

## **The Life Space Questionnaire**

Please cite the questionnaire as follows:

Stalvey, B., Owsley, C., Sloane, M.E., Ball, K. (1999) The Life Space Questionnaire: A measure of the extent of mobility of older adults. *Journal of Applied Gerontology* 18: 479-498.

## Life Space Questionnaire

**Interviewer:** " I am interested in all the places that you have been within the last **3 days**.

1. During the past 3 days, have you been to other rooms of your home besides the room where you sleep?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

1.

2. During the past 3 days, have you been to an area immediately outside your home such as your porch, deck or patio, hallway of an apartment building, garage?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

2.

3. During the past 3 days, have you been to an area outside your home such as a yard, courtyard, driveway, or parking lot ?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

3.

4. During the past 3 days, have you been to places in your immediate neighborhood, but beyond your own property or apartment building?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

4.

5. During the past 3 days, have you been to places outside your immediate neighborhood but within your town or community?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

5..

6. During the past 3 days, have you been to places outside your immediate town or community?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

6.

7. During the past 3 days, have you been to places outside of your county?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

7.

8. During the past 3 days, have you been to places outside the state of Alabama?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

8.

9. During the past 3 days, have you been to places outside the southeast region?

1 = \_\_\_\_\_ Yes

2 = \_\_\_\_\_ No

9.

## **Question x Question Guidelines for Examiner Administration of the Life Space Questionnaire (LSQ)**

You are basically interested in finding out how much the person gets out and about and the spatial extent of the person's typical life space, i.e., what is the usual range of places in which the person engages in activities within the designated time frame.

For the study where we examined the psychometric properties of the LSQ, we used a 3-day time frame because this was appropriate for the special needs of the larger study that the LSQ was part of. In other studies we have used a two-week time frame. You will need to determine the relevant time frame for the needs of your own study.

In order to customize the administration it would be useful to know prior to administering the measure whether the person lives in a rural, suburban, or urban area and whether they live in a house, apartment etc. Knowing this information you will be able to use verbiage more appropriate to the respondent's living circumstances.

Since you are interested in their routine behavior, we suggest that you do not include any travel necessary to participate in the present appointment since this assessment appointment may be out of the ordinary for some people. Therefore one must stress that the questions do not pertain to travel on the day of the assessment. Obviously if you use a telephone administration format, this issue is not relevant.

For the questions below, it is not important how the respondent got to these destinations, i.e., they might have driven, or been driven by another person, wheeled in a wheelchair, taken a taxi cab, or used public transportation.

Question 1: The question asks about going to places outside the room where they usually sleep. This includes other rooms of the home such as the bathroom, kitchen, den, living room, etc. A person would only answer "No" to this question if they had been bed-bound for the last 3 days.

Question 2: This includes going to, or through, places immediately outside the home area but still adjacent to the home. These places include a porch, deck, patio, garage, or hallway of an apartment building (etc.). The places covered by this question don't have to be destinations. For example, a person going to their mailbox or down the block would obviously pass through one, or more, of these places and should answer "Yes".

Question 3: This includes going to, or through, places outside the home area and into places immediately surrounding the home such as the yard, driveway, sidewalk, courtyard, or parking lot. As in the previous question, a person going through these places on their way to a more distant destination should answer "Yes" to this question.

Question 4: This includes going to, or through, places beyond the property where their home is located. For homeowners, this refers to places beyond the property line. For those living in city apartments, this refers to places beyond the immediate block. For rural areas, this includes leaving the property lines.

Question 5: This includes going to, or through, places outside the neighborhood surrounding the home. In a city, this would be places beyond the surrounding 5 blocks. In a suburban area this refers to places about 3 streets from the home. For sparsely populated rural areas, this includes going to places on the other side of the closest neighbors.

Question 6: This includes going to, or through, places outside the town or community area nearest the home. This refers to places outside a particular sub-region of the city. This could be areas with a distinct name, or city areas such as east, west, north, or south. For rural areas, this includes going to places on the other side of the nearest town.

Question 7: This includes going to, or through, places on the other side of the county line (where substantial travel is involved) or to places on the other side of a large city. Respondents living near a county line where crossing into another county does not constitute a significant distance should not respond "Yes" here. To aid in standardization of the instrument, one could use a 20 mile radius as a guideline to answering questions of clarification on Item 7, especially for rural residents.

Question 8: This includes going to, or through, places over the state line. People living close (less than 20 miles) to the state line should not answer "Yes" to this question unless they traveled a substantial distance (more than 20 miles) into a neighboring state.

Question 9: The region of the country should be specified site-specifically and the appropriate states listed. "By this region, we mean the states of \_\_\_\_\_"