Table S1. Interview guide

**NB. Italicised sections are prompts/examples only*

a. Decision-making regarding current transplant

- Could you tell me about how you came to decide to have a kidney transplant?

  (Living vs. deceased)

- What were the most important benefits/risks of transplant – why?

b. Experience of kidney transplantation

- How has your life changed since the transplant?

  (*Immediately after transplant/in the longer term*)

- Has it changed the way you feel about yourself?

- What are the benefits/challenges of having a kidney transplant? Are there any that you think are more relevant to/or are specific to elderly kidney transplant recipients - why?

- Do you think you would view life differently compared to if you did not have kidney disease/or a kidney transplant?

c. Self-management (resilience/independence and frailty/dependence)

- For you, what are the most important/least important things you do to maintain your health/transplant – why? What motivates you to do these things? What makes it difficult/challenging to do these things?

  - **Motivations**

    (Intrinsic – sense of purpose, self-value; Extrinsic – reminders)

  - **Specific self-management activities to cover**

    Medicine-taking (immunosuppressive medications), keeping appointments, drinking fluids, exercise, screening, sun protection, diet

- Are you dealing with other health issues or problems – how do you cope with that while also managing the transplant?

- On a scale from 0 (completely dependent on others to help manage your health and treatment) to 10 (do things all by yourself), how would you rate your level of independence – why?

  (External/internal strength, communicating with others about needs)

  How do you think dependency influences your health?

  (Threat vs. benefit to health)

- Is there anything about the immunosuppressive (anti-rejection) medications that makes it easy/hard to take? Are there any side-effects that you find particularly difficult – why? How do you cope with it?

  (CVD-related, headache, tremor, nervousness/dizziness, respiratory, infection, slow healing, appearance)

- Have you had talked together with your doctor about changing medications/doses – why? Deciding on the "best" medication and doses involves weighing up risks of rejection, infection, cancer, cardiovascular disease, and death/survival. Which of these are more important – why? And what other things should be considered?

  (Quality of life, other side effects)

- How would you rate the quality of support you receive for your health from 0 (none/poor) to 10 (excellent) – why? What kind of support or help could be provided to help elderly kidney transplant recipients manage their health and treatment?

d. Prognosis and treatment decision-making in the future

- In your own opinion, how would describe your health outlook (prognosis), that is the likely course of your health, medical condition, or survival over the next year, 5 years, 10 years (depends on current age)?
- What are the biggest concerns, worries or fears about the future with your health? Are there any that make you feel worse?

  (Hospitalisation, increasing age, death) How do you cope with this?
- How much information about what you might face with your illness would you like to receive from your doctor?

  (*Survival, health, quality of life*)

  Have you discussed these with your doctor?
- If your health situation worsens, what would be your most important goals? How much are you willing to go through for the possibility of gaining more time?
- How much does your family know about your priorities and wishes?
- Have you thought about what might happen if the transplant starts to fail for some reason (e.g. rejection, disease recurrence)? What sorts of things have gone through your mind?
- Would you go back on dialysis/wait for another transplant - why?
- Have you heard of symptom control care/palliative care, and if so, what do you think it is? Palliative care is an approach that improves the quality of life of patients who are facing a life-threatening illness and their families, and it focuses on managing symptoms (e.g. pain), preventing and relieving suffering, and providing physical, psychosocial and spiritual support. With this definition in mind, how important do you think this is for kidney transplant recipients – why?
- Are there any transplant-related symptoms, struggle, or any forms of suffering you are experiencing now; or you might be concerned about experiencing later on, that needs to be addressed or better managed?

  (Physical, emotional, spiritual)