

Appendix 1: Sampling grid

The following grid was used to ensure purposive sampling during recruitment.

Purposive sampling goals

- All people aged ≥ 65 years at time of injury
- 7 people aged 65-74 years
- 7 people aged 75 years or above
- 7 male & 7 female
- At least 5 people living alone
- At least 5 people living with others
- At least 5 people with less than completed high school education
- At least 5 people who completed high school or above.

Participant ID	Age (must be ≥ 65 years)	Sex (circle)		Living arrangements (circle)		Highest completed education level (circle)		Consent (circle)		Comment (optional)
		Male	Female	Alone	With others	High school or above	Less than high school	Yes	No	

Appendix 2: Interview guide

Warm up question

Can you please tell me a little bit about the accident?

General prompts

After the accident

Did you go to hospital? If Yes:

- How did you get to the hospital (e.g. ambulance or car)? What was this like?
- How was the hospital stay for you?
- Were you able to move around in hospital?
- Can you please tell me about when you left hospital? What was that like?
- Did you go straight back home?
- Did you receive assistance or help from anyone?

If you didn't go to hospital, can you please tell me about the treatment you received?

Impact on others

How did your family take the accident and your injury/injuries?

How are they now?

Arriving home

When you first arrived home, what was it like for you doing your usual daily tasks?

What impact did your health have on your usual daily life?

And how do you feel it impacted on those around you?

In the present

How are you going today, compared to before the accident?

And what about compared to just after the accident?

What about activities, such as hobbies or spending time with family and friends?

How do you now feel about driving or being a passenger in a car?

Has the accident changed how you get around every day, e.g. car vs public transport?

Closing question

For you personally, what is the biggest impact your injury / injuries have had on your day to day life?

That finishes our interview. Thank you very much for participating and sharing your experience.