Appendix B – Interview Guide (Social Prescribers)

Introduction:
Thank you for participating in this interview for the ℞OSI (Recreation Prescription for Older Adults in Social Isolation) Decision Support System. ℞OSI aims to enhance social engagement for older adults in independent living residences. This system assists older adults, staff members, caregivers, and healthcare providers in identifying, assessing, and recommending activities to improve social interaction. Your insights will help us uncover hidden challenges in building ℞OSI's logic, classification rules, and activity database.

Interview Purpose:
The purpose of this semi-structured interview is to delve into the needs and preferences of social prescribers concerning recreation prescriptions within the ℞OSI system's development and evaluation. Your input will aid in shaping ℞OSI to better suit users' requirements.

Interview Structure:
This interview consists of four sections: demographic information, identifying social isolation, preferences, and requirements, and expectations and engagement. Your participation will guide us in creating an effective ℞OSI system.

You may decline to answer any question and you may withdraw from the study at any point, without suffering any negative consequences. At any point, if you choose to withdraw, all data associated with your session will be destroyed. Should you have any questions, you can contact Namrata Bagaria, the principal researcher.

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Section 1: *Demographic information.*
The goal of this section is to collect demographic information that may affect older adults' and social prescribers' willingness to use the ℞OSI system. It can be also used to spot possible patterns of requirements based on demographic information.

1. What is your age group? (in years)
- 18-29
- 30-39
- 40-49
- 50-59
- 60 -75

- 75- 90+
2. Where are you working? (Check all that apply)
- University
- For-profit retirement residences
- Not-for-profit retirement residences
- Independent contractor
- Retired
- Volunteering

3. What is your current job position?
- Recreation / Activities facilitator
- Recreation / Activities manager
- Director / Vice President in retirement living
- Scientist / Researcher
- Support Staff
- Nurse practitioner
- Nurse
- Physician
- Other (please specify) …………………..

4. How many years of work experience do you have in/with senior living?
- Less than 5
- 5-10
- 11-15
- 16-20
- 21-25
- More than 25

5. How many hours do you work per week on average? ……………………………………………

Section 2 - Identifying someone who is isolated or at risk of isolation
The following questions will help ROSI understand the common observations social prescribers make to identify individuals who may be isolated or at risk of isolation. This information will help ensure that the system is practical and relatable.

6. Have you identified socially isolated individuals? If so, how did you recognize it? What cues did you notice?

7. Review the social engagement categories. Do you agree with them? If not, what suggestions do you have?

- *Shut-in:* A person who does not leave their room for any activities. They do not talk to anyone and are not interested in recreational activities in retirement facilities.

- *Unengaged:* A person who may leave their room for activities of daily living like meals, but prefers to keep to themselves. They are aware of the recreation activities in the retirement facilities but do not attend them. They are waiting for the right activity or event or person to pique their interest.
- *Passively engaged:* A person who eats most of their meals in common areas and infrequently attends recreation activities. They have made a friend or two in the retirement facilities.
- *Actively engaged:* A person who eats most of their meals with friends in common areas. They regularly attend recreational activities. They have many friends and acquaintances, and they also volunteer in retirement facilities.

8. What additional factors should be considered for engagement classification? (Prompt: Friends or family visits?)

9. Do you have/ help individuals make a personal recreation plan? If yes, what factors do you consider or ask them to consider?

10. In practice, how do you engage with the different clients and motivate them to participate in activities? Which groups do you focus on? Which group do you miss?

11. What are the types and frequency of recreation activities that you recommend for social isolation?

12. The following table shows the approach our system will have to recommend solutions. We are mindful of increasing the social activities in an incremental manner, keeping in mind some individuals want to be left alone and may prefer solo activities or one on one activities. Review our approach to recommending solutions. Do you agree? If not, please

suggest alternatives.

Classification	Identifying Factors	System Goals	Recommendations
Shut-in	Eat in their rooms OR Eat alone, Not interested in anyone, Not aware of the activities that are going on in the facilities.	Get them out of their room. They can continue activities in solitude but key focus is to get them out of the room.	Medical and psychological assessments and treatment, Social visits by social worker or recreation teams
Unengaged	May leave their room for activities of daily living like meals, Prefer to keep to themselves, Aware of the recreation activities but do not attend, Waiting for the right activity or event or person to pique their interest.	Get them into common areas and start attending activities.	One on one visits by recreation teams to talk to them and get to know their interests. Offer one event or activity suited to their interest to draw them in.
Passively engaged	Eat most their meals in common areas, Infrequently attend recreation activities, Have made a friend or two.	Get them to attend activities more frequently.	Activate social support, Buddy system may work the best
Actively engaged	Eat most their meals with friends in common areas, Regularly attend recreation activities, Have many friends and aquaintances, Volunteer in the retirement facilities.	Give them opportunities to contribute and lead.	Tokens of appreciation for their contribution

13. Where in your workflow can this tool be used?

14. Who should be able to use this tool?

15. Have you used a decision aid/ any tools for deciding on recreation activities before?
    o Yes
    o No

16. If yes, what system did you use?
    o Hospital
    o Office
        Which system? (Please specify) …………………………….

17. If yes, how long have you used/been using the tool?
    o Less than a month
    o 1-3 months
    o 4-6 months
    o 7-12 months
    o 1-2 years
    o 3-5 years
    o Over 5 years

18. Do you think you will use ℞OSI for your work? If yes, how frequently do you think you will use a tool like ℞OSI, and in what scenarios?

Section 3: *Preferences and requirements.*
The goal of this section is to determine the preferred style and amount of training, communication, and support channels desired by social prescribers during the ℞oSI implementation.

19. I prefer to have training during
    o Weekday early morning
    o Weekday during the day
    o Lunch hour
    o Weekday evening
    o Weekend

20. In your opinion, what is the ideal training duration of each session
    o Less than an hour
    o One hour
    o Two hours
    o Three hours
    o Other (please specify) …………………………………………

21. Can you think of any special needs that should be accommodated with during training sessions? (if yes, please specify)

22. What communication channels do you prefer using to receive more information about the ℞oSI system?
    o Email
    o Regular meetings
    o Newsletters
    o Department meetings
    o Text messages (SMS)
    o Other (please specify) …………………………………………

23. If you need help for using the ℞OSI system, which sources would you prefer using?
    o IT support
    o Colleagues
    o Tutorials
    o Online videos
    o User documentation
    o Help section
    o Search Online
    o Other (please specify) ………………………………………….

24. Which language do you prefer for training and communication?
    o English
    o French

25. For ℞oSI training, I prefer (select all that apply):
    o One on one coaching
    o Online training
    o Small group training
      • Other (please specify) …………………..

Section 4: *Expectations and engagement.*
The goal of this section is to measure your willingness to use the system and to identify potential hindrances and facilitators to ℞OSI acceptance in your opinion. Additionally, it aims to ascertain whether you believe that ℞OSI would be beneficial for you and other social prescribers.

26. What could hinder your acceptance of the ℞OSI system?

27. What could facilitate your acceptance of the ℞OSI system?

28. What do you fear about the implementation of ℞OSI? (select all that apply)
    o Time consuming in comparison to existing system
    o Increase workload
    o Jeopardize patient safety
    o Interrupt interaction with residents
    o Reduce number of residents seen
    o Decline in salary
    o Perceived individual benefits
    o Inadequate training
    o Lack of knowledge/confidence
    o Loss of data
    o Losing access to data when needed

29. Do you have any other comments, suggestions, or concerns?

Closing Remarks:

Thank you for sharing your valuable insights. Your input will play a significant role in shaping the development and implementation of the RxOSI system. We appreciate your time and contribution. If you have any further questions or thoughts, please feel free to contact me.