**Key Informant Interview Guide**

*🡪 If the key informant is younger than 60, then ask the following question:*

First of all, let me ask you to think of someone who is over 60 years old and lives here in the city. It can be a family member, friend or neighbor, for example. Do you remember someone like that?

1. As you now think about that person, how would you describe his/her lifestyle at this point in life?

* What does he/she do on every day basis?
* What are his/her usual activities on weekdays? Is it the same during weekends?

*🡪 If the key informant is 60 or older, then ask the following question:*

First of all, let me ask a few introductory questions.

1. How would you describe your lifestyle at this point in life?

* What do you do on every day basis?
* What are your usual activities on weekdays? Is it the same during weekends?

2. Do you think this description applies to wider population of older adults who live in Astana?

* Why or why not?
* If not, then 🡪 How would you describe a typical lifestyle of an older adult living here in Astana?

3. What is the importance of physical activity in older age? Do you think it is important?

**COMMUNITY KNOWLEDGE ABOUT THE ISSUE**

**4. On a scale of 1 to 10, where a 1 is no knowledge and a 10 is detailed knowledge, how much do community members know about issue of physical inactivity in older age?**

* **Why do you say it’s a \_\_\_\_?**

**5. Would you say that community members know nothing, a little, some or a lot about each of the following as they pertain to the problem?**

🡪 Show them the printed scale and have them answer after each item

* How much people know about the lack of physical activity among older adults, in general?

🡪 Prompt as needed with ‘nothing, a little, some or a lot’

* How much people know about the causes of the problem?
* How much people know about the consequences of not being physically active in older age?
* How much people know about the severity of the issue?
* How much people know about prevention measures or solutions to the issue?
* How much people know about the effects of the problem on family, relatives and friends?

**6. What are the misconceptions among community members about the issue, e.g. why it occurs, how much it occurs locally, or what the consequences are?**

* **If yes, then 🡪 What are these misconceptions?**

7. How the views of community members are formed? Where do they get the information about the issue?

* Do you think that information is correct and it’s enough?
* Why or why not? Could you elaborate on that?

**COMMUNITY KNOWLEDGE OF EFFORTS**

**8. Are there efforts in Astana that address the problem?**

* If yes, then 🡪 Go to question 9
* If no, then 🡪 Go to question 16

**9. Can you briefly describe each of these?**

🡪 Write down names of efforts so that you can refer to them in question 10 below

**10. About how many community members are aware of these efforts? Would you say none, a few, some, or most?**

🡪 Show them the printed scale and have them answer after each item

* **Why do you say it’s \_\_\_\_?**

**11. Of those who are aware of the efforts, what do they know about them?**

* Can they name the efforts?
* Do they know the purpose of the efforts?
* Do they know who the efforts are targeted to?
* Do they know how the efforts work (e.g. activities or how they are implemented)?
* Do they know the effectiveness of the efforts?

**12. Are there misconceptions or incorrect information among community members about the current efforts?**

* If yes, then 🡪 What are these?

13. How do community members learn about the current efforts?

14. Do community members view current efforts as successful?

* What do community members like about these programs?
* What don’t they like?

15. Is there any plans for additional efforts to address lack of physical activity among older adults in Astana?

* What are these planned efforts? Can you provide more details, to the best of your knowledge?
* When are they planning to introduce it?

🡪 ONLY ask question 16 if the respondent answered ‘No’ to question 8 or was unsure.

**16. Is anyone in Astana trying to get something started to address the issue of physical inactivity among older adults? Can you tell me about that?**

* If yes, then 🡪 Who is trying to do this? What exactly they are trying to do?
* If no, then 🡪 Why do you think nobody is trying to address the issue?

**COMMUNITY CLIMATE**

**17. On a scale from 1 - 10, how much of a concern is lack of physical activity among older adults to members of community here in Astana, with 1 being “not a concern at all” and 10 being “a very great concern”?**

* **Can you tell me why you think it’s at that level?**

🡪 Ensure that the respondent answers this question in regard to community members, not in regard to themselves or what they think it should be.

**18. How much of a priority is addressing physical inactivity among older adults to community members?**

* **Can you explain your answer?**

🡪 ONLY ask question 20 if the respondent answered ‘Yes’ to question 8 (Yes, there are current efforts). If the answer was ‘No’, go to question 21.

**19. Are community members supportive of current efforts to address the issue?**

* **If yes, then 🡪 How do they show support? For example, is it more passive support or are they actively involved in planning or participating in the efforts?**

**20. Do community members believe that any/additional community efforts are needed?**

* **If yes, then 🡪 Under what circumstances would they support any/additional efforts?**
* **How might they show their support for more efforts? For example, would they get involved in planning or participating in the efforts or would their support be more passive?**

21. According to your community, whose responsibility is it to make older adults more physically active?

* Of the whole community? Government? Healthcare professionals? Older adults themselves?
* Why is it the responsibility of that particular group?

22. How does community view older adults, in general?

* Are there positive views? What are the positive views of older adults?
* Are there negative views? What are those?

**LEADERSHIP**

23. How would you define ‘leadership’? What does it mean to your community in Astana?

**24. Using a scale from 1 - 10, how much of a concern is the issue to the leadership, with 1 being ‘not a concern at all’ and 10 being ‘a very great concern’?**

* **Can you tell me why you say it’s a \_\_\_\_\_?**

**25. How much of a priority is addressing this issue to leadership?**

* **Can you explain why you say this?**
* **What is the priority right now for the leadership?**

🡪 ONLY ask question 27 if the respondent answered ‘Yes’ to question 8 (Yes, there are current efforts)

**26. Does leadership support current efforts to address the issue?**

* **If yes, then 🡪 How do they support? For example, is it passive support or are they actively involved in such things as planning or participating in the current efforts?**
* **If they are actively involved, then 🡪 How are they actively involved?**
  + Are they involved in a committee?
  + Do they speak out publicly?
  + Have they allocated resources to address the issue? Why or why not?

🡪 ONLY ask question 28 if the respondent answered ‘No’ to question 8 (No, there are no current efforts)

**27. Would the leadership support any efforts in the community to address the issue?**

* **If yes, then 🡪 How might they show this support? For example, by passively supporting or by being actively involved in planning or participating in the efforts?**
* Would they speak out publicly in favor of new efforts? Why or why not?
* Would they directly participate in planning or implementing new efforts? Why or why not?
* Would they allocate resources to new efforts? Why or why not?

28. Who are the leaders that are supportive of addressing this issue in your community?

29. Are there leaders who might oppose addressing the issue? How do they show their opposition? Who are these?

**RESOURCES (time, money, people, space etc.)**

🡪 If there are efforts to address the issue locally, begin with question 30. If there are no efforts, go to question 31.

**30. How are current efforts funded? Is this funding likely to continue into the future?**

**31. What resources are available to address the issue of physical inactivity among older adults in the community?**

* Volunteers?
* Financial donations from organizations and/or businesses?
* Grant funding?
* Experts?
* Space/Building?

**32. Would community members and leadership support using these resources to address the issue? Please explain.**

33. On a scale from 1 to 10, what is the level of expertise and training among those working on the issue with 1 being ‘very low’ and 10 being ‘very high’?

🡪 Refer to any organizations/individuals that were mentioned by the key informant earlier.

* Why would you say so?

**34. Are you aware of any/additional proposals or action plans that have been submitted for funding to address the issue in the community?**

* **If Yes, then 🡪 Please explain.**

**CLOSING**

39. Do you have anything else to add? Are there any questions from your side that I can answer?