

Additional file 3. Complete overview of the FGD analysis, results from FL group 1

Main categories	Generic categories	Sub-categories	Meaning Units
Body-related factors	Activity Aspects	Maintaining Physical Ability (new)	<i>As long as I can move about and nothing prevents that</i>
		Autonomy Aspects	<i>We become dependent of other people's services in order to feel well</i>
	Health Aspects	Dependence (new)	<i>Good enough balance</i>
		Function	<i>To maintain/keep stomach and bowels in good condition</i>
		Gut Health (new)	<i>Pull apart the blinds</i>
		Maintenance of daily routines (new)	<i>Dancing is fun (as physical activity)</i>
		Physical Activity	<i>Important to take care of your self for as long as possible</i>
		Staying independent	<i>It's all well if you get to be healthy/well</i>
		Subjective Health	<i>To lie down on the bed- it's nice</i>
		To relax (new)	<i>Adjustment to/for needing help</i>
Self-related factors	Adjustment Aspects	Active adjustment (Independence)	<i>To manage everything that has to be done (when you live alone/ by your self)</i>
			<i>To be able to do what I wish/want to do</i>
			<i>Gymnastics for seniors</i>
			<i>The bicycle is a blessing</i>
			<i>To be physically active</i>
			<i>To go outside and walk</i>
			<i>To move about</i>
			<i>To ride a bike/cycle</i>
			<i>To take a walk</i>
			<i>To take care of your garden and do gardening</i>
			<i>To take out your bicycle</i>
			<i>To work out at a gym</i>
			<i>To be able to bring in the newspaper</i>
			<i>To be able to get up in the morning</i>
			<i>To be able to go down the stairs</i>
			<i>To be able to let the cat outside</i>
			<i>To be able to make coffee</i>
			<i>It is disabling to loose you ability to read (impaired vision)</i>
			<i>Stiffness/rigidity</i>
<i>Takes longer time to warm up the muscles</i>			
<i>The balance is not on top</i>			
<i>The musculature turns/gets stiff</i>			
<i>Vision is very important in order to see and read</i>			
<i>Maintaining your health</i>			
<i>When I'm ill, I'm not happy</i>			
<i>To rest and pause/take a break</i>			
<i>Wonderful to just lie still/be still</i>			
<i>You have to rest in between (turns)</i>			
<i>Difficult not to manage everyday life by your self</i>			
<i>To learn that you are dependent of others</i>			
<i>You have to adjust to your age</i>			
<i>You have to make it comfortable for your self</i>			

External Factors	Environmental Aspects Social Aspects	Capability Aspects	Act of kindness (new)	<i>I like helping others</i> <i>It is easier to help people and be there for them</i> <i>To do a good deed</i> <i>To help others is uplifting</i> <i>To help out with homework</i> <i>To work as volunteer gives satisfaction</i>
		Awareness by external events (new)	<i>Satisfaction to immerse your self into nature shows on TV</i> <i>To step outside your self for a while</i> <i>To turn out side yourself</i>	
		Cultural activity (new)	<i>Go to the movies/cinema, lectures</i> <i>It is an experience to see Flashdance (the show)</i> <i>Listen to music</i> <i>Music</i> <i>Reading books</i> <i>The most important things is to read</i> <i>Watch TV that provides (knowledge) e.g. Discovery Channel</i>	
		Inner resources	<i>Engage in things</i> <i>Get out and do things whatever the weather</i> <i>Keeping the brain active by cross word puzzles/Sudoku</i>	
		Learning new things	<i>To learn things</i> <i>To have the desire to learn things</i> <i>To be motivated to learn things</i>	
		Positive attitude (new)	<i>To feel happy</i> <i>To be positive</i> <i>A sense of spirituality is important</i>	
		Spirituality	<i>To light a candle in church</i>	
		To experience Nature (new)	<i>To experience the best sides of all seasons</i>	
		To have goals (new)	<i>To succeed with things you have planned</i>	
		To thrive (new)	<i>To be wealthy and thrive with (your) life</i>	
		Family (new)	<i>Children</i> <i>Family</i> <i>Friends</i> <i>Grandchildren</i> <i>Relatives</i> <i>The happiness of having children and grandchildren</i>	
		Interacting with younger people	<i>I feel good when I get to be together with young people</i> <i>One of my best moments is when I sit down with a bunch of adolescents (young people) and help them</i>	
		Social activities	<i>Social encounters are important</i> <i>To do things together with other</i> <i>To experience things together with someone</i> <i>You should/have to get out and mix with people for as long as you can</i>	
		Social relations/network (new)	<i>Good relations with neighbors</i> <i>Good relations are very stimulating</i> <i>I enjoy spending time with my neighbors and friends</i> <i>You wish/want to be needed</i>	

Still being important to others

To be needed by someone else

To help them in need

To help those that are in worse condition