

Supplementary File: Interview guide

Face-to-face interviews

Below is a list of themes and questions regarding face-to-face interviews with the participants. The interviewer can explore particular themes or responses further with the participant to gain in-depth understanding of the participant's experiences and perceptions.

Background

- age
- apartment: rental/ownership
- education and work life
- relationship status

Social relationships

Can you describe your family and close relationships?

The next questions are related to relatives and friends. (Lubben's Social Network Scale -6)

How many relatives do you see or hear from at least once a month?

How many relatives do you feel at ease with that you can talk about private matters?

How many relatives do you feel close to such that you could call on them for help?

How many of your friends do you see or hear from at least once a month?

How many friends do you feel at ease with that you can talk about private matters?

How many friends do you feel close to such that you could call on them for help?

Are you satisfied with your current social relationships?

Would you like to have more social contacts or friends?

Has the COVID-19 pandemic affected your social relationships?

Living environment and neighbors

How long have you lived in your current apartment?

How would you describe the living environment? (local services, Social Hub, nature, built environment, transportation, meaningful places etc.)

Do you move around in your living environment?

How often do you go outside and move around in your neighborhood?

- How you move around (walking routines/transportation/other).
- What time of the day do you move?
- Does the weather or season effect your activity outside your apartment?

Who do you meet in your living environment?

- Do you meet your neighbors?
- Would you like to know your neighbors better?

Are there things in your living environment that worry you or affect to your mobility in your neighborhood?

Everyday life routines and hobbies

How do you like to spend time in your everyday life?

- Can you describe your normal day?

Do you have any hobbies?

What kind of things are important to you in your everyday life?

Digitalization

How digitalization affects to your everyday life?

What is the role of technology in communicating with loved ones and friends?

Do you use a computer, a tablet or a smart phone?

What do you use the internet and technologies for?

What kind of experiences do you have on digital devices and the internet?

If you think about digitalization and technology in your own life, is it useful or beneficial to you? Are there any negative aspects?

How would you describe using technologies and digital devices? Is it easy or difficult to use?

Do economic aspects play a part in the use of digital devices?

How do you see the future if you think about older adults and digitalization?

At the end of the interview

What themes would be important to study in the future?

Is there anything you would like to add to the themes discussed in the interview? Are there some other topics you would like to discuss?

Go along interviews:

Go-along interviews will be conducted after face-to-face interviews with willing participants. Go-along interviews are conducted 1-3 times based on participant's willing and wishes.

General themes to discuss during the go along interviews are living environment, social relationships, built environment and services. For example, who do you meet in your living environment? Where do you meet them (what situations and places)? What do you think about the built environment (buildings, footpaths, transportation)? What do you think about the services in your neighborhood (Social Hub, stores etc.)? How accessible the environment is? What places in your living environment are meaningful to you? How technology and digital devices are visible in your living environment and everyday life?

The walking route and length of the go-along interviews is dependent of the participants wishes and routines. During the go-alongs the interviewer makes observations and takes photographs of the observations and meaningful places. Afterwards the observations are written to electronic field diaries (docx).