

Supplementary File 4

Table 1: Summary of TDF domains, key themes, subthemes and example quotes.

TDF Domain	Themes	Subthemes	Example Quotes
Knowledge	<i>Knowing what to expect</i>	Knowing what to expect during the assessment.	**‘Oh yes, [the referrer] explained it very clearly, there would be a nurse there and maybe a physio and maybe an occupational therapist and they would ask me questions and do some tests and then we would take it from there then’ (P15, Male, 80)
		Having a clear understanding of how they were referred to the assessment.	It was [occupational therapist name] that actually told us about the falls clinic. And then there was a nurse who rang from [the falls admin office], you see [occupational therapist] was thinking that we would probably have to go the [hospital clinic] but [the nurse] said there was a new one opening up in [new clinic location] and we could attend that. It would be nearer. And that’s how I got there. (P11, Male, 79)
		Familiarity with the clinic location.	[the service user] is quite confident going out [to the clinic], because he’s in and out there all the time anyway’ (P4, Male, 86)
Skills	<i>Being physically able</i>	Able to drive to the clinic	‘I was able to drive down on the morning of the visit’ (P16, Female, 79)
		Able to walk a distance from the car to the clinic.	‘there was no [parking] outside so I had to go down and I parked on the right hand side just above the shops’ (P10, Male, 81)
*Social/ professional role and identity	<i>Being that ‘type of person’</i>		“I thought, I’d just go and do what I’m told. But I’m that type of person, if you tell me to do something, I’ll do it. Because that was the way I was brought up”. (P8, Female, 72)
Optimism	<i>Having confidence in and being positive towards health services</i>	Previous positive experiences of health services.	‘Every single [health professional] that we’ve come across, everywhere, has been fabulous’ (P1, Female, 82)

Beliefs about consequences	<i>Imagining the benefits given previous positive experiences with health services</i>	Attending the assessment might benefit others	"Well I thought if I can help anybody and this might sound rather silly and ridiculous but if my fall can help somebody else along the way, well wouldn't that be nice" (P8, Female, 72)
		I wanted to gain access to other health services and supports.	[the healthcare professional told me before the appointment] we'll have a four wheel [rollator]. We'll have one of them there that day... and they had it for me (P7, Male, 71)
Goals	<i>Determination to maintain or regain independence</i>	I wanted to understand why I was falling.	I did [want to go to the assessment] straight away. Because you see there must be a reason, I'm falling. (P7, Male, 71)
			'I am determined [to get back on my feet] you see, I've made my mind up. Well I've no daughter, I can't bank on my son, he's away now and my husband works for himself' (P8, Female, 72)
*Environmental context and resources	<i>Being 'linked in' with health and community services</i>	Connected with health service	**the [public health nurse] came and she told us about the falls clinic, and then from the falls clinic we are in physiotherapy now' (P11, Male, 79)
		Connected with health professionals	**'When you have a public health nurse to represent you, you get [the appointment] quicker' (P13, Female, 69)
		Connected with local services and supports	I was afraid I was going to fall and I was always wary of it... I go [to the day centre] on a Wednesday. I was saying it to [the centre manager] and she must have said it to them and they said would I do the [the falls risk assessment] and I said 'I'd chance anything like' (P9, Female, 72)
		Connected with previous falls prevention programmes	'I did this, physiotherapists came down from the health-board and they ran a course, about 8 weeks of exercises, elderly exercises, on a Tuesday morning....So at that falls group, this falls thing was mentioned.' (P1, Female, 82)
*Social Influences	<i>Having strong social support</i>	They encouraged me to attend the clinic and adhere to medical advice.	**My granddaughter is a physiotherapist there as well and when I phoned her and she came down after work and my daughter who is a nurse, they took me up... [When asked did you know what to

		expect?] I did really, I did because my granddaughter had told me....(P12, Female, 80)
	They helped me to get to the clinic.	'My sister drove me up on the Monday, I think it was. She drove me up on the Sunday to see could we locate where it was. So I saw where it was then, so I knew where to go' (P2, Female, 77)
Emotion	<i>'Crippled' by the fear of falling</i>	I have a desperate dread, I used never be like that, but am, I have this fear of falling, do you know what I mean? I know that a bad fall, especially when you're elderly can ruin your life. (P10, Male, 81)