

ADDITIONAL FILE 2. Semi-structured Interview guide with Orientation and Mobility Specialists (Instructors)

Thank you for taking the time to participate in this research project. The purpose of this interview is to better understand the perspective of Orientation and Mobility Specialists regarding exercise-based falls prevention for adults aged 50+ with vision impairment and the v-LiFE program.

Interview questions:

Icebreaker questions

To begin with I would like to ask you a few questions about your role as an Orientation and Mobility Specialist and your experiences delivering v-LiFE.

1. Please tell me a little bit about your role as an Orientation and Mobility Specialist?
 - Prompt: clientele/specialisation, rural/urban, length of employment
2. How many participants have you delivered the v-LiFE program to?

Questions regarding motivation (behaviour)

3. What about v-LiFE did you enjoy delivering to participants?
4. What about v-LiFE did you not enjoy delivering to participants?

Questions regarding enablement (intervention)

5. What were the main challenges you experienced when delivering the program?

Questions regarding environmental restructuring (intervention)

6. How did you modify the program for different clients?
 - Prompt: materials, number of sessions, participant age, level of vision impairment, location: rural/urban

Questions regarding physical opportunity and capability (behaviour)

7. What about v-LiFE could be adapted to help O&Ms deliver the program?
 - Prompt: materials, time, support
8. What about v-LiFE could be adapted to help people with vision impairment access the program?
 - Prompt: materials, time, support

Questions regarding education/training (intervention)

9. Was the support provided to O&Ms sufficient to deliver the program?
 - What support would have improved this?

Questions regarding capability and opportunity (behaviour)

10. How confident do you feel delivering the program?
 - What would make you feel more confident?

I would now like to ask you a few questions about falls prevention programs in your organisation more generally.

Questions regarding service provision (policy)

11. What organisational factors prevented or assisted you in delivering v-LiFE?
12. What would need to happen in your workplace to facilitate the delivery of a falls prevention program?
 - What would help clients access this service?

- Prompt: staffing, support, training
13. How well does falls prevention align with current O&M services?
 - What do you think about other professionals at Guide Dogs NSW/ACT delivering programs?
 - Prompt: type, resources (time, work force)
 14. Have your clients expressed any desire for a falls prevention program?
 - Prompt: home/group based, exercise/home mods
 15. Other than v-LiFE, what do you do when a client expresses concern regarding falls?
 - Prompt: detail regarding concerns expressed, clientele, level of vision impairment, education and training regarding falls
 16. Do you have further comments regarding v-LiFE, falls prevention programs with people with vision impairment, or anything else we have spoken about today?

O&Ms = Orientation and Mobility Specialists, NSW/ACT = New South Wales/Australian Capital Territory, v-LiFE = Lifestyle-integrated Functional Exercise program for people with vision impairment