

S2 APPENDIX Coding scheme individual interviews/focus groups

Main category	Sub category individual interview	Sub category focus group
Reason for participation	reason for participation	reason for participation
Physical and mental effects of intervention	effects on NHRs' physical well-being effects on NHRs' mental well-being	effects on NHRs physical well-being effects on NHRs' mental well-being effects on Vs' physical well-being effects on Vs' mental well-being
additional experiences of intervention	relationship of walking partners behavior of V alternative exercise program according to protocol protection/safety for NHR on walks by V	relationship of walking partners behavior of NHR alternative exercise program according to protocol protection/safety for NHR on walks by V
Challenges of intervention	uncertainty/overload discontinuation of interverntion challenges due to general conditions	uncertainty/overload responsibility for NHR challenges due to NHRs behaviour challenges due to general conditions discontinuation of intervention
Future/continuation	continuation of contacts planned/not planned	continuation of contacts planned/not planned
Project organization	matching NHR-V selection of NHR and V/recommendations	matching NHR-V selection of NHR/recommendations

NHR= participating nursing home residents, V=volunteer,