

Supplementary Figure 1 Themes generated from initial and follow up interviews.

Initial interviews

Thirteen themes:

- 1) Parkinson's diagnosis
- 2) Parkinson's symptoms and experience of PwP
- 3) Reflections on the forthcoming PDSAFE intervention/therapy
- 4) Previous experience of rehabilitation therapies
- 5) Effect of PD on day-to-day routines and life
- 6) Effect of PD on mobility
- 7) Losses attributed to Parkinson's
- 8) Adaptation
- 9) Falls and risk
- 10) Well-being and Parkinson's
- 11) Other health and social issues
- 12) Trial and study participation
- 13) Importance of social networks.

Follow up interviews

Seventeen themes:

- 1) Activities
- 2) After the sessions ended
- 3) Experience of the assessor sessions

- 4) Barriers to PDSAFE
- 5) Deteriorating mobility
- 6) Equipment or technology
- 7) Experience of physiotherapy and other exercise outside of PDSAFE
- 8) Facilitators for continuing with the PDSAFE programme
- 9) Falls
- 10) Impact and treatment of PD condition
- 11) Impact of health condition
- 12) Impact of condition
- 13) Impact of PDSAFE programme
- 14) PDSAFE physiotherapy sessions
- 15) Strategies
- 16) Therapist input
- 17) Other