

\*Intervention homes, all questions; control homes, questions in italic text excluded.

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- 1 Does the home have anybody who takes responsibility for 'activity'?  
If so:  
Who is this?  
How many hours per week do they work?  
What training if any do they have for this role?  
How long have they been in this post?  
Is the primary role of this person to promote activity within the home (i.e. they are not just a carer)?  
Has this 'activity' person's role changed over the last 2 years?  
If so:  
In what way?
  - 2 Does the home run regular exercise classes for the residents?  
If so:  
How often?  
Approximately how many residents attend?  
When was the last one?  
Who runs it?  
How is it funded?
  - 3 Do you think you are more aware of depression/low mood in residents since OPERA?
  - 4 *Has your approach to encouraging residents to be active changed?*  
If so:  
*How?*
  - 5 *On average the physiotherapists delivered the exercise groups twice a week in the home:*  
*How did you find this?*  
*What else if anything did you get from having a physiotherapist on site twice a week?*
  - 6 Have you (over the last year) brought in any additional physiotherapist time other than that currently provided by the NHS?  
If so:  
What are they doing?  
How often?
  - 7 *If you were buying this service (OPERA type of exercise groups) in for home, what sort of service would you buy?*
  - 8 *If the OPERA service was provided to your home indefinitely and at no cost would it be acceptable to you?*
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- 9 *Has your knowledge of what physiotherapist do changed?*  
If so:  
How?
- 10 *Do you think your home does more to encourage residents to be active than it did 2 years ago?*  
How?
- 11 Do you think taking part in OPERA changed the home in any way?  
How?
- 12 We all learn from new experiences. Do you feel that you can share this new knowledge with other staff?  
If so:  
How do you share knowledge with each other?
- 13 Did you see changes in the home during OPERA?  
If so:  
How?
- 14 Did OPERA make a difference to your:  
Residents?  
Staff?
- 15 Would you recommend changing the depression training in any way?
- 16 *Would you recommend changing the exercise classes in any way?*
- 17 Overall how would you describe the experience of having OPERA in the home?  
Why?
- 18 Would you participate in a similar trial if you had the chance?  
Why?
- 19 Is there anything else you would like to share with us about OPERA?
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