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| **Quality of life domain** | **Pre-program questions** | **Post-program questions** |
| Autonomy: Empowerment refers to one’s individual sense of self-determination and autonomy. | When do you feel like you have the power to make decisions that you feel are best suited for you? When do you not? | How has your participation in the program changed your power to make decisions that you feel are best suited for you? |
| Autonomy: Functional competence is defined to mean that, within their physical or cognitive abilities, residents were as independent as they wanted to be. | Within your physical and cognitive abilities, do you feel as independent as you would like to be? What does independence mean to you? | How has your participation in the program changed your level of independence? |
| Relationships: is defined as any relationship that the resident finds meaningful. | Can you describe your close relationships and the people you can confide in (i.e. other residents, family, staff, visitors)? Can you elaborate on what a meaningful relationship to you entails (i.e. physical, emotional, verbal, point of view)? | How has your participation in the program changed your relationships and people you can confide in (i.e. other residents, family, staff, visitors)? |
| Meaningful activity: encompasses activities outside of activities of daily living that gives individuals a sense of enjoyment. | What sort of activities are you participating in that give you enjoyment and are meaningful to you? Can you elaborate on what a meaningful activity means to you? | How has your participation in the program changed the activities you are participating in? Are you participating in more or less activities that give you sense of enjoyment and are meaningful to you? |
| Global motivation | What motivates you to take care of yourself (i.e. activities of daily living, hobbies)? | How has your participation in the program changed your motivations to take care of yourself?  |

Table 1: Pre- and post-program interview questions.