

Overview quantitative and qualitative survey

Table 1. Overview quantitative survey

Domains	Specific variables / measurement instrument	Description
Socio-demographic characteristics	Age Gender Nationality Country of birth Marital status Living arrangement	
Cognition	Montreal Cognitive Assessment (MoCA) (Nasreddine et al., 2005)	Multiple cognitive domains, including, amongst others, short-term memory, executive functioning, and orientation
Frailty	Comprehensive Frailty Assessment Instrument (CFAI; De Witte et al., 2013)	Environmental, physical, psychological, and social frailty
Quality of life		1-item, 10-point scale
Meaning in life		1-item, 10-point scale
Mastery		1-item, 10-point scale

Table 2. Overview semi-structured qualitative survey

Topics	Questions
Frailty	<ul style="list-style-type: none"> ▪ It is often said that people become frail as they age. How do you experience this yourself? <ul style="list-style-type: none"> • What does frailty mean to you? • Do you feel more or less frail than other people your age? (<i>Do they feel frail?</i>)
Quality of life, meaning in life	<ul style="list-style-type: none"> ▪ Do you believe that frailty affects the quality of life and meaning of life? <ul style="list-style-type: none"> • What is your view on that? Do you experience that yourself? • What are things that contribute to your quality of life, despite being frail? • What makes your life meaningful (worthwhile, purposeful)? • As a frail older person, what do you need to be able to lead a quality, meaningful life?
Mastery	<ul style="list-style-type: none"> ▪ Do you feel like you have control over the things that happen in your life?

- To what extent do you feel able to make your own decisions regarding what happens in your life?
 - How can you keep control of your own life? What does that require?
- Dealing with problems
- What should an older person do to maintain his/her quality of life / mastery / meaning in life when becoming frail?
 - What is your own experience in that respect? How do you see that, in your own case?
 - What factors influence this, do you think? (*Individual aspects, what part do (in)formal caregivers, the environment/neighborhood, ... play?*)
- Life-events
- Looking back on the last year, have there been any significant changes in your life?
 - Can you describe important positive and negative changes that have happened in the past year?
 - What was your most positive experience of the last year?
 - In contrast to the high, did you perhaps also experience a low point during the last year?
- Future perspective
- Do you expect your life to have changed in a year's time?
 - Do you have any specific expectations for the future?
 - What dreams do you have? Are there dreams you want to accomplish?
 - What obstacles do you expect?
(Do they think that they will have a quality life? That they will become frail?)
-