

Study: Environmental and Social Support for Older Adults in Colombia

Objective:

To identify personal and social resources for engaging in physical activity.

Procedure:

At the beginning of the interview, the researcher will introduce themselves and provide a brief description of the study. They will explain confidentiality, the objective of the interview, and request informed consent. Permission will be requested to audio-record the interview. Participants will be given the opportunity to ask questions or raise concerns. They will be reminded that they have the right to withdraw at any time without giving a reason.

Please note that this is a general topic guide. Each of the six general categories will be addressed.

Guiding Questions

- What does health mean to you? What does a healthy person do and how do they behave?
- What things do you do to be a healthy person?
- How much physical activity do you do during the week? Where, how, and with whom do you do it?

2. Participation in Recreovía

- Explore activities before, during, and after the COVID-19 lockdown.
- How long have you been attending Recreovía activities?
- Which activities do you attend? Why?
- Where do you attend? Why?
- What do you think about Recreovía?
- What things are good, and what things could be improved?
- How do the instructors encourage older adults' participation in the activities?
- How do the instructors support interaction between people of different ages in the activities?

3. Social Networks in Recreovía

- Who do you go to Recreovía with?
- Do you meet anyone there to do physical activity?
- Have you made any friends at Recreovía or in the park where it's held? What's the story?
- Do you stay in touch with the people you've met at Recreovía?
- Do you do other activities with your Recreovía companions? Which ones?