## Appendices

## Appendix I

### Topic guide

• What are the roles of older adults?

• What do you hope for in your old age? *or* How do you feel about getting older?

• What is it like being and older person in your village today? *or* What are the challenges older people face?

• What in your opinion is frailty in old age? *or* What do you understand by the term “frailty”?

• Do you think that you are frail?

• What are the causes of frailty?

• Are there frail older adults in this village/residential home? Please give examples from your experiences to illustrate.

• What do you think are the priorities for older adults in your village?

• Do you have questions about the study or relating to older people and their health?

Follow-up questions after reading the case vignette:

How do you see their life?

Is this a good life and why?

In your opinion are they frail, and why?

What are the differences between the lives of older men and older women?

## Appendix II

### Case Vignette

Mr Massawe is 75 years old who lives in Machame, Hai District. He has been a farmer of coffee and banana crops throughout his life. He had a stroke two years ago due to high blood pressure. He lives in a house with his wife and daughter-in-law. They also have a house-girl who is a 10 year old child of a neighbour, to help with their household chores. He needs help with lots of things, for example he can’t eat meat because he finds it difficult chewing and his appetite is poor. Mr Massawe has difficulty walking, but he can walk short distances slowly using a stick and with someone helping him. His memory has been gradually getting worse. He cannot remember the names of all his children and sometimes he seems not to recognise his wife. He likes to sit outside in the shade on warm days, but because he has difficulty hearing he cannot take part in most conversations unless you sit very close and talk loudly and slowly. Because of these things he is increasingly unable to really take part in ceremonies or church activities in the village anymore.

*Mzee Massawe ana umri wa miaka 75 ambaye anaishi Machame, Wilaya ya Hai. Amekuwa mkulima wa kahawa na ndizi katika maisha yake. Alikuwa na kiharusi miaka miwili iliyopita kutokana na shinikizo la damu. Yeye anaishi katika nyumba na mke wake na mkwe wake. Wao pia wana msichana wa nyumba ambaye ni mtoto wa jirani (umri wa miaka 10), kusaidia na kazi zao za nyumbani. Yeye anahitaji msaada kwa kila jambo, kwa mfano hawezi kula nyama kwa sababu yeye anaona ni vigumu kutafuna na anakosa hamu ya kula. Mzee Massawe ana ugumu kutembea, lakini anaweza kutembea umbali mfupi polepole kwa kutumia fimbo na mtu kumsaidia. Kumbukumbu yake imekuwa ikipungua hatua kwa hatua inazidi kuwa mbaya. Yeye hawezi kukumbuka majina ya watoto wake wote na wakati mwingine anaonekana si kutambua mke wake. Yeye anapenda kukaa nje katika kivuli siku za joto, lakini kwa sababu ana shida ya kusikia hawezi kushiriki katika mazungumzo, labda uzungumze karibu naye na kuzungumza kwa sauti kubwa na polepole, kwa sababu ya mambo hayo anazidi kushindwa kwa kweli kuhudhuria katika sherehe au shughuli za kanisa katika kijiji tena.*