**Eight Social Support Items in Three Languages**

**Question:**

* English: How much of the time can you count on someone to:…
* Spanish: ¿Qué cantidad de tiempo puede contar con alguien que: ...
* Chinese: 你需要别人多少时间

**Response choices were**:

* English: “none of the time”, “a little of time”, “some of the time”, “most of the time”, “all of the time”.
* Spanish: “Ningun”, “Un poco del tiempo”, “Algo del tiempo”, “La mayoría del tiempo”, “Todo el tiempo”.
* Chinese: “完全 没有”, “很少 时间”, “一部分 时间”, “大多数 时间”, “一直 都有”

| **English** | **Spanish** | **Chinese** |
| --- | --- | --- |
| ***Tangible Support*** | | |
| Help you get things done in the house such as chores (e.g. washing dishes, vacuuming) | Ayudarle a hacer las tareas de la casa (por ejemplo, lavar los platos, pasar la aspiradora). | 帮助您做家务(例如洗碗或吸尘)。 |
| Help you with taking care of any paperwork (e.g. bills, jury duty) | Ayudarle con papeleo, como formularios, las cuentas, etc. | 帮助您处理文件(例如账单或陪审员义务). |
| ***Informational Support*** | | |
| Give you information to help you understand a situation (e.g. where to apply for SSI, how to get a passport, how to file an income tax return) | Brindarle información que le ayude a entender una situación (por ejemplo, donde aplicar para el SSI, cómo adquirir un pasaporte, cómo llenar los formularios de impuestos) | 给您资讯来帮助您了解一个情况(譬如到哪里申请社会保险金，如何申请护照,或如何报税) |
| Suggest who you could see for assistance with a problem that you were having | Sugerirle a quién pudiera pedirle que le ayude con un problema que Ud. Tiene | 给您建议关于您的一个问题您可以向谁  寻求协助 |
| ***Financial Support*** | | |
| Give you money now and then, if you needed it | Darle dinero de vez en cuando si Ud. lo necesitara | 不时地给您钱，如果您需要的话。 |
| Pay for expenses (e.g. rent, telephone bill) on a regular basis, if you needed it | Pagarle sus gastos regularmente si Ud. lo necesitara, como la renta o la cuenta telefónica | 为您定期支付费用(例如房租或电话账单), 如果您需要的话。 |
| ***Emotional/Companionship*** | | |
| Confide in or talk to about yourself or you problems | Confiarse, hablar sobre si misma, o sus problemas | 让您倾诉心事或谈论您自己或您的问题 |
| Get together for relaxation | Reunirse a hacer actividades relajantes | 聚在一起放松一下 |

For more information, contact:

Sabrina Wong, RN, Ph.D.

Michael Smith Foundation for Health Research Scholar

Associate Professor and Faculty

University of British Columbia School of Nursing and Centre for Health Services and Policy Research

TEF3 Building, #302-6190 Agronomy Road

Vancouver, BC V6T-1Z3

Sabrina.wong@nursing.ubc.ca