

## Appendix 1: Interview Guide

Presentation of researcher and the rules of the interview

Presentation of each participant

### **Quality of life**

1. What is quality of life in your daily living? What brings joy into your life?
2. Do you have any thoughts about what the future might bring?

### **The End of life**

3. What do you understand by the term “the end of life”
  - a. When is it?
  - b. Are you there?
  - c. Have you seen anyone, you have thought could be in the end of life?
  - d. Do you think of the end of life?
4. If you were in the end of life, meaning that the end was near and you were possibly dying, what would be important to you?
  - a. What contributes to a “good” death?
  - b. Have you thought about what would matter to you if you were dying?
  - c. Have you talked with anyone about this?

### **Treatment preferences in case of illness**

5. Have you considered which life prolonging treatment you would prefer if you were acute ill or serious ill?
  - a. Such as admission at the hospital, the intensive care unit, treatment with mechanical ventilation, or resuscitation in case of your heart should stop beating?
6. Have you shared your treatment preferences with anyone?
7. Have you thought about that others should make those decisions for you, in case of you are not capable of making them?

Quotes	Codes	Themes
<ul style="list-style-type: none"> <li>• "I don't hope, that I end up needing help from other people. I would like to end my life with some dignity"</li> </ul>	<ul style="list-style-type: none"> <li>• Dignity in EOL is being independent of help from others</li> </ul>	1. Being independent is crucial for the future
<ul style="list-style-type: none"> <li>• "I can talk with my children about it [EOL] in a total different way than with my husband. He is allowed to believe that we turn 150 years old, right? (She is laughing)</li> <li>• "So, I think it will be much easier [to talk about dying]. For me it has become easier, because it was a positive experience, when we [his wife and him] discussed it [wishes at EOL] before she died. When I have to go away, I will use that again"</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing EOL thoughts with family</li> <li>• Previous experiences with death or preparing for EOL affects your own EOL preparation</li> </ul>	2. Handling and talking about the end of life
<ul style="list-style-type: none"> <li>• "When we are up against something that is bad [disease], then we don't have to be afraid [of dying]. It's not worth being alive, if you are sick"</li> <li>• "I am a health care worker and I have worked with older people in a NH and seen people dying in many different ways. I have also seen those older people just lying there without being able to move or do anything themselves. That is awful. I would not wish to live like that"</li> </ul>	<ul style="list-style-type: none"> <li>• Living with a chronic disease affects the thoughts of EOL and quality of life</li> <li>• Working experience within the health care system affects thoughts of EOL</li> </ul>	3. Conditions in everyday life are significant

**Appendix 2: Systematical Text Condensation, from empirical data to themes. Abbreviations: EOL: end of life, NH: nursing home**