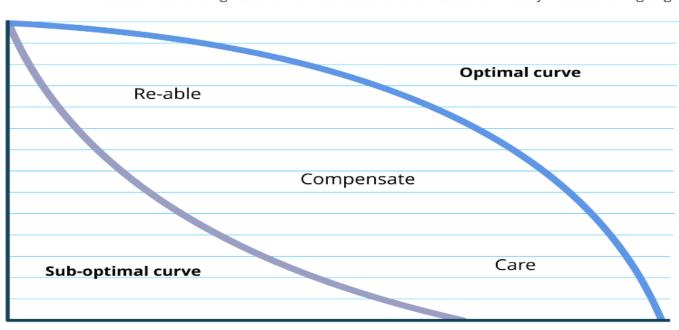
*Based on continuing research carried out at the Newcastle University Institute for Ageing

Cutting toenails
Shopping
Using Steps
Walk 400 Yards
Heavy Housework
Full Wash
Cook a hot Meal
Moving Around
Transfer From a Chair
Light Housework
Transfer From Toilet
Get Dressed
Transfer From Bed
Wash Face and Hands
Eat Independently



ELAPSED TIME AFTER JOINING THE CURVE