

Care home manager: baseline*

(*Could use a description of the programme as a stimulus for these interviews.)

- Ask about the home and what activities are currently available.
- Experiences of being approached by the trial team, for example initial approach, information provided by research team about the study.
- Influences on the decision to take part.
- Process of consent (home, individuals and assent).
- Beliefs about the benefits of taking part.
- Explore current home practices (activities, games).
- Expectations of what the programme can achieve within the home.
- Beliefs about the feasibility of introducing the programme into their home – likely facilitators and likely challenges to this (what aspects do they think will work or not work?).
- Beliefs about acceptability of the programme to care home staff and to residents.
- Beliefs about the likely impact on the home of taking part, for example in terms of how the home runs and on individual staff and residents.
- Beliefs about the usefulness of the programme to them, staff and residents.

Care home manager: follow-up

- Experiences of the various elements of the programme, for example depression awareness training, exercise groups, whole-home intervention.
- Challenges to implementing the programme into the home.
- Beliefs about the acceptability of the programme to care home staff and to residents.
- Beliefs about the extent to which the programme fits into the overall work of the home.
- Beliefs about the impact of the programme on the home overall, on care home staff and on care home residents – short- and long-term impacts of the programme.
- Beliefs about the sustainability of the intervention.
- Suggestions about how the programme might be improved to make it easier to introduce.

Care home staff: baseline*

(*Could use a description of the programme as a stimulus for these interviews.)

- Experience as a care assistant – length of time worked as a care assistant overall, length of time worked in particular home.
- Impressions of life in the home (interactions with residents, activities, workload).

In intervention homes will explore the implementation of the OPERA programme:

- experiences of having the programme explained to them and their role (if any) within helping the implement the programme

- beliefs about the feasibility of introducing the programme into their home – likely facilitators and likely challenges to this
- beliefs about the impact on the intervention on the home overall, on fellow care staff and residents
- beliefs about the usefulness of the programme received, to them and to residents.

Care home staff: follow-up

- Experiences of the various elements of the programmes – depression awareness training, exercise groups, whole-home intervention (for control homes just the depression awareness training).
- Usefulness of training, did they learn anything that they have been able to use in their everyday work.
- Ease of attending training, did they have enough time off to attend the training, attitudes of other members of staff to the training.
- Beliefs about the impact of the training on the home overall and on residents (if any), potential short- and long-term impacts.
- Have staff acted on information received during training?

Within intervention homes will also explore how the exercise groups have been received:

- beliefs about the sustainability of such a programme
- suggestions about how the programme might be improved.

Care home residents: baseline

(Adapted slightly for NOK, e.g. what are your experiences of the home in which you have a relative?)

- Discuss life within the home, what they do, activities, staff interactions.
- Explore recollections of consenting to be part of main study.
- Did they feel that they had enough information given to them about the study?

In intervention, homes will also discuss:

- expectations of the programme – benefits and challenges of taking part
- beliefs about the impact of the programme on residents.

Care home residents: follow-up

(Adapted slightly for NOK, e.g. have you noticed any changes? If intervention, has your relative talked about the classes?)

- Discuss life within the home, what they do, activities, staff interactions, any recent changes.

In intervention homes will also discuss:

- experiences of taking part in the programme – experiences of attending the activity class
- impact of the programme on usual life in the home
- ease of getting to classes – enough support to take part
- beliefs about the likely impact of the programme on them
- beliefs about how to make the class better.

Physiotherapists (focus group)

- Experiences of learning about OPERA.
- Thoughts on training given to deliver OPERA.
- Experiences of recruiting participants and doing baseline assessments.
- Expectations (and later realities) of carrying out a programme like this.
- Likes and dislikes (possible changes).
- Delivering the depression awareness and exercise interventions.
- Beliefs about the impact of the programme on residents.
- Practicalities of collecting and reporting (OPERA forms).
- Impact on homes (follow-up).
- Any changes noticed (follow-up).