Value-based design for the elderly: An application in the field of mobility aids

Appendix 1 Interview guide – mapping elderly values – EN

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APPENDIX 1

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1 Introduction

• <Introduce yourself>
• <Introduce the research> We would like to gain knowledge on independence, mobility and the things people value in life, by means of interviews with solitary-living, community-dwelling elderly in the Netherlands.
• <Go through the information letter with the interviewee> and ask if he/she has any questions.
• <Go through the informed consent form> and ask if the interviewee agrees with the statements and ask to sign it.
• <Start the voicerecorder>

2 Demographics

Speak out loud the following information / features:

1. Date and interview code no.
2. Sir or Madam
3. Name
4. City name
5. The type of residence (flat, detached house, garden, bedroom upstairs etc.)

Start with the interview:

6. What is your age?
7. Do you have family living close by?
8. How long are you living in this residence by yourself?

3 Values

We would like to get a general impression of your life

9. What are your hobbies?
   a. What do you enjoy to do?
10. What makes you happy?
   a. What gives you energy? (which activities)

For each activity (attribute) mentioned:

• Where do you do this?
• How often?
• How do you go there?
• With who do you go there? (family, friends, neighbours)
• How long are you already doing this activity? (recently started, for months, years)
• Have you noticed that doing this has become more difficult due to changes in your health?
Wishes:

11. What would you wish to do? (but is currently out of reach)

### 4 PASE questionnaire

Ask all questions of the PASE questionnaire.

### 5 Mobility / Current Physical activity

For those things not yet discussed while going through the PASE questionnaire:

12. Do you walk?
13. Do you bicycle?
   a. Do you own an (electric) bike?
14. Do you participate in sports?
15. Do you drive?
   a. Do you own a car?
   b. Do you have a drivers licence?
16. Do you use Public Transport?
   a. Train; bus?
17. Do you make use of taxi services?

In general:

18. Do you go out?
19. How often?
20. Where to? (for what purpose)
   a. Daily living – essentials (groceries, hair dresser)
   b. Social activities / relaxation
   c. Walking a dog?
21. With who do you go?

### 6 Mobility aids – indoors & outdoors

22. Do you use mobility aids? And for which purposes?
   a. Rollator?
   b. Cane?
23. Do you have adjustments in your house?
24. Is your social environment encouraging you to use mobility aids? (postponing behaviour / stigma?)
25. When is it for you acceptable to use a rollator (=wheeled walker)?
26. What if it is not a rollator? What could help you when walking?

### 7 Technology use

What do you think of new technologies such as the internet and mobile phones?

27. Do you use these technologies?
28. Are these easy to use?
   a. Mobile phone?
   b. Computer / laptop / tablet?
   c. Digital photo camera / videocamera?
<This is the end of the interview. I have no further questions for you. Do you have any questions you would like to ask me?>