

## Topic guide

I'm not going to be testing anything you want to say is going to be fine.

If you don't understand what I'm asking please say that you don't understand and I will try and explain the question in another way.

You can say as little as you like or as much as you like.

### Pre-Warm

Can you tell me a bit what you like doing during the day?

What kinds of things do you like eating?

Do you have any favourite TV programmes you like watching?

Do you go out with your key worker/carer, or in a group?

### A. Being Healthy

I am going to ask some questions about being healthy? Is that ok?

1. What sort of things can people do to be healthy?

Prompt: use cards/photos: walking, gym, swimming, eating a cake, eating salad etc.

2. What can you do to be healthy?

3. Are you healthy now? (if answered yes) probe following:

- Did you get any help to get you healthy? Probe: what did you do?

4. If answered no the above probe the following:

- What could you do to make that happen? Probe: for example, what foods could you eat and/or exercise?

5. Who helps you to stay healthy? Probe: doctor, nurse, carer, friend, parent

- What do they do that helps you?

## B. Diabetes

I am going to ask you some questions about diabetes now, is that ok?

6. What is diabetes?
7. How do people get diabetes?
8. Do you know how you can stop diabetes?

## C. Group learning

I am going to ask you about learning in a group now, is that ok?

9. Have you ever worked in a group before to learn something? If yes probe the following:
  - Did you enjoy it? Probe what they enjoyed
  - What did you learn?
  - Did they have:
    - Pictures
    - Photographs
    - Games
    - Someone standing at the front and teaching you or sitting with you
    - Talking with other people in a group

10. If answered no the above, would you like to learn with people in a group? Probe: responses

## D. Carers

11. Would you like carers to be there with you?
12. Would you like carers to be in a separate group?

## Tips

- Take time in between questions and allow time for them to respond.
- If the question hasn't been understood, then do not re-word the question but simply repeat the same question.