

Additional file 2. Complete overview of the FGD analysis, results from SLH group 2

Main categories	Generic categories	Sub-categories	Meaning Units
Body-related factors	Activity Aspects	Physical Activity	<i>Walking in the corridors</i> <i>Good to move about</i> <i>Keep up (moving) as well as you can</i> <i>Walk a bit everyday/daily</i>
	Health Aspects	Being able to move (new)	<i>As long as you can get up in the morning</i> <i>To be able to dress (your self)</i>
		Healthy food (new)	<i>We eat "real" food</i> <i>Always eat on a regular basis (food)</i>
Self-related factors	Adjustment Aspects	Active adjustment (new)	<i>To solve crossword puzzles and read book when you no longer are able to do needlework</i>
	Capability Aspects	Acts of kindness (new)	<i>Funds</i> <i>Do some work (charity)</i>
		Cultural Activity (new)	<i>To watch TV when it is sports</i> <i>Listening to music is nice</i> <i>To listen to rock-music</i> <i>Solving cross-word puzzles</i> <i>Reading books</i> <i>You get what you need (right here) instead of going somewhere else</i>
External Factors	Environmental Aspects	Accessible health care	<i>They walk outside together with those who cannot do it by themselves</i>
		Assisted care	<i>Having the "walker" to hold on to</i>
		Assistive tools (new)	<i>The medical care here is extremely good</i>
		High quality medical care	<i>Everything is really good (health-care personnel, dining hall)</i>
		Thriving at home (new)	<i>Solgården is the best among senior living homes)</i> <i>To sit, drink coffee and talk</i>
	Social Aspects	Social activity	<i>Walking in the corridors and meeting people</i> <i>Entertainment and coffee-drinking</i>