**Table 4: Finalised list of the 91 items to be included in the ACS-UK**

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| --- | --- | --- | --- |
| **Instrumental Activities of Daily Living (27)** | **Low Demand Leisure Activities (25)** | **High Demand Leisure Activities (15)** | **Social / Cultural Activities (24)** |
| Food / Grocery Shopping | Knitting / Needlecrafts | Going to the Beach | Visiting Graves |
| Shopping for Clothes / Shoes | Playing Table Games | Recreational Shopping | Having a Picnic / BBQ |
| Washing Up | Going to Watch a Sports Event | Dancing | Spending Time with Family / Friends |
| Doing the Laundry | Cooking / Baking as a Hobby | Swimming | Visiting Family / Friends who are Ill |
| Gardening / Tending your Allotment | Doing Puzzles / Crosswords | Indoor Bowling | Eating Out |
| Putting the Rubbish / Recycling Out | Using a Computer | Outdoor Bowling | Going to Parties |
| Cooking a Meal | Taking Photographs | Playing Golf | Going on Outings |
| Household Chores | Reading a Religious Book | Walking | Going for Drinks at Pubs / Social |
| Performing DIY | Written Communications | Hiking / Rambling | Going to Places of Worship |
| Driving | Reading a Magazine | Exercising | Doing Activities with Grandchildren / Children |
| Vehicle Maintenance | Looking at Photo Albums / Home Videos  | Riding a Bicycle | Volunteer Work |
| Going to the Doctor / Dentist | Researching Family / Local History  | Going on Holiday / Travelling | Voting |
| Taking Care of Pets | Watching Films on DVD / Video  | Attending a Hobby / Leisure Group | Being with your Spouse / Partner |
| Managing Financial Matters | Reading a Newspaper | Going to Gardens / Parks | Cultural Visits |
| Taking a Rest | Watching Nature | Fishing | Going to Music / Performing Arts Events |
| Going to the Hairdresser / Barber | Gambling |  | Studying for Personal Advancement |
| Mending / Repairing Clothes | Playing Bingo |  | Attending a Night Class / Adult Education Class |
| Childcare / Babysitting | Going to the Cinema |  | Attending a Social / Community Group |
| Working in Paid Employment | Watching Television |  | Having a Tea / Coffee with Someone Else |
| Preparing a Hot Drink | Listening to the Radio / Music |  | Going to a Public Library |
| Conducting Personal Care | Sitting and Thinking |  | Being on a Committee |
| Using Public Transport | Relaxing / Meditating |  | Dating / Companion Seeking |
| Conducting Personal Business | Entering Competitions |  | Entertaining at Home |
| Taking Care of Others | Reading a Book  |  | Attending Celebrations / Ceremonies |
| Making your Bed | Flower Arranging |  |  |
| Talking on the Telephone |  |  |  |
| Keeping a Diary / Calendar of Events  |  |  |  |