

**Additional file 4. Challenges of intervention for NHR and V**

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 (%)
<b>Responsibility for NHR's<sub>2</sub></b>	+ Safety due to proximity to the nursing home/contact person	"...we actually had a very great safety, the nursing home was close by, if anything happened, that made the whole work very easy for us" (V-F1B5).	Support from nursing home/contact person <sup>†</sup>	Yes 32 (59.3) No 21 (38.9) Don't know 0 (0) Not stated 0 (0) Missing 1 (1.9)
<b>Challenges due to the NHR's behaviour<sub>2</sub></b>	- Changing motivation to walks and exercise - Existing physical and cognitive diseases and limitations - In some cases, significant persuasion work is required	"He was also very forgetful, so much that when I asked him where we were, where we had been before and so on, he couldn't remember at all." (V-F1B1)  "Because she often doesn't want to. You can't force her. I try to motivate her. But that doesn't always work. She has days when she goes, but then again she doesn't" (V-F2B1).	Cancelled appointments by NHR* <sup>†</sup>	Health conditions NHR 24 (44.4) Motivation NHR 14 (25.9) Weather 8 (14.8) Other 8 (14.8) Don't know 0 (0) No 14 (25.9) Not stated 0 (0) Missing 0 (0)
<b>Uncertainty/overload<sub>1,2</sub></b>	<u>NHR:</u> - Physical overload due to walks <u>V:</u> - Adverse events unsettled V + no interruption/discontinuation of walks due to Adverse events	"When it was over, I was happy. Then I was so exhausted that the first thing I did was sit down on the bed or the armchair." (NHR-W5)  "I was (...) was pretty much at the beginning, still a stranger, not doing anything big (...) and she can't go any further. Oh, I ran to bring the wheelchair down. When she was sitting in it, I was happy. I brought her up, water, water, water, and then I went to the nursing staff and told them, but as I said: in retrospect it was nothing bad, but in the situation: no, it wasn't great."(V-F1B2)	V's self-perceived physical overload due to intervention      Vs' self-perceived psychological overload due to intervention	More likely Overloaded 0 (0) More likely overloaded 1 (2.5) More likely not overloaded 4(10.0) Not overloaded 35 (87.5) Don't know 0 (0) Not stated 0 (0) Missing 0 (0)  Overloaded 0 (0) More likely overloaded 1 (2.5) More likely not overloaded 11 (27.5) Not overloaded 27 (67.5) Don't know 1 (2.5) Not stated 0 (0) Missing 0 (0)

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Qualitative study		Quantitative Study		
	Key results	Example	Variables assessed in the questionnaire	Response category N (%)
<b>Discontinuation of intervention by NHR<sub>1,2</sub></b>	<p><u>V:</u> - Lack of information about project/intervention led to discontinuations</p>	<p>"I was glad when that was over. Because then I was no longer able to cope so well. Therefore, I was glad when it was over. Yes, I was then also sick and then somehow it was bad once. Now I am lying down again. That time is also over and it's also quite good that it's over now."(NHR-W7)</p> <p>"The second lady didn't really know herself what she was getting into, I think. And after a short time she said, "no, I don't need to take part in any more Olympics"."(V-F1B2)</p>	Discontinuation of intervention by NHR (observational or extended period)*†	<p>Health conditions 2 (3.7)</p> <p>Lack of motivation 10 (18.5)</p> <p>Lack of time 0 (0)</p> <p>Other( e.g. end of observational period) 16 (29,6)</p> <p>No 21 (38.9)</p> <p>Don't know 1 (1.9)</p> <p>Not stated 4 (7.4)</p> <p>Missing 0(0)</p>
<b>Challenges due to general conditions<sub>1,2</sub></b>	<p><u>Consensus:</u> - Surroundings of nursing home inappropriate for walks. - Weather conditions</p> <p><u>NHR:</u> - fixed appointment stressed</p>	<p>"...because this home, so it's just it's steep uphill and downhill..."(V-F1B1)</p> <p>"As I said, that it's so bumpy here. Yes, the pavement, the stones are also broken and when you're with the walker, it's all a bit bumpy." (NHR-W3)</p> <p>"Yes, there was a certain time, now you have to be ready. You have to be ready now. Do you have to go to the toilet first or not? I can't do that well anymore. That's all that doesn't work anymore." (NHR-W1)</p>	Surroundings suitable for walks*	<p>Yes 33 (61.1)</p> <p>No 19 (35.2)</p> <p>Don't know 0 (0)</p> <p>Not stated 1 (1.9)</p> <p>Missing 1 (1.9)</p>