

Appendix A - Interview guide

Introduction

- Point out independence, recording and data protection
- Point out the possibility of deleting the interview or rather specific passages at the interviewee's request
- Explain the interview procedure

Main questions

1. Please describe your current living conditions (potentially professional/private background).
2. How does a typical day look like for you?
 - Which activities can you pursue without the support of other people?
 - With what do you need help and support?

Over the course of one week, you have documented different situations in your daily life with a digital camera.

3. How did you feel while documenting your activities?
 - What did you notice?
 - With what did you have problems?
 - What was easy for you?
4. Reference to pictures/videos: I brought (some) of these pictures and video sequences with me and would like to ask you if you could choose the pictures/video sequences that are the most important for you and tell me more about them¹:
 - What did you notice specifically?
 - How did you feel in doing so?
 - What causes the most problems here? Why?
 - How does it affect your everyday life?
 - How do you cope with it?

If participant chooses none or only very few pictures/video sequences, talk about those pictures/video sequences that we have previously identified as key scenes.

5. In this picture/In this video sequence we see you [*describe activity*].... Please tell me a little bit more about that.

¹ In order to be able to identify the discussed picture in the analysis, all pictures will be numbered and study participants will be asked to mention the corresponding number (if study participants forget to mention the number, the interviewer will do so)

- What is especially important about that for you?
- What causes the most problems here? Why?
- How does it affect your everyday life?
- How do you cope with it?

6. Are there any other aspects that you have not documented, yet are still important to you?

If nothing else is mentioned, even though some areas have not yet been covered:

7. If you think about [*examples of the typical daily routine of the participants or activities from their daily life; see a-g*], how do you manage that?

- a) Resting and sleeping (e.g. go/put to bed)
- b) Physical activity
- c) Eating and drinking
- d) Washing and dressing oneself (e.g. washing one's hands; putting on coat/shoes)
- e) Communicating (e.g. telephone, PC)
- f) Housekeeping (e.g. cooking and cleaning)
- g) Social contacts (e.g. meeting with friends)
- h) Hobbies
- i) Things concerning health and safety (e.g. taking one's medication or handling of electrical appliances)

8. Everybody handles limitations in a different kind of way. How is it with you, how do you handle said problems or limitations?

- If you were to give other people your age some advice, what is the most important aspect for handling problems?

Now I would like to talk with you about your personal environment. With environment, I mean people (e.g. family, friends, neighbours, doctors etc.) as well as your immediate surroundings. These include for example existing services that you are able to use (such as clinics or shopping possibilities), the availability of public transportation as well as products for personal use (such as walking or hearing aids).

9. If you think about your social and spatial environment, who or what causes problems for you?

10. Who or what is helpful or supportive for you?

11. We are approaching the end of our interview. I am interested in hearing what you would wish for if you were granted three free wishes?

We have talked about several different things in this interview – about a few things that do not work the way you would maybe like them to anymore, but also about a lot of things that you can still do perfectly fine.

12. What are you especially proud of?

Conclusion

- With that, we have reached the end of our interview. If you pass our talk in review: is there still something you would like to add, that we have not talked about yet?
- Point out confidentiality once more
- Saying thank you and goodbye

Appendix B - Interview record

Interview pseudonym	
Interviewer (initials)	
Date, time	
Duration of the conversation	
Location of the interview	

Notes (e.g. interruptions, distraction, noteworthy incidents)

Atmosphere during the interview:

Interaction during the interview:

Difficulties:

Important information from previous conversations (e.g. telephone call, delivery of the camera):

Appendix C - Focus group script

Introduction

- Arrival of the participants; welcome and pointing out mood thermometer/scale (about 10-15 mins)
- a) Welcoming the participants and explaining the focus group procedure (about 15 mins, excl. introduction of the participants)**

Good morning everybody! I would like to start by thanking everybody sincerely for taking the time to come here today and participate in our discussion. With that, you are making a valuable contribution to our research work. First, we would like to introduce the three of us and then talk a little about the procedure of today's meeting.

Introduction

- name
- professional background
- current professional activity
- role in the focus group

Unfortunately, we are not yet able to present any results from the interviews. That is why we invited you today to talk about your daily activities together. We are interested in – just like in the individual interviews – possible struggles or limitations that you face in the course of aging. Before we begin with our discussion, let me add a few words. It is our task to guide the discussion. We do not want to influence your opinion or convince you of something specific. That is why we are only going to ask some questions that should act as impulses for further discussion. Otherwise, we are going to remain rather silent. You are allowed to narrate everything freely. There are no right or wrong answers; we are only interested in your personal opinion.

b) Explaining the general rules

Before we start our discussion I would like to explain to you some of the important rules for our meeting. There are four things that are especially important to us:

- a) Everything is told on a voluntary basis!*
You are not obligated to answer every question, but we would like you to participate in the discussion as lively as possible.
- b) There are no right or wrong answers, only different opinions!*

Everybody has their own opinion about certain topics. We accept every opinion. Please do not hesitate to say something, even if you think that you are the only one feeling that way. Try not to feel influenced by other opinions.

c) *We want to talk with each other!*

That means you are allowed to and should react to the things somebody else has said. You can also add something. There are no strict requirements when it comes to the discussion process.

d) *In order to understand each other, we should talk one at a time!*

Individual discussions among the participants should be avoided.

Do you have any questions?

c) Pointing out the recording and data protection

Our discussion will be recorded with a recording device. This way, valuable information will not get lost and I will be able to write down the things that are important for us later on. Of course, everything that you say will be treated confidentially. The recording will only be used for internal purposes and will not be published. Nobody will know later on what each and every one of you has said; it is the overall picture that matters to us. Do you have any questions/concerns? If not, I am going to turn on the recording device now.

Turn on recording device

d) Introduction round (about 10 mins)

Before we start our discussion, I would like to begin with a short introduction round in order to get to know one another better. Maybe you can start, Mr. /Mrs. X, please introduce yourself shortly and then we will continue in order.

Main questions (about 60 mins)

As you can see, we have prepared some picture cards with different daily activities. We would like to ask you to look at the pictures for some time and then take one or several cards and tell us whatever comes to your mind. That can include activities that you like to do yourself or that pose some problems for you or activities that you would like to do but maybe cannot anymore. Take your time to look at the cards. Whoever would like to start can do so.

Questions about the stories

1. Could you describe that a little more closely?

2. How exactly do you mean that?
3. How do you cope with that?
4. How does it affect your everyday life (your relationships, etc.)?
5. If you were to give other people your age some advice, what is the most important aspect for handling these limitations?
6. Are there any other ways to handle problems/limitations that we have not yet talked about?
7. Are there any other activities that are not pictured here/that we have not yet talked about, that you would like to discuss?
8. Which aspects have improved for you because of aging?

Backup in case the discussion ends too early, is not productive:

We have collected some clichés around the topic of “aging” that we would like to discuss with you. We will explain these statements and would like to ask you to then tell us how you perceive them or rather, how correct or incorrect the statement is according to your opinion. As mentioned above, there is no right or wrong; we are just interested in your opinion. Let’s start with the first one.

1. What do you think about that?
2. In what way is this statement correct/incorrect?
3. What is your personal experience with that?

Conclusion

a) Summary/findings obtained (about 10 mins)

We have now reached the end of our discussion. From our talk, I take away that... (see notes)

b) Open questions (about 5 mins)

Is there anything you would like to add? If you pass our discussion in review: What is on your mind? Were you able to say everything that matters to you? Thank you for participating in our discussion. We discussed many different aspects and views that are of high importance for us. Thank you for taking time! With that, we will stop the recording and want to give you some further information on the following procedure.

Turn of recording device

c) Outlook & goodbye's (about 5 mins)

Unfortunately, we were not yet able to present any results from the interviews today. If you wish so, we will happily inform you about the results of the interviews as soon as they are available. There will not be any individual feedback but “only” information about the general picture.

In April/May, our second sub-study will start. A colleague of mine will contact you in the near future about that. It involves filling in different questionnaires on the topic of health. If you would like to participate – which we of course hope – a colleague of ours is going to visit you at home to discuss the questionnaires. You will receive another 75,00 € as expense allowance.

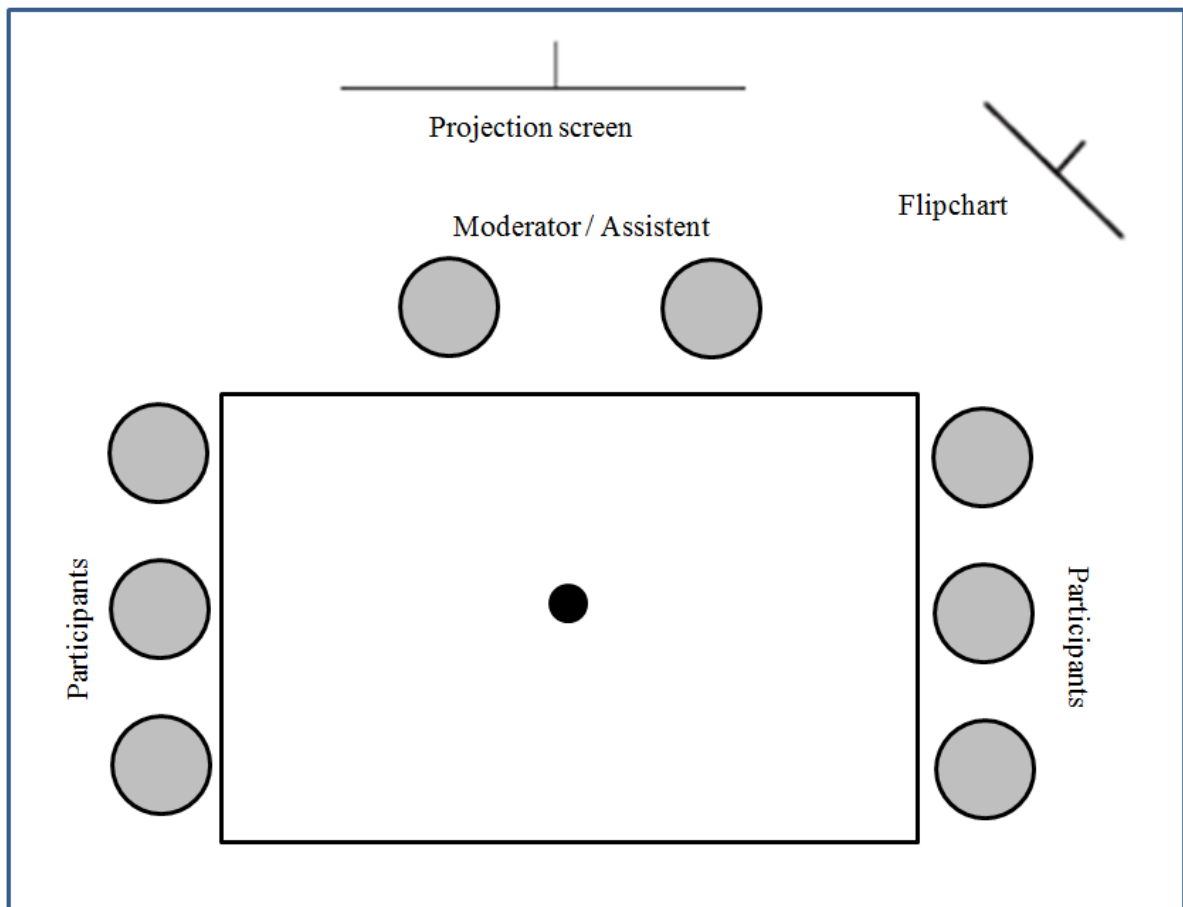
Are there any questions?

I would like to say goodbye to you and thank you once again sincerely for your lively participation. Furthermore, I would like to ask you to once more leave a point for your current mood upon leaving the room.

Appendix D - Focus Group Record Sheet

1. To be filled in before the focus group:

Date of the focus group	
Location of the focus group	
Number of participants	<i>In total - men: women:</i>
Moderator	
Asst. Moderator	



2. To be filled in during the focus group

Main aspects	Memorable quotations	Unclear formulations, inquiries or open aspects

3. To be filled out after the focus group:

a) Comments (e.g. interruptions, distraction, noteworthy incidents)

b) Group atmosphere:

c) Group interaction:

d) Difficulties:

Appendix E - All identified ICF Codes of the interviews

ICF Code	ICF Category	Frequency across all interviews	Number of interviews in which the category was mentioned
BODY FUNCTIONS			
<i>b1 Mental functions</i>			
b152	Emotional functions	97	22
b164	Higher-level cognitive functions	64	22
b134	Sleep functions	52	20
b126	Temperament and personality functions	43	13
b144	Memory functions	40	19
b130	Energy and drive functions	29	13
b140	Attention functions	11	6
b160	Thought functions	8	7
b167	Mental functions of language	4	3
b147	Psychomotor functions	3	3
b110	Consciousness functions	3	2
b180	Experience of self and time functions	2	2
b117	Intellectual functions	1	1
b114	Orientation functions	1	1
b176	Mental function of sequencing complex movements	1	1
<i>b2 Sensory functions and pain</i>			
b280	Sensation of pain	51	19
b210	Seeing functions	39	12
b240	Sensations associated with hearing and vestibular function	15	9
b230	Hearing functions	5	4

b235	Vestibular functions	4	3
b265	Touch function	3	2
b250	Taste function	2	2
b215	Functions of structures adjoining the eye	1	1
b220	Sensations associated with the eye and adjoining structures	1	1
b255	Smell function	1	1
b270	Sensory functions related to temperature and other stimuli	1	1

b3 Voice and speech functions

b340	Alternative vocalization functions	9	5
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b4 Functions of the cardiovascular, haematological, immunological and respiratory systems

b420	Blood pressure functions	16	9
b455	Exercise tolerance functions	14	7
b460	Sensations associated with cardiovascular and respiratory functions	11	6
b440	Respiration functions	10	7
b410	Heart functions	8	4
b415	Blood vessel functions	4	2
b435	Immunological system functions	3	2

b5 Functions of the digestive, metabolic and endocrine systems

b530	Weight maintenance functions	8	7
b540	General metabolic functions	5	2
b515	Digestive functions	4	2
b525	Defecation functions	4	2
b510	Ingestion functions	3	2
b535	Sensations associated with the digestive system	2	2

b555	Endocrine gland functions	1	1
<i>b6 Genitourinary and reproductive functions</i>			
b620	Urination functions	4	3
<i>b7 Neuromusculoskeletal and movement-related functions</i>			
b710	Mobility of joint functions	56	18
b730	Muscle power functions	50	16
b755	Involuntary movement reaction functions	19	12
b740	Muscle endurance functions	8	4
b760	Control of voluntary movement functions	4	3
b720	Mobility of bone functions	2	1
b780	Sensations related to muscles and movement functions	1	1
<i>b8 Functions of the skin and related structures</i>			
b830	Other functions of the skin	1	1
b840	Sensation related to the skin	1	1
BODY STRUCTURES			
<i>s1 Structures of the nervous system</i>			
s110	Structure of brain	6	2
s120	Spinal cord and related structures	2	1
<i>s2 The eye, ear and related structures</i>			
s220	Structure of eyeball	6	5
<i>s3 Structures involved in voice and speech</i>			
s320	Structure of mouth	2	2
<i>s4 Structures of the cardiovascular, immunological and respiratory systems</i>			
s410	Structure of cardiovascular system	9	5
s430	Structure of respiratory system	2	2
<i>s5 Structures related to the digestive, metabolic and endocrine systems</i>			
s530	Structure of stomach	1	1
s570	Structure of gall bladder and ducts	1	1

s580	Structure of endocrine glands	1	1
<i>s6 Structures related to the genitourinary and reproductive systems</i>			
s620	Structure of pelvic floor	1	1
s630	Structure of reproductive system	1	1
<i>s7 Structures related to movement</i>			
s750	Structure of lower extremity	24	11
s760	Structure of trunk	22	12
s770	Additional musculoskeletal structures related to movement	9	4
s730	Structure of upper extremity	7	5
s720	Structure of shoulder region	6	4
s740	Structure of pelvic region	2	2
<i>s8 Skin and related structures</i>			
s840	Structure of hair	2	2
s810	Structure of areas of skin	1	1
s830	Structure of nails	1	1
ACTIVITIES AND PARTICIPATION			
<i>d1 Learning and applying knowledge</i>			
d166	Reading	38	18
d170	Writing	19	12
d115	Listening	16	11
d110	Watching	15	10
d155	Acquiring skills	13	9
d163	Thinking	7	5
d175	Solving problems	6	5
d135	Rehearsing	2	1
d160	Focusing attention	2	1
d177	Making decisions	2	1

d179	Applying knowledge, other specified and unspecified	2	1
d138	Acquiring information	1	1
d198	Learning and applying knowledge, other specified	1	1
d2 General tasks and demands			
d230	Carrying out daily routine	47	23
d240	Handling stress and other psychological demands	20	9
d210	Undertaking a single task	4	4
d3 Communication			
d360	Using communication devices and techniques	93	23
d350	Conversation	48	18
d335	Producing nonverbal messages	13	9
d330	Speaking	13	6
d345	Writing messages	5	5
d355	Discussion	5	4
d332	Singing	4	3
d310	Communicating with - receiving - spoken messages	3	3
d315	Communicating with - receiving - nonverbal messages	3	3
d325	Communicating with - receiving - written messages	3	2
d340	Producing messages in formal sign language	1	1
d4 Mobility			
d475	Driving	138	21
d410	Changing basic body position	130	25
d450	Walking	129	22
d440	Fine hand use	115	20
d445	Hand and arm use	83	20
d470	Using transportation	80	19
d460	Moving around in different locations	78	21
d415	Maintaining a body position	49	20

d451	Going up and down stairs	47	15
d455	Moving around	46	16
d435	Moving objects with lower extremities	46	14
d430	Lifting and carrying objects	43	18
d465	Moving around using equipment	20	9
d420	Transferring oneself	2	2

d5 Self-care

d550	Eating	108	23
d570	Looking after one's health	107	20
d560	Drinking	92	22
d540	Dressing	48	16
d510	Washing oneself	45	18
d520	Caring for body parts	31	17
d530	Toileting	20	12
d598	Self-care, other specified	1	1

d6 Domestic life

d640	Doing housework	219	24
d630	Preparing meals	144	24
d650	Caring for household objects	143	23
d620	Acquisition of goods and service	85	24
d660	Assisting others	70	18
d610	Acquiring a place to live	14	9

d7 Interpersonal interactions and relationships

d760	Family relationships	288	24
d750	Informal social relationships	269	24
d770	Intimate relationships	30	11
d740	Formal relationships	15	8
d710	Basic interpersonal interactions	3	3

d779	Particular interpersonal relationships, other specified and unspecified	1	1
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d8 Major life areas

d870	Economic self-sufficiency	20	6
d855	Non-remunerative employment	14	5
d850	Remunerative employment	10	1
d865	Complex economic transactions	7	4
d860	Basic economic transactions	3	3
d830	Higher education	2	2
d839	Education, other specified and unspecified	1	1
d845	Acquiring, keeping and terminating a job	1	1

d9 Community, social and civic life

d920	Recreation and leisure	551	25
d910	Community life	86	21
d930	Religion and spirituality	48	11
d950	Political life and citizenship	3	3

ENVIRONMENTAL FACTORS

e1 Products and technology

e120	Products and technology for personal indoor and outdoor mobility and transportation	125	24
e110	Products or substances for personal consumption	98	23
e115	Products and technology for personal use in daily living	71	21
e125	Products and technology for communication	68	21
e165	Assets	66	15
e155	Design, construction and building products and technology of buildings for private use	46	20
e140	Products and technology for culture, recreation and sport	18	6

e145	Products and technology for the practice of religion and spirituality	6	2
e160	Products and technology of land development	6	2
e130	Products and technology for education	5	3
e150	Design, construction and building products and technology of buildings for public use	5	4

e2 Natural environment and human-made changes to environment

e220	Flora and fauna	71	19
e225	Climate	30	12
e210	Physical geography	13	4
e240	Light	8	5
e245	Time-related changes	2	2
e250	Sound	1	1

e3 Support and relationships

e310	Immediate family	233	25
e355	Health professionals	82	21
e325	Acquaintances, peers colleagues, neighbours and community members	73	23
e315	Extended family	71	18
e320	Friends	51	15
e340	Personal care providers and personal assistants	36	14
e360	Health-related professionals	12	6
e350	Domesticated animals	3	1
e345	Strangers	2	2

e4 Attitudes

e460	Societal attitudes	2	1
e410	Individual attitudes of immediate family members	1	1
e420	Individual attitudes of friends	1	1

e425	Individual attitudes of acquaintances, peers colleagues, neighbours and community members	2	2
<i>e5 Services, systems and policies</i>			
e580	Health services, systems and policies	101	22
e560	Media services, systems and policies	61	19
e555	Associations and organizational services, systems and policies	44	14
e565	Economic services, systems and policies	41	16
e520	Open space planning services, systems and policies	23	10
e575	General social support services, systems and policies	20	11
e535	Communication services, systems and policies	15	7
e540	Transportation services, systems and policies	14	8
e515	Architecture and construction services, systems and policies	11	6
e525	Housing services, systems and policies	10	7
e530	Utilities services, systems and policies	4	3
e570	Social security services, systems and policies	4	2
e550	Legal services, systems and policies	3	3
e585	Education and training services, systems and policies	1	1
e595	Political services, systems and policies	1	1

Note. bold letters = ICF chapters, bold upper case letters = ICF domains