

Additional file 1. Complete overview of the FGD analysis, results from SLH group 1

Main categories	Generic categories	Sub-categories	Meaning Units	
Body-related factors	Activity Aspects	Physical Activity	<i>Move about at home</i>	
			<i>Gymnastics on Fridays feels good</i>	
			<i>Important to move about</i>	
	Autonomy Aspects	Being able to move (new)	<i>Being able to move</i>	
			<i>Getting up in the morning</i>	
			<i>Being able to walk outdoors</i> <i>It's good to move about</i>	
	Health Aspects	Free from disease (new)	<i>To be healthy</i>	
			<i>Being free from disease and misery</i>	
			<i>Being free from ailments</i>	
		Gut Health	<i>Important to have good bowel movement</i>	
<i>If you move about (walking) bowel movement will be good</i>				
Self-related factors	Adjustment Aspects	Healthy food (new)	<i>Nutritious food</i>	
			<i>Food is of importance</i>	
		Subjective Health	<i>To feel well/healthy</i>	
			Gratitude (new)	<i>Gratitude for having an attendant</i>
		<i>Feeling spared (from misery)</i>		
	<i>To have tasty food</i>			
	External Factors	Demographic Aspects	Economy	<i>To be able to afford (an attendant)</i>
				Environmental Aspects
		<i>Happy to have an attendant</i>		
		<i>Receiving help in the dining hall if needed</i>		
Assistive tools (new)		<i>Amenities that have arrived and improved health</i>		
	<i>Assistive tools in the homes</i>			
Thriving at home (new)	<i>A very good place to live</i>			