**Interview questions**

Define what we mean by PA after asking for their opinion? i.e. “any bodily movement produced by muscles”, so it covers occupational, sports, household activities, nature-based activities etc.

1. **What physical activity do you do at the moment?**

* How often?
* How long?
* Where?
* Who do you go with? – do you go with your partner/carer/family supporter?
* Is it competitive?
* How did you find out about this activity?

1. **Why do you do this activity?**

* What do you like about this activity?
* What don’t you like about the activity?

1. **Can you tell me about the other physical activities that are available locally?**

* How do you know about these?
* Can you tell me why you do/don’t participate in these?

1. **Can you tell me about any activities that you have started or stopped because of the pandemic?**

* What activities will you go back to doing? Why?
* Can you tell me if there are any new activities you will continue to attend after the pandemic? Why?

1. **Can you tell me about anyone who enables you to be active?**

* Who?
* How do they do this?

1. **Can you tell me about whether anyone has suggested you shouldn’t be doing physical activity?**

* Who?
* Is it a particular activity?
* Why is this?

1. **Can you tell me whether your involvement in physical activity has changed since diagnosis? (for PLwD and carers i.e. have you adapted your physical activity to be inclusive of your partner?)**

* in what ways?

1. **We are interested in what can be done to enable physical activity for people living with dementia. The objectives of our project are to produce a resource, guidelines, and report on the benefits of physical activity.**

**Can you tell me what resources and guidelines would be beneficial?**

**What recommendations do you think we should make about the benefits of physical for PLwD?**