

Supplementary File: Coping Techniques and Strategies by theme

Theme	Challenge	Strategies	Examples
Managing complex health needs	Managing medications	Using blister packs provided by pharmacists, organising medications in daily pill boxes, establishing a routine, feeling the size of tablets, reading packets with a magnifier, distinguishing medications by the colour of the packet, using prescription delivery services	<p>I've got the ones I've got to have before I go to bed upstairs and the ones when I get downstairs in little boxes, by my teapot in there. (Iris)</p> <p>I feel them. You can feel how big [the tablets] are and I know what [each size is] for. (Roger)</p> <p>I have got a magnifying glass if ... because as silly as it sounds, tablets, or boxes or bottles, the print is very small on them and the instructions about what to do with stuff.. with things that you buy, however innocuous it is, you need to read it (Joan)</p>
	Attending appointments	Attending near-by health centres, living in a location with good transport links, attending with friends or family members, travelling by taxi, using hospital transport services, using disabled living allowance, being scheduled for regular checkups (usually for a pre-existing conditions such as diabetes), moving home to be closer to services	<p>We have a taxi to the surgery and, occasionally, I feel confident enough to come back on the bus because then, if I come back on the bus, it will drop me just over the road. My husband has to come with me. I couldn't possibly go on my own. (Ellie)</p> <p>I'll just book the transport, hospital transport, about 2-3 weeks before ...They'll collect me and bring me back ... I found it very, very good. (Ravi)</p> <p>I moved house from a larger house because I</p>

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			thought well I need three things, I need a shop within walking distance, I need good transport because I'm going to have to stop driving and I need somewhere to walk the dog.(Jessica)
Health Behaviours	Engaging in physical activity	Engaging in exercise that is not reliant on visual ability, exercising with a partner, joining a sports club or society, exercising in the home/chair based exercise, visiting a gym, walking the dog, using a walking stick, walking with others	Yoga [...] I give about an hour to my body and then.. it keeps you fit.(Ravi) I've always belonged to rambling groups ...my husband and I walked on our own and then we joined a rambling group... that's been very good for us because we have had a lot of social activities from the rambling group. (Iris) I'm unsafe on my feet... as soon as we got on uneven surfaces, kerb stones, and things like that, I have trouble. I use my stick continually so that is a great aid. (Henry)
	Diet and cooking	Getting assistance with shopping and cooking, relying on life long experience of cooking, buying ready prepared vegetables, having meals delivered, preparing simple meals in the microwave, using colour (like buying red skinned potatoes to see when they are peeled)	My daughter comes every Saturday to help with the shopping and in the week if necessary (Helen) We don't have swedes anymore because we can't cut them. But what we do do, we have chilled swedes and carrots which are already diced and we have frozen mixed vegetables, frozen cauliflower and frozen... the green stuff. (Henry) We cook in bulk. And then make a separate packet and then, whatever we need, we just take

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			<p>it out and freeze [the rest] (Ravi)</p> <p>I find it difficult to do things like, in my cooking, I can't see to peel potatoes. I have to buy red potatoes, really, with redskins so that I can see the white when I peel them. (Laura)</p>
<p>Access to information</p>	<p>Confusion about health information</p>	<p>Building a good relationship with healthcare professionals, asking questions, doing research</p>	<p>[My GP] listened to what I'd said and knew that the medication wasn't agreeing with me and she changed it. (Iris)</p> <p>I've got a doctor that doesn't stop at the what's wrong with you, she pushes the business even as far as the hospital to dive in to make sure. She's a very careful doctor. (John)</p> <p>If I need to know something, I will ask at the surgery if it's something that I think they should deal with. And, again, they've always been very good about information. Or I ask around friends... Or even just go onto the computer and Google it, for want of a better word. (Joan)</p>

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	<p>Knowing about available services and equipment and how to access them</p>	<p>Researching on the internet, picking up leaflets at healthcare clinics, attending support groups</p>	<p>We go down to the surgery and there is always... they publish them themselves...News sheet, every so often and they keep you informed if there's anything new or any advice or anything like that... Mind you, sometimes their printing could be a bit better. (Henry)</p> <p>I mean, with people that I meet, you know, in the same condition as me in [the support group], I listen to what they say and how they are coping and everything. (Joyce)</p> <p>[I get tips from people at] the little club that I go to for impaired vision once a month (Julia)</p>
<p>Maintaining wellbeing</p>	<p>Low mood</p>	<p>Independent attitude, humour, and all of the following techniques for maintaining wellbeing.</p>	<p>I'll try. I mean, I won't be defeated. I won't let things get me down. I will try. You know, even if I have to stop and do what I'm doing and sit down for 5 minutes until it sort of gone off, then I'll get up and start again like, you know. But I won't.. I won't let things defeat me. (Marion)</p> <p>Always look on the bright side I should think, you know, it's no good grumbling, I think. You know, I'm fortunate that I drove for 50 years, I'd got an interesting life and I've had a happy marriage and, you know, I've got a good family who I can turn to and I think, you know, I'm fortunate having that. (Bill)</p>

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			Well the only eternal thing is to laugh at yourself and your mistakes, you know. It really is. (Jessica)
	Isolation	Joining clubs and societies, attending support groups, going to day care centres, meeting up with friends and family	<p>I mean, that club, the [support group] where we go, that's very good. I mean, we don't do a lot. We have a raffle and that and we just chat and have a cup of tea like you've seen. But it's just that.. it's company and just getting out to see people and just chat to people. I mean, it's amazing. Sometimes you think you are among, especially in the winter or it isn't worth it for 2 hours. But when you get there, and you have a chat, it's lovely to think I've seen someone. (Laura)</p> <p>I've got a friend who lives in [town]. And she comes Tuesday and Thursday. And as she takes me out. We only go out to [town] or Morrisons. And do some shopping, have a coffee and a chat, and that. But she's always there if I need anybody. (Margaret)</p>

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	Challenges completing old hobbies	<p>Finding new hobbies (e.g. clubs, gardening, listening to the radio), finding new ways to do old hobbies (e.g. using talking books, kindles, larger needles and thread for crafts)</p>	<p>I have the audio newspaper. And it's got news which, very often, I've not picked up on anywhere else. And it has a magazine and it includes a quiz which helps to keep my brain working a little bit better. Which I enjoy, you know. And I like it when I get the questions right, you know. So that's good. (Joyce)</p> <p>And most evenings I watch television or I read, I've got a kindle (Oh, nice) which is very useful because if I can't...I can increase the size of the font. (Ethel)</p> <p>I was having problems with the vision a few months ago and I couldn't even cope with that double knit wool. So what I tried, I went and got some Arran wool which is thicker and a thicker crocheting pin and I manage with that. (Sally)</p>
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