

Additional file 1. Motivation for project participation and sustainable implementation

NHR=nursing home resident, V=Volunteer, 1=individual interview, 2=focus group, *multiple response possible, †=data given for 54 NHR

	Qualitative study		Quantitative Study	
	Key results	Example	Variables assessed in the questionnaire	Response category N (%)
Motivation for project participation	<p><u>Consensus:</u> + Interest in exercise</p> <p><u>NHR:</u> +Improvement of physical fitness and gait pattern + Opportunity to "get out" - Pressure due to fixed appointment</p> <p><u>V:</u> + Doing good/meaningful things (personal fulfillment) + Interest in the topic</p>	<p>"Well, how can I say it? I always wanted to learn to walk again. I almost couldn't walk at all anymore." (NHR-W4)</p> <p>"I thought I would come as a completely new person and give a completely different input for people. That was one thing, the other was: I like to move and I thought it would be good for others too. So that's a win-win story, I thought." (V-F1B5)</p>	Motives for participating in the project*	<p>Interest in physical activity 21 (52.5)</p> <p>Gaining experience 20 (50.0)</p> <p>Interest in scientific study 17 (42.5)</p> <p>Meaning of life 16 (40.0)</p> <p>New contacts 14 (35.0)</p> <p>Improving one's own health 2 (5.0)</p> <p>Receiving recognition 2 (5.0)</p> <p>Financial Reward 1 (2.5)</p> <p>others 8 (20.0)</p> <p>Don't know 0 (0)</p> <p>Not stated 0 (0)</p> <p>Missing 0 (0)</p>
	<p><u>Consensus:</u> + Keep in contact + Contact/walks rarely regular</p> <p><u>NHR:</u> + Focus on social contacts/conversation - Discontinuation of contact/walks for no apparent reason for NHR</p> <p><u>V:</u> - decreasing motivation of NHR for physical activity - Physical activity could often not be continued due to health problems of NHRs</p>	<p>"We sit outside on the bench and then talk. But outside." (NHR-W2)</p> <p>"I said get in touch. However, no one came forward." (NHR-W5)</p> <p>"We have agreed that we will continue to run together. Twice a week." (V-F2B3)</p> <p>"Yes, in my case it simply ended due to illness. She was a lady with Parkinson's disease and afterwards she was no longer allowed to walk like that and sometimes even lay down." (V-F1B5)</p>	<p>Contact with V at the beginning of the lockdown*</p> <p>Contact during the lockdown*</p> <p>Planned restart of walks after the lockdown</p>	<p>Visits 10 (32.3)</p> <p>Walks 7 (22.6)</p> <p>Other 6 (19.4)</p> <p>No 15 (48.4)</p> <p>Missing 9 (22.5)</p> <p>Telephone calls 7 (36.8)</p> <p>Correspondence (letter/Whatsapp/SMS) 3 (15.8)</p> <p>Other (shopping for PRO, talking over the balcony) 3 (15.8)</p> <p>Walks/visits (with special permission) 2 (10.5)</p> <p>No 7 (36.8)</p> <p>Missing 0 (0)</p> <p>Yes 11 (47.8)</p> <p>More-likely yes 4 (17.4)</p> <p>No 2 (8.7)</p> <p>More likely no 0 (0)</p> <p>Don't know 2 (8.7)</p> <p>Not stated 0 (0)</p> <p>Missing 4 (17.4)</p>