

1. Since the start of the COVID-19 pandemic, have you relied on someone outside your household to regularly help you with everyday tasks?

This could include running errands, getting necessities (e.g. food, medications), completing household repairs, or arranging for outside services.

- ¹ Yes
- ² No, I have not needed help
- ³ No, I have not been able to get or find help but I need help

2. Compared to before the pandemic, are you receiving help less often, about as often, or more often than before the pandemic?

- ¹ Less often
- ² About the same
- ³ More often

3. Since the start of the COVID-19 pandemic, has anyone outside your household given you advice, encouragement, moral support, or emotional support?

- ¹ Yes
- ² No, I have not needed support
- ³ No, I haven't been able to get or find support

4. Compared to before the pandemic, are you receiving support less often, about as often, or more often than before the pandemic?

- ¹ Less often
- ² About the same
- ³ More often