## Appendix 1– Interview Guide

Understanding Independence in Older People

**INTERVIEW TOPIC GUIDE**

Following introductions etc. I intend to ask the following questions:

1. Thank you for agreeing to meet with me for this interview about independence. I just wondered if you could tell me a bit about what independence means to you and what made you interested in taking part in this study?
2. How would you define your interpretation of independence in a sentence or two?
   * + If this was too difficult I would offer a dictionary definition of independence and ask to what extent they agree or disagree with this definition?
3. What things do you need to be able to do to feel independent?
   * + What helps?
     + What hinders?
     + Have these things changed at all over time?
4. What would you do if you were worried that you might need help/become less independent?

OR

What would you suggest to your neighbour if they were worried about becoming less independent?

* Do you know what services are available to help?
* Would you seek help?
* What would help you to find/seek help if you needed it?

1. How easy is it to talk about independence?
   * + With friends?
     + With family?
     + With your doctor?
     + With your carer?
     + With your physio/OT?
2. Thank you, after all that we have talked about, could you give me an idea of where you see yourself in terms of independence on a scale of 0-10?
3. What do you think is the most important thing for us to talk about in relation to independence? Have we covered it?
4. Is there anything that we have not talked about that you think might be important for me to know?

What is the message that you most would like me to take away from this interview?