studies
- University of Manchester

## Is the study confidential?

We always take great care to protect the confidentiality of the information you give us. The study results will never be in a form that can reveal your identity. Your name and address will only be known to the researchers at NatCen Social Research and will not be stored with the information you provide.

We also obtain information about the health and economic circumstances of some of our respondents from The Health and Social Care Information Centre, the Department for Work and Pensions and HM Revenue and Customs. You may already have given us permission to obtain this information, but if not, we may ask for your consent to do so during the course of the interview. If you agree, we would link these details to what you have already told us in the survey.

We may also use this information to help us keep in contact with you in the future. Like everything else you have told us, the information will be completely confidential and will be used for research purposes only.

## Who has reviewed the study?

The study has been reviewed by the Berkshire NHS Research Ethics Committee who have given their approval for this study to take place.

## Who can I contact about the study?

If you have any more questions, or would like to inform us of a change in your circumstances such as a new address, please contact us on the freephone number 0800 652 4574.

Alternatively, you can write to:

Pauline Burge  
 NatCen Social Research  
 Kings House  
 101-135 Kings Road  
 Brentwood  
 Essex  
 CM14 4LX

You can find out more about the study, or contact us, via the ELSA website:

<http://www.natcen.ac.uk/elsa/>

**ELSA** English Longitudinal  
 Study of Ageing

# Health and lifestyles of people aged 50 and over

**This leaflet gives you more information about the content of the study, and answers questions you may have. If you have any queries or need to contact us, please call freephone 0800 652 4574**

## What is the study about?

The English Longitudinal Study of Ageing (ELSA) explores the health, lifestyles and financial situation of people as they grow older. 13,500 people aged 50 and over, and their partners, have now taken part in the study.

You may have helped us previously with the study, for which we are most grateful, and we hope that you can help us again. Alternatively, this may be the first time we have approached you to take part. By talking to as many people as possible, we can ensure that we get a full range of experiences. Participation is voluntary, although we do hope you will take part and contribute to our understanding of the experience of growing older.

## Why am I important?

We are gradually building up a picture of people living in Britain aged 50 and over. Although the study will not be of direct benefit to you, the information you provide will help us to collect good quality data to ensure the government provides health care and pension systems tailored to people's needs. Data from the study is also used by academics to investigate a wide range of ageing related issues, increasing understanding of the ageing process.

## Why have I been asked to do the interview on behalf of someone else?

You may have been given this leaflet because you are being asked to complete the interview on behalf of someone who is unable to do the interview themselves. If so we will ask you to assess whether the person would wish to participate in the

## What does the study involve?

An interviewer from NatGen Social Research will come and visit you in your home to conduct the interview.

When the interviewer visits they will ask you questions about things we believe to be important in the lives of people aged 50 and over.

If you are already a member of the study, you will be familiar with the content of the interview. Topics covered include health, housing, work, retirement, pensions and quality of life. One section of the interview is about your memory and concentration. The interviewer will ask you to complete a few activities that measure how people are doing as they grow older. If you are 60 years or over you may also be asked to walk a short distance in your own home.

This round of interviews also includes a nurse visit. This should be a familiar experience for some of you. If you agree,

study if they were able to and whether you are willing to give answers on their behalf.

## Who is paying for the study?

Half of the funding has come from a number of UK government departments. The other half has been provided by the National Institute on Aging in the USA who also fund a parallel study in the USA.

a nurse will visit you and ask to take a variety of health measurements such as:

- Blood pressure
- Height and weight
- Blood sample

Your interviewer will give you a leaflet which tells you more about the nurse visit. If you agree to give a blood sample, the nurse will ask you for your written consent. Your participation is of course entirely voluntary, so you are welcome to change your mind at any time. You can also do some of the measurements but decline to do others. Your interviewer and nurse will be happy to address any concerns you may have.

The interview is both varied and interesting, and we hope you will enjoy the experience. It can be arranged according to your needs and availability. Your participation is entirely voluntary. Agreeing to participate now does not commit you to continuing and you can change your mind at any time.