

BARRIERS				
Marker	Sub-theme	SEM component	COM-B component	Illustrative examples (Participant ID)
Theme A: Policy Implementation Gaps (n=5)				
A1	Poor understanding of the local context and needs of target populations results in inadequate policies and services that are ineffective and inequitable.	policy	C-psychological	We can also imagine that a considerable proportion of the elderly do not even have a mobile phone. If this is the case, the so-called SMS notification of the national warning does not seem to be a good strategy. (T06) So, is there an impact? Yes, but it is not a big impact, because foreign workers are not our main interview subjects. Our policy design is aimed at family caregivers. To be frank, the current policy does not take foreign workers into consideration. (T09) We send out care and supplies every year, and then the cases complain because they must be very weak because they have to get the supplies. Even rice, they may not have a meal, they complain because they have to cook, but there is no electric rice cooker at home. (T10)
A2	National strategies and laws do not consider the available resources and conditions to implement them on the local level. Complex application and approval processes impede services for older adults.	policy	O-physical	...the Long-term Care 2.0 policy also mentions emergency care resources during climate disasters, or in rural areas or after disasters, some mobile medical vehicles and telemedicine services under the condition of unchanged traffic conditions can support the needs of the elderly, etc. However, they are all mentioned in the policy, but I am right, but in fact, its capacity should still be needed, and it would be better to supplement it. Yes, because I know that sometimes, for example, mobile medical vehicles and telemedicine services are actually, that is, assuming that there are about 10 people in need, but there may be only two people who can be served, etc., that is, the service capacity may not be enough, but he does have a concept. (T05) Yes, there are buses that can help [transport older adults to rehabilitation appointments], but the capacity is really insufficient. For example, I may not be able to book a car, or for example, the health department has a car that is responsible for taking the elderly to the community base. However, as more and more people use it, I can't take others. Or, I originally wanted to go five days a week, but the bus can only take me three days, what about the remaining two days? Then I might just not go, and it will become like this. The same situation applies to going to the community and rehabilitation. If the bus cannot be called, rehabilitation three times a week may become two times, or even one time. Although this service exists, due to insufficient resources, the frequency of use can only be reduced. Does the government want to solve this problem? Yes, but it is still not enough, and the capacity is insufficient. This is actually still a problem of resource allocation. (T09) Now there are designated recycling points in many places. Paper, glass, plastic, metal, and kitchen waste are clearly classified. When I go to throw away the garbage, I will take several bags of garbage and sort them out. Of course, there are still technical difficulties. For example, the recycling in [name redacted] is now collected along the streets. You can't ask the cleaners to have a bucket for each type of garbage along the way. Glass, metal, plastic, paper, kitchen waste - this is too difficult. [...] To be honest, it is difficult to completely solve the problem of plastic bags now. There have been many promotions in the past, but plastic bags are still convenient. Although everyone knows that plastic bags are bad for the environment, this is a problem of cultural habits. For example, [city name redacted] collects plastic bags, but plastic bags must be clean to be recycled, which is sometimes technically difficult. (T14)
A3	Superficial actions show limited investment and urgency.	policy	M-reflective	When the weather is very hot, they will ask the volunteers or social workers to take two bottles of water and run to the elderly's home and tell them to remember to drink water. The weather is very hot now, so we need to replenish water. The elderly know that it is very hot outside, so they need to go out. They also know that they should turn on the electric fan to keep cool indoors. They know how to keep cool. But they are forced to carry two bottles of water around to give them to me. It is ridiculous that the social workers or volunteers are the high-risk groups protected by high temperatures. The whole production and processing method is very ridiculous. Everything is done in this way to declare that we have done something. (T06)
A4	Weak implementation of policies limit care provision and rely on involvement of the private sector to implement initiatives. Complicated administrative processes limit contributions from the private sector.	organizational	O-physical	In the future, we may want to build a solar power plant for citizens, such as on the roof of the activity center or the [name redacted] school. [...] However, at present, we are limited by the management regulations of the public sector and some laws and regulations. So we must build the roof with the public sector, because there is a communication breakthrough. Otherwise, if you want to install solar panels, there are some regulations, because it may be a building, and the building must have a license or something. [...] Otherwise, we would have built it a long time ago. But we are restricted by their own regulations and cannot build it like this. (T02) These policies are actually formulated by the central government, so local governments have not made any special efforts to promote them. [...] The private sector is concerned about the issue of energy poverty and has taken relevant actions, but as far as I know, the public sector has not. This information can be found on the Internet. [name redacted] once had a similar program called [name redacted] which asked private organizations to train volunteers to check whether home appliances are energy efficient and need to be replaced and provide a one-time subsidy, but the program only lasted for a year and then disappeared. As far as I know, this is the situation. (T09)
A5	Poor implementation of policy on local levels limits access to services for older adults.	individual	O-physical	As for the situation, I think everyone has a concept and will emphasize its importance. For example, the Long-term Care 2.0 policy also mentions emergency care resources during climate disasters, or in rural areas or after disasters, some mobile medical vehicles and telemedicine services under the condition of unchanged traffic conditions can support the needs of the elderly, etc. However, they are all mentioned in the policy, but I am right, but in fact, its capacity should still be needed, and it would be better to supplement it. Yes, because I know that sometimes, for example, mobile medical vehicles and telemedicine services are actually, that is, assuming that there are about 10 people in need, but there may be only two people who can be served, etc., that is, the service capacity may not be enough, but he does have a concept. (T05) Yes, there are buses that can help [transport older adults to rehabilitation appointments], but the capacity is really insufficient. For example, I may not be able to book a car, or for example, the health department has a car that is responsible for taking the elderly to the community base. However, as more and more people use it, I can't take others. Or, I originally wanted to go five days a week, but the bus can only take me three days, what about the remaining two days? Then I might just not go, and it will become like this. The same situation applies to going to the community and rehabilitation. If the bus cannot be called, rehabilitation three times a week may become two times, or even one time. Although this service exists, due to insufficient resources, the frequency of use can only be reduced. Does the government want to solve this problem? Yes, but it is still not enough, and the capacity is insufficient. This is actually still a problem of resource allocation. (T09)
Theme B: Infrastructure, built environment, and geographic location inequalities (n=3)				
B1	Lack of investment in infrastructure and basic public utilities in constrain daily functioning and access to services.	policy	O-physical	There is no electricity, no water, no water. Does water mean tap water? Or what kind of water? For [name redacted] has no tap water? No, it has no water at all. Why not? Because there are few people there, and the cost of laying pipelines is too high. And there are few trees there. And it's too late. If the water company doesn't draw water, there will be no water. Then they all take over by themselves and draw mountain spring water. (T01) For example, in [city name redacted], there are relatively few means of transportation, and we have relatively few public transportation. Usually, the elderly still use electric vehicles, bicycles, or motorcycles for short-distance travel. So if it rains, it should have the greatest impact on them [older adults]. (T03) I have also seen a case myself, where there was no water or electricity at home. If he wanted to take a shower, he had to go to the temple next door and use the shower in the pilgrim building. (T10)
B2	Older adults living in rural areas face transportation barriers because of limited public infrastructure and utilities resulting in reduced access to health and care services.	community	O-physical	It's still very hot, but he still doesn't want to go. If it's like the bus, maybe he can prepare in advance and contact the bus, because the bus can't be contacted on the same day, so there are cars and so on. But for this thing, he may know in advance, that is, the climate information, and he can make some preparations in advance. (T01) Participant: Because sometimes some people don't live very close to the bus station. Interviewer: Oh, yes, some of them are in the fields. Participant : Then, for some people, sometimes they may have to walk to the bus station, then to the hospital, then walk back in, etc. For them, that section of the journey may have already been a form of rehabilitation, and they may not be able to walk any longer. (T01) Frankly speaking, in rural areas, people live more scattered, and if you want to use the bases or institutions with facilities, there will be differences in transportation. Needless to say, we know that if the care center is close to me today, then my transportation will not be a problem. But if the distance is more than ten kilometers or even farther, the service unit may not want to send you, and you yourself may not want to go, because it may take half an hour or even longer to get to this place to receive services, so why go so hard? Yes, I think this is a problem of resource intensity. (T09)

B3	The built and environmental conditions limit mobility, safety, and access to services, leading to increased temperature and reliance on AC.	individual	O- physical	I heard the uncle of the grandma next door say that it was very cool there and there were no mosquitoes outside. Sometimes he would sleep outside and it was still very cool in summer. Because there was a mountain over there and there was a downwind, it was very cool at night in summer. But now there is a wall in front of the institution, so the downwind can't blow down. [...] In addition, cement absorbs heat and dissipates heat slowly, which causes the indoor temperature to start to cool down after 11 o'clock in the evening. Before 11 o'clock, it is as hot as an oven inside. Although it is cool outside, it is very hot inside. From midnight to around 4 or 5 in the morning, because of the downwind, the temperature of the whole environment drops, and it becomes cold indoors instead. The temperature difference is very large. (T01) There were many places to cool off, but now there are none, almost none, because there are fewer of them.[...] There are not that many parks. There are fewer places for them to relax, and because everyone uses air conditioning, the heat is expelled outside, so the streets outside are even hotter, so they have nowhere to go, so they hide at home. So it sounds like they don't have air conditioning, which is impossible, so they all need air conditioning. Of course, there are a few who are not blocked at home. It may be independent. They have more opportunities because they have natural winds from outside, so the climate gets hotter every year, that is, the average temperature is getting hotter. (T08) When you have energy in your home, if the design is not good, it is easy to cause a fire, especially in winter. There are more fires in winter, which is a problem with many heaters. Especially for older people, if they have dementia, using gas or electricity is more dangerous. (T14)
Theme C: Climate and weather-related disruptions (n=4)				
C1	Adverse weather disrupts participation in community-based events and courses on sustainability and health.	community	O- physical	I think that when arranging activities in the community, there may be some fixed courses such as planting vegetables, etc., but they will complain that the weather is too hot and they don't want to go. They may want to go when it is cooler, etc., but when the weather is cooler, it is usually time for them to finish their classes, around 4 o'clock. So many times, some courses like this cannot be implemented. (T01) The cold time is getting longer, yes, it is longer, so of course it will cause more or less inconvenience in our lives. It will also hinder our activities. For example, we are now organizing low-carbon activities, like we have organized these activities, and we use green transportation to travel. The green means of transportation is bicycles. If we are holding an event and it happens to hit a typhoon or it rains heavily, we will have to postpone it. It will cause us a lot of trouble because they have to register in advance and they need a deposit. The cost of our event is not much because we have obtained public resources to subsidize it. So we cherish our event and we will ask for a deposit. Otherwise, if it is too wet, they will not come. We will feel sorry for that. We have organized some events seriously, but they don't come. This is a big loss to us. (T02) The elders in [city name redacted] should be used to going out when it rains, so they should adapt. But they actually think it's not necessary. The elders in [city name redacted] may affect our community activities when it rains, but it's easier for it to stop raining here, and then the elders will be brave enough to go out again. (T05)
C2	Adverse weather negatively impacts the mobility and safety of older adults in accessing health and care services.	individual	C- physical	The elder who had dialysis I mentioned earlier lived in the Greater [name redacted] area. He told me that if there was a road blockage, rockfall, or typhoon, and he really couldn't go out, he wouldn't be able to go to the hospital for dialysis. Yes, that's what he told me. But to be honest, I don't know how to deal with this situation. I feel really helpless. (T01) The community, the community, before, sometimes they would complain that they couldn't see the road clearly when it rained heavily, because sometimes they rode electric scooters, and the elders, most of them have cataracts, and cataracts make the world foggy. Yes, yes, yes, and then it rained heavily, so it was even harder for them to see clearly, which was very dangerous, yes, very dangerous. And for me, sometimes, although I am nearsighted and don't have cataracts, sometimes the Constitutional Exposition is not very good-looking, and I would also feel that it is very dangerous to drive, yes, especially when they are older and have cataracts. (T01) Then, in Yilan, for those of us with inconvenient transportation, the climate affects the elderly. They are even more unable to go out because it is inconvenient when it rains. If transportation is inconvenient, they can't just hold an umbrella and go out. Instead, it's raining today, so I have to think about how long I have to wait at the bus stop. I hold an umbrella, but can I walk so far? (T05)
C3	Adverse climate and weather conditions impedes daily care routines, outdoor activities, exercise, and participation.	individual	O- physical	At present, some elders go out to collect recyclables because they can no longer work formally. Sometimes, they have chronic diseases or other health problems and are not suitable for heavy work, so they choose to collect recyclables to supplement their lives. But when the weather is too hot, this thing itself is actually a burden, because working in such hot weather is really easy to feel dizzy or even heat stroke. Just staying outside for a period of time may make the body unable to bear it. It is really a tiring and hard thing for them. (T01) Winter is the off-season because in winter many elderly people may not want to take a bath or do anything because it is very cold. It is human nature. In winter, people still look forward to resting, so they are reluctant to do many things. The first thing that comes to mind is bathing, because bathing is actually the most profitable project in the long-term care stage. Of course, in winter, many elderly people do not take a bath. Or use other methods, such as simple wiping, which will affect our work. (T12) It is different now. Sometimes it doesn't start to rain until October or November, but winter has already arrived by then. There is often no sun, the ground is wet and cold, and some crops are still on the ground and haven't been harvested yet. They have become smelly and there is no chance to harvest them. The farm roads are not easy to travel on and are in bad condition. In our area, sometimes we can't work on the fields for half a month. We can't plant in winter, and now we can only wait and see. We may not be able to plant the second rice crop either. (T15)
C4	Adverse weather conditions negatively influence motivation to participate in social and educational activities and to travel to medical appointments.	individual	M- automatic	Or because of climate change, that is, very hot summers and very cold winters, this will definitely affect the activity of the elderly, especially in the summer. They may care about the air-conditioning equipment in the learning environment. If there is no air-conditioning equipment, they may be reluctant to go out. (T03) The retired elders will also tell us that the classroom is too hot. Is there air conditioning? Or they will choose the time period, such as from what time to what time, or whether there should be no activities or some outdoor activities, to avoid the hotter time. For example, when the weather is cold, we just held a health screening on [...], the day before yesterday. The time of our health screening was from 4:30 pm to 8:30 pm. Because some of them did not come out for the scheduled time, I would call them to ask why they did not come out for the check-up. They said it was too cold and they did not want to come out. So this would affect their willingness to participate in various activities. (T04) Or when I was leading a group in the community before, I often found that the attendance rate of the elders would be lower in winter when it rained. This is quite obvious. (T10) If it rains, we have records. If it rains, they will come, they will come, but they will come less. (T14)
Theme D: Energy affordability and household energy vulnerability (n=6)				
D1	Inadequate subsidies limit access to energy-efficient appliances and affordable energy use.	policy	O-physical	Energy-saving air conditioners, like this, that also makes a difference, that is also noticeable, but you can also feel it when you install it. Air conditioners are getting more and more expensive now, do you know? Yes, yes, in the past, an air conditioner, for example, cost more than 20,000 yuan. Now, an air conditioner costs more than 40,000 yuan. (T02) Encouraging the economically disadvantaged and the elderly to install air conditioners or subsidizing them to install air conditioners, I don't think it is the only solution. Of course, there may be a group of people who are willing to do it for this reason, but after the installation, will you subsidize their electricity bills? If you don't subsidize his electricity bill, he still won't turn on the power. (T06) Replacing home appliances requires a large amount of expenditure, which must be provided immediately. Although they have subsidies, for them, in their very tight spending, you have to spend a lot of money on this income. To take out a sum of money all of a sudden and buy an electric cooker or a refrigerator is beyond their reach, so the situation is not good. In addition to their daily needs, they need to buy energy-saving appliances. (T06)
D2	High costs of electricity act as a barrier to maintaining optimal temperature in institutions.	organizational	O-physical	In this regard, of course, our clinic uses electricity, because we do not use gas. The biggest problem is the air conditioning in the summer. The electricity bill will exceed the limit. For this part, we will choose to open it during the hotter time, maybe at 11 o'clock or during the lunch break, and then selectively open certain spaces, such as our outpatient clinic downstairs, where people see the doctor, to open the environment of certain rooms, our machines, such as the air conditioning in the vaccine machine area and the clinic space, and the air conditioning in other spaces is not open, just to avoid too much electricity bills, and to make appropriate allocations within the limited funds (T04)
D3	Cognitive, knowledge, and awareness restraints limit uptake and adoption of energy-efficient appliances and sources.	individual	C- psychological	I often see the old-fashioned, red, semi-circular halogen lamps in the homes of the elders. I don't like that, I think it's dangerous. I use a heating and cooling air conditioner, which actually saves more electricity. The elders just don't know, they are used to using that. (T09) I tell you, it depends on how you say it. If you don't want to come out, the first reason is that he feels that the activity is not what he needs. The second reason, especially for men, they will think: "I would rather play cards with friends than dance here." They think our music and physical fitness class is just dancing, and they think that is something women do. (D13)

D4	Energy poverty and insufficient heating and cooling is driven by energy-dependent medical devices and unstable access to appliances and energy sources.	individual	O-physical	But I don't think the elderly are a group with high energy demands. But there is a group that we may have to talk about separately. They need to use high-power consumption products for survival, including respirators, and their assistive devices are high-power consumption, such as electric wheelchairs. (T06) How difficult is it to obtain energy? For example, in the summer, there is no hot water to take a shower, no gas stove to cook, etc. There are many. (T10) But I heard from a friend yesterday that the water heater in the house he rented was not stable, and he couldn't take a shower with hot water. I'm not sure whether he uses electricity or gas, but he said it was an electric heater and it would occasionally work intermittently. (T13)
D5	Habits reinforce the use of unsafe, traditional heating methods.	individual	M-automatic	I often discuss with my family whether to install air conditioning. I often encounter this problem in my experience. Of course, it is more common in winter. In winter, people are afraid of the cold. Because it is cold, you may use a simpler heater. The traditional one is the halogen lamp. In fact, the halogen lamp is completely dehydrated and then heated. Or it may be that the condition is that there is a heat, but not so cold. (T08) I often see the old-fashioned, red, semi-circular halogen lamps in the homes of the elders. I don't like that, I think it's dangerous. [...] The elders just don't know, they are used to using that. [...] There are also safety risks. For example, there will be no problem of burns with air conditioning, but halogen lamps are local heating. If they are turned on for too long or accidentally knocked over, it is really easy to burn. Such burns are actually very common among the elderly, because the safety design of such lamps is not good. (T09) Participant: I later discovered that in Taiwan [...], I don't know, but I felt that there weren't many elders in Taiwan who knew how to use heating. We've encountered it before, that's it. I've encountered it before, like the elders in [city name redacted], they would use that to burn coal, yes, but because that would be a bit dangerous, and later everyone would ask if you were going to commit suicide. It would be very difficult to get that thing, yes, but I did observe and found that it seemed that it wasn't electric heaters that were used, but that burning coal was more common, I saw it myself. But because the places where I saw these things were relatively rural, yes Interviewer: Now, few people use it. Participant: Coal, yes. Yes, but when I went to [...], I visited families and saw many elders using it. I was quite surprised. You guys are still using it now. Interviewer: Or maybe it's related to their former coal mining. Participant: Maybe it's just their habit. (T10)
D6	Reluctance to invest in or use energy-efficient appliances and subsidies.	individual	M-reflective	Replacing home appliances requires a large amount of expenditure, which must be provided immediately. Although they have subsidies, for them, in their very tight spending, you have to spend a lot of money on this income. To take out a sum of money all of a sudden and buy an electric cooker or a refrigerator is beyond their reach, so the situation is not good. In addition to their daily needs, they need to buy energy-saving appliances. The first reason, as I just said, is that they will incur large, unexpected, and not immediately necessary expenses in the short term, so they do not feel that they have enough motivation. The second reason is that they do not think they are worthy recipients of subsidies, that is, they hope to use the money to subsidize other people who need it more. For such a group of people, they think they will not need it in a few years, so they do not need new ones. (T06)
Theme E: Gaps in providing care and support (n=5)				
E1	Policy blind spots regarding foreign workers employed by families negatively affect quality of care.	policy	O-physical	To be frank, the current policy does not take foreign workers into consideration. If a foreign worker has difficulty caring for the person, we may suggest to the family whether to consider using assistive devices or hiring a teacher to guide the person. Some family members will accept and think, "Okay, let's use them," because they are worried that if they fail to take good care of the person, the foreign worker will run away. But some family members think, "It doesn't matter, he can do it," and are relatively indifferent to these things. To be honest, foreign workers do have a hard time, but we cannot force employers to provide them with assistive devices, after all, these are additional expenses. Some employers will be considered "unscrupulous" because they think that as long as someone takes care of them, they don't want to do anything else. (T09) Of course, there are still gaps in the current foreign labor system and there are not enough people. Sometimes you have to wait for a while before you can hire someone, but the reality is that if you can't take care of the child yourself, you have to "spend money to hire someone to accompany you." (T14)
E2	Services, such as in-person visits, are limited and constrained, especially in rural areas.	organizational	O-physical	Usually, if such elderly people living alone meet the requirements, they can receive subsidies. We will classify them into low-income households according to the government's classification of low-income households, namely low-income type 1, type 2, and type 3. Elderly people like this who are unmarried, have no children, and have no family support are usually considered low-income type 2. For low-income type 2, there will be a fixed amount of subsidies available to them every month. If the county distribution of each county and city is different, the level they divide will also be different. For example, the six major cities may have more. So they can allocate one more episode, and the money will be more. For example, [name redacted] County may not be a big city, so it may not be that much. (T11)
E3	Geographic distance from family members and living in rural areas limits availability of caregiving support.	interpersonal	O-social	Actually, there are still many people living alone, or elderly people living together. Unless they live with their children, but if they do, it is probably because most of them have to go to work. You said that there is a family member who can be a caregiver to support his transportation or mobility. It seems that the proportion is very low now. (T03) For this year, the temperature difference is so great that several elders died suddenly during the previous wave of hiking. When their families found out, it was too late. The problem of being alone and caring for others is quite serious. (T04) For those kinds of emergencies, the people who are usually in need are usually those without family members, and they may be unmarried and childless. Then they may fall down at home and become unable to take care of themselves. They may need to live in an institution, but there is no one to sign a contract. (T11)
E4	Insufficient caretaking capacity due to limited capability and understanding of the role constrains quality of care.	interpersonal	C-psychological	Yes, some family members do not even help with the financial burden and do not participate in the care. Some people, although they have financial expenses, think that "I am the boss because I pay", and have no understanding of the actual content and process of care, which leads to a cognitive gap between family members on "what is care". So sometimes we hope to shorten this gap and make the family understand that care is not just about paying money, because the process of care will accumulate many different levels of pressure, which cannot be fully measured by money. The care load has many aspects. (T1) Because he left a deep impression on me. He was not living alone. He had an older sister living with him. His sister also had mental problems. At that time, both of them had problems and no other resources. They could only depend on each other. But his sister passed away the year before last. She was starved to death. Yes, that's right. This situation happened. [...] I can't imagine what it's like for a person to starve to death. I can't imagine it, so I think it was a big shock to me at the time. I felt that he was so pitiful now, so I took care of him very seriously, but I found that I would be very nervous every day when I went to see him. Can he open the door for me today? What's his condition today? Is he okay or not? Is he healthy or mentally okay? Yes, then I would rush over to see his condition today. Then, maybe because he fell too many times, he was actually hospitalized two or three times in the emergency room. (T12)
E5	Living alone, especially with impaired health or limited digital access, isolates older adults and contributes to communication and care gaps.	individual	O-social	We may see that in Taiwan and in terms of policies, we are dealing with elderly people living alone. Elderly people living alone have fewer social support systems, and their ability to adapt and receive information in the community is relatively poor. In Taiwan, changes in the structure of homes have led to an increasing proportion of elderly people living alone. (T06) But if you live alone and have no relatives around you, you will be more dependent on the care and reminders of your neighbors. At this time, the human touch of the community and mutual help among neighbors are very important. When everyone chats together, sharing weather conditions and living conditions with each other can also become an informal but effective channel for information exchange. (T13) Because as for the schizophrenia case, he was just himself. He lived alone, so he didn't have any [mobile phone]. And the one who was paralyzed by a stroke didn't have any either. He, as I just said, really had a main contact. This person might be his relative, his brother, or his uncle might be able to find him when he went to his place. Otherwise, if we really want to find the person involved in the case, what should I do? I have to go to the scene, otherwise I can't find him at all. (T12)
Theme F: Drivers of maladaptive behavior (n=3)				
F1	Community-level social and gender norms shape perception of appropriate participation in activities.	community	M-reflective	I tell you, it depends on how you say it. If you don't want to come out, the first reason is that he feels that the activity is not what he needs. The second reason, especially for men, they will think: "I would rather play cards with friends than dance here." They think our music and physical fitness class is just dancing, and they think that is something women do. (T13) [speaking about community exercise and educational events] For example, a principal used to be a principal in a school, but now he is asked to be a student, he will feel uncomfortable. Many principals have been seldom going out for a long time, because they used to be principals in school, and they have a kind of halo, but when they enter the community, they no longer have it. Some men also have this mentality, they can't let go of their professional titles and their status. (T13)

F2	Underestimating personal needs and low perception of entitlement limit uptake of care and support services.	individual	M- reflective	He could obviously apply for a long-term care transportation vehicle, but he was unwilling to use it. His idea was to "leave the resources for those who need them more", but I told him that you are the one who needs them more, and these resources are prepared for you! But he still didn't want to do it, he was really stubborn. (T01) The second reason is that they do not think they are worthy recipients of subsidies, that is, they hope to use the money to subsidize other people who need it more. For such a group of people, they think they will not need it in a few years, so they do not need new ones. (T06) Yes, it's heat exhaustion. When it's too hot, you get heat stroke, and no one notices, which is really dangerous. Because my dad had a stroke before, he can understand this very well. On the contrary, my mom thinks it's okay, it's not a big deal. (T09)
F3	Established habits, attitudes, preferences, and emotional responses influence participation and the use of heating and cooling technologies.	individual	M- automatic	Because if we talk about [city name redacted], which is an agricultural county, really -- as I just mentioned, everyone is more energy-saving and frugal. So for them, a more natural environment is still more preferred. We can remind the elderly to keep the house well ventilated, avoid heat stroke when it is really hot, and keep some water and fruits and vegetables. (T03) I think the elders are less afraid of the cold. I find it very interesting. From what I have observed, they may have been different from people of our generation. They used to do labor work, that is, outdoor labor. And when they work outside in cold weather, they seem to be quite cold. Sometimes when I go to the community, I feel very cold. The elders may not wear big down jackets like us. Or wrap themselves tightly. They still wear one piece of cotton stuff that the elderly wear, and at most they wrap their heads with a scarf. Even if they are cold, it seems that they are not afraid of the cold. (T05) Interviewer : For the old man who just took a cold shower, did anyone tell him that it is dangerous when it is very cold? Participant: Oh, yes! We would tell him, but he would always say it's okay, he can do it because he has been like this for more than 10 years! (T11) Interviewer: So people ask you to go to community events? Participant: No, I don't want to go. There are activities in the big community in front in the afternoon. (T15)
Theme G: Economic and financial constraints (n=4)				
G1	Insurance limitations, low-income thresholds, and reduced funding limit access to services.	policy	O- physical	And now for rehabilitation, if one has a stroke, there is a way that he has half a year, and he can, that is, the health insurance will cover it, and then he can continue to be hospitalized for rehabilitation, but you have to take turns, that is, you may stay in hospital A for 1 month, and then you have to go to hospital B for another month for rehabilitation, and then jump to hospital A, and then take turns in this way for half a year. Then after half a year, the health insurance will stop covering it, and you will have to be discharged from the hospital, and then go to the hospital by yourself for rehabilitation regularly. (T01) In the early days, we could talk for about an hour and a half and explain everything clearly. Later, it was compressed to one hour. Why? Because the government is pursuing efficiency. When you compress the cost of output, I will inevitably compress the time of the visit. So if I compress the time of the visit, the time for dialogue with you will be reduced. I could have talked to you more to get you interested in these services, but now I can't. I can only ask what I need to ask and what I need to know, and then I leave. (T09) Participant: Well, we will promote this thing, but there is a limitation, which is that it is easier to promote if you have a low-income or lower-middle-income status, because it doesn't cost money. But if you are of ordinary status, you have to pay 1,600 yuan a month. Usually, when uncles and aunts hear this number, they just shake their heads. So in the end, the people we can recommend are usually low-income elderly people or middle-low-income elderly people. Interviewer: So, you mean if I don't have the qualification, I have to pay 1,600 yuan per month? Participant: Yes, it costs 1,600 yuan a month, so the current situation is that as long as the device has electricity and the elders meet the low-income qualifications, we will basically promote it. (T11)
G2	Insufficient financial support or lack of support from family members constrains access to care and resources.	interpersonal	O- social	Yes, some family members do not even help with the financial burden and do not participate in the care. (T01) Participant: [...] I have a case in which the client lives in the mountains. [...] I go there every day. Yesterday, you were not feeling well, right? But he had some health problems in the past two weeks, so he was hospitalized. The economic conditions of his family were very, very bad, so you couldn't feel too much at that time, that is, what they could do to adjust, because their family had no money, so they could only keep him cold in winter and warm in summer. What they could do was to wear more clothes when they were cold, or wear less clothes to keep warm, that's all. Interviewer: Yes, I understand. So do you think the difference comes from his economic background? Participant: I think economic conditions must have a great impact, because if the conditions are good, of course they will support it, and the conditions may be better. If the conditions are better, the entire indoor environment may always be in a constant temperature state, because in this way, the elderly will be less affected by the weather outside when they are indoors. But this is only limited to indoors. If your economic conditions are really bad, then of course there is no way, you still have to endure the conditions indoors. (T12)
G3	Personal economic instability and income limitations limit access to energy and technologies.	individual	O- physical	[...] in the past we delivered some New Year dishes to show our care, and we really did encounter some low-income households or marginal households, who actually have difficulties in this regard [access to electricity/gas]. The basic environment of their homes may be relatively poor, so it is even more impossible for them to have these equipment, and even in fact, part of the electricity used in the store is almost just for their own clothes. They can't really install these soft gas or soft oil. These cases are really seen in marginal low-income households, yes. (T04) [...]especially for the elders I meet in [city name redacted], because many of them are farmers, or farmers, fishermen, animal husbandry, etc. They are very susceptible to the impact of climate change, including their health, and the impact on their industries and livelihoods. (T05) Replacing home appliances requires a large amount of expenditure, which must be provided immediately. Although they have subsidies for them, in their very tight spending, you have to spend a lot of money on this income. To take out a sum of money all of a sudden and buy an electric cooker or a refrigerator is beyond their reach, so the situation is not good. In addition to their daily needs, they need to buy energy-saving appliances. The first reason, as I just said, is that they will incur large, unexpected, and not immediately necessary expenses in the short term. (T06)
G4	Reluctance to spend money on energy, appliances, health, or care.	individual	M- reflective	Because if we talk about [city name redacted], which is an agricultural county, really -- as I just mentioned, everyone is more energy-saving and frugal. (T03) I think it's still a matter of money, which is also a type of resource. There are two situations. One is "I don't want to spend this money". The elders' idea is to save as much as possible. The other is really "no money". (T09)
Theme H: Knowledge and information gaps (n=4)				
H1	Unreliable and inadequate information complicates planning and decision-making.	policy	O- physical	Currently, most people can only learn about the weather by watching the news, but news forecasts can usually only predict the weather for the next week, and the forecast for this week is sometimes not accurate. The weather for the next day or the day may be more accurate. However, support such as long-term care services cannot be provided immediately. For example, if you want to apply for "home rehabilitation", you must first contact A, who will confirm whether you can apply for this service, and then arrange for a care specialist to conduct an assessment to see if the elderly's physical condition meets the requirements. If the patient is deemed fit after the assessment, they will have to contact a physical therapist who is willing to provide home services to confirm whether his schedule is compatible with the case. Only after both parties have confirmed can the service be officially activated. So although the entire process is not very complicated, it still takes some time and cannot be activated immediately like a weather forecast. (T01) [About climate change in Taiwan] Both the central government and local governments are aware of the problem and are trying to do something about it. It's just that there is little basic research, and the understanding of this issue is more, for example, in the field of geography, or public health, and some scholars are also talking about it. In the field of social work or social welfare, because we have a better understanding of the situation of disadvantaged groups, but in this area, there are relatively few studies in the field of social work. (T06) How can we say that their predictions are 100% accurate? Sometimes they say no hurry, no hurry, it won't rain, but it still rains. Sometimes they say it will rain, maybe in the mountains or [name redacted], like it's raining in the market here, but it's not raining where I live. I remember last time I was at the sports park, it didn't rain either, so it's not certain. Sometimes we go out at the right time. I'm going out in the afternoon and I don't know whether it will be nice or rainy. Sometimes it rains hard at 7 or 8 in the morning, like a sun shower, but it's nice again the next moment. (T15)

H2	Limited literacy and awareness of options negatively influence access, interpretation, and application of information.	individual	C- psychological	In principle, the functions of his app are now free, so just download and install it. Yes, but someone still needs to know how to install it. If even the elderly have difficulty installing it, young people may need a little guidance. (T04) I just did a study on the use of digital tools by the elderly in [name redacted] County, a remote area. The rate of digital tools use in [city name redacted] is very low. Only 6 out of 10 elders don't know how to use a mobile phone. Of these 6, about 2 can only answer calls and don't know how to use other functions. So only 4 out of 10 can use Line. Then I look at Facebook and Google and see that out of 10, there are only 4 people like this. If it is 4 people, then there is less worry because they actually receive text messages. As I just said, most of the push notifications seem to be from the text message system or the system on Line. So there are still 6 elders, and they may have to rely on the promotion in the community, or in the city, like TV news broadcasts, which is another way of casting. (T05) In Taiwan, there is still a considerable proportion of elderly people over 75 years old. In fact, our research shows that about half of them are illiterate. (T06) He doesn't even think that air conditioners are expensive, but in fact, today's inverter air conditioners may be more energy-efficient, more efficient, and cooler than his old window air conditioner. But he doesn't know this, so he doesn't want to use it or change it. (T09)
H3	Gap in accessing information and resources due to inability to access digital information services and isolation.	individual	O- physical	I just did a study on the use of digital tools by the elderly in [city name redacted], a remote area. The rate of digital tools use in Yunlin County is very low. Only 6 out of 10 elders don't know how to use a mobile phone. Of these 6, about 2 can only answer calls and don't know how to use other functions. (T05) We can also imagine that a considerable proportion of the elderly do not even have a mobile phone. If this is the case, the so-called SMS notification of the national warning does not seem to be a good strategy. (T06) In fact, I think the elders in the community are less likely to be affected by wrong information. Those who have problems are mostly the elders who do not come to the community. (T13)
H4	Limited perception of climate risk and low perceived immediacy of impacts reduces uptake of sustainable and health promoting practices.	individual	M- reflective	But we may not feel the immediate impact of climate change here. Although we hear about the ozone hole and the poor environmental protection of the earth, which leads to greater climate change, such as the melting of ice in the Arctic, we have heard about it, but we have not actually felt the urgent crisis. This is what I think. So if we ask everyone to protect the environment now, everyone might think, "What does it matter?" because they don't feel the immediate need. (T13)
Theme 1: Health-related limitations (n=4)				
I1	Decreased mobility leads to reduced contact with others and increased loneliness and isolation.	interpersonal	O-social	Yes, some are congenital, some are acquired, for example, among my cases, there is one who had a stroke, so he is bedridden for a long time and can hardly get out of bed, and then there is a mental disorder schizophrenia, and then there is an elderly person living alone, and then the others all have family support, but there is one of them, the one I just mentioned, the one in the mountain, the family support is very low, but he still lives with his family. [...] half of them, they are completely social, and the other absolutely have no, because people like schizophrenia and long-term bedridden people, they themselves have no other people to visit... (T12) Basically, many elderly people have limited mobility. Especially those who live on the second floor, they only go downstairs once or twice a day, mainly to buy something or take out the trash, which are things they have to do in their daily lives. As for those who are mobility-impaired or physically disabled, they need someone to take care of them even more. We are in Yilan, and it has been raining a lot recently. Weather conditions also affect the willingness of the elderly to go out. Many of the elders who receive meal delivery services rarely go out. They usually only go to see a doctor or visit their children occasionally. The rest of the time they stay at home. (T14)
I2	Age-related physical and sensory limitations constrain mobility, communication, and response to weather and climate conditions.	individual	C- physical	Interviewer: Do you go out much? Participant: No, I cannot really go out because of my physical condition. (T07) I think this is related to their physical state. You say that they cannot judge for themselves whether the weather is getting colder or hotter. In fact, it's not that it's just their body sense that's already theirs. Your sense will be dulled. Just like when we talked about grandma, she always poured a lot of salt when cooking. In fact, it's because her sense is dulled. Yes, so you You can tell him, you can tell him in a very intellectual way that you have seen the recent weather. He and others will also watch the news and say that the weather is only 12 degrees tomorrow. Yes, it will return to maybe 16 or 7 degrees the day after tomorrow. This is a big temperature difference. You have to pay attention to it. Of course they all said yes. OK. But with the dulling of his own body's sense of touch, even though he knew from a knowledge perspective that the current temperature changes are actually very big, but he didn't feel it in his body, he would think it was wrong. (T10) Some elders will actually light candles for lighting if there is no light at home. Although this is rare, it is not uncommon. On the contrary, it is more common to see people taking cold showers. I think this may be because they are older and their body's perception ability has weakened. The feeling of cold is not so obvious, so they don't feel anything. (T11) But actually, as the elderly's body functions are deteriorating, sometimes their pace cannot be that fast. So you have to try to communicate the same thing with them, and sometimes you have to repeat it a lot, or you have to slow down to communicate with them. [...] Because sometimes the elderly really can't keep up, sometimes it's not intentional, they really can't keep up, and then sometimes you really make them feel that you can't keep up with me and I have some ups and downs in my attitude. In fact, the elderly are very sensitive. They know that they have entered, and they may feel uncomfortable or even don't want to ask for service. (T12) In fact, I am a person who is very afraid of cold but not heat, so if you ask me, who is relatively healthy, it may not be too accurate because I don't feel the temperature that strongly. (T13) I just wait for the humidity to dissipate. It's only temporary. For example, these two days, the weather has become more humid. I feel red and hot all over. These two nights are really stuffy. But it dried up in no time because I quickly turned on the dehumidifier or air conditioner. This is actually our attitude. We usually don't pay special attention to it, but sometimes it still affects us and makes us uncomfortable. (T15)
I3	Cognitive decline and dementia limit independence and daily functioning.	individual	C- psychological	[talking about electricity] There is also another point, that is, sometimes they will forget and their memory will decline. For example, if I have separated them, then maybe they will remember and turn it off, but if they don't remember, then they won't turn it off. (T02) The reason why I think television and radio are relatively friendly is that although there are many community activities in Taiwan, many elderly people still focus on watching television. Some of them may not be able to cope with the cognitive function and their eyesight may deteriorate when watching TV. (T06) What we hear more often is that some elderly people with dementia may experience sunset syndrome, which is somewhat related to the climate. When the seasons change, we do have more cases. [...] "Sunset syndrome" refers to the fact that some elders, especially those with dementia, feel homesick and become more restless or irritable when the sun sets and at dusk. People usually say that it is a phenomenon that is particularly obvious at sunset, such as anxiety, restlessness, and even the desire to go back to "hometown" or start to think about the past. (T11) Because many electrical appliances, electricity is a kind of energy. When you have energy in your home, if the design is not good, it is easy to cause a fire, especially in winter. There are more fires in winter, which is a problem with many heaters. Especially for older people, if they have dementia, using gas or electricity is more dangerous. (T14)
I4	Adverse climate and weather conditions negatively affect mood and emotions.	individual	M- automatic	Yes, yes, but one thing is that if we all have an average mental toughness, then those people who are more prone to rain or are in places without sunshine for many years will be more likely to be depressed. In this case, when everyone's mental toughness is average, these people are more likely to be triggered into depression. (T10) For example, if the weather changes today, he may be in a more emotional mood. But he will not tell us that it is raining today, so he is in a bad mood, or how he feels, or the weather has changed a lot recently, so he is like this. (T11)

ENABLERS				
Marker	Sub-theme	SEM level	LOW-B	Examples
Theme A: Economic and policy support for older adults (n=4)				
A1	Effective public policy increases access to subsidies for long-term care, transportation, training, agricultural support, and initiatives that promote energy-efficiency, along with insurance schemes for health and care services.	political	O- physical	<i>Agriculture</i> That is, the Ministry of Agriculture. Or the information on industrial disaster compensation provided by the government is very important to the farmers. I have seen that the policy is taking care of them one by one. One of them is this one that I often see. (T05) In our area, sometimes we can't work on the fields for half a month. We can't plant in winter, and now we can only wait and see. We may not be able to plant the second rice crop either. The government later gave us some subsidies. (T15) <i>Events and training</i> The cost of our event is not much because we have obtained public resources to subsidize it. (T02) We also trained nearly 50 to 60 horticultural nostalgia teachers in [city name redacted] at that time. This was done with the support of a research grant from [name redacted]. [...] The Social Affairs Department or the Health Bureau will subsidize the funds, including the cost of materials. (T13) <i>Health and care</i> Usually, if such elderly people living alone meet the requirements, they can receive subsidies. We will classify them into low-income households according to the government's classification of low-income households, namely low-income type 1, type 2, and type 3. Elderly people like this who are unmarried, have no children, and have no family support are usually considered low-income type 2. For low-income type 2, there will be a fixed amount of subsidies available to them every month. (T11) <i>Transportation</i> As for transportation, in Taiwan, some of us over 65 years old have half-price tickets, and EasyCard is an annual pass. Now the governments of various counties and cities can use the Taipei EasyCard to take the bus, which seems to be 480. They can also compare it, and it seems to be 400 a month. Yes, with subsidies, your transportation expenses are correct. (T14)
A2	Private sector organizations fill gaps in government funding to provide technology, sustainability initiatives, and expand insurance coverage.	organizational	O- physical	[city name redacted] is not, it is not [city name redacted], there is a solar photovoltaic company, they are doing that charity, you know? Yes, they have cooperated with [city name redacted] County, looking for some organizations to do solar roofs, that is also a kind, but it is also considered private, it is not the government looking for them to do things, they cooperate with the government themselves. So I think this is more like a private enterprise, not a government-led one, which I think is a pity. But I am quite touched that they are willing to do it in [city name redacted], because the sunshine in [city name redacted] is relatively poor, but they chose to do it in [city name redacted], which I think is great. (T09) Currently, the monthly expenses of many organizations are about NT\$30,000 to NT\$35,000, but the maximum government subsidy is NT\$22,000, so there is a gap of NT\$8,000 or even more. For this gap, we usually match private resources, such as [name redacted], which is more familiar to everyone, or other local private organizations, which may help to make up for that part. (T11) Interviewer: Do you know if there are other insurances? National Pension? Participant: We don't have that kind of insurance. My husband's eldest daughter's company has group insurance, and they insured me because I have high blood pressure and cannot get insurance. But when I was young, I had cancer insurance, and the medical insurance has been paid for, all of it, the life insurance type, right? At the moment, I probably have the life insurance from the post office, and I also have the life insurance that I pay for [...]. (T13)
A3	Community associations support older adults and fill gaps left by government funding.	community	O- physical	The community care association president and the township office will issue these messages, and then spread them from there. And sometimes these policies actually have some continuity. It is not that they have been implemented for three to five years since the first year, and then everyone will think it is good and follow up to see if there is any related policy this year. (T05)
A4	Family financial capacity to enable access to caregiving support.	interpersonal	O- physical	The third one is about care, which is the nursing part. When the physical condition is not good, the family members will hire a caregiver outside, that is, a foreign caregiver. The foreign caregiver part is quite common now, right? (T04)
Theme B: Enabling transportation infrastructure and built environment (n=3)				
B1	Transportation and mobility services facilitate access to social participation in events and medical care.	policy	O-physical	The government currently has a transportation plan to allow them to participate in these activities, but this is not because of the climate, but mainly because of social needs and care needs. Social aspects will also be affected, because if the weather is too hot or rainy, I don't want to go out. I think these will have an impact. (T09) [City name redacted] transportation is already very good. You can call a rehabilitation bus, or some taxis are also linked to this program. If you meet the qualifications, you will receive discounts. (T13) I have been seeing doctors for about 30 years. I used to go to big hospitals in [city name redacted], such as the [name redacted], for more than 10 years. Back then, there were no high-speed trains or direct buses like today, so I took the bus to get there. Now, you don't have to go to [city name redacted] to get medicine, you can get it here, and I usually go to get medicine by myself, unless it happens to rain or I'm not feeling well, then I'll ask my children to take me there. (T15)
B2	Accessible community spaces and community- owned resources enable mobility, physical activity, and social engagement.	community	O- physical	Interviewer: I want to clarify one thing. The motorized carts are currently managed by the community. They just need to drive the carts, or do they have to maintain the carts themselves? Participant: They have to take care of it themselves. Interviewer: This means that each person is responsible for one row. Participant: The motorized carts are all theirs, their own equal sign is in theirs, now all the parts of the motorized carts are theirs, because before, we have done it, at the beginning, for example, the maintenance of the motorized carts and that, even the refueling of the carts is handled by the community, the citizens [...]. (T02) However, you can also see that Taiwan has actually made a lot of progress. For example, barrier-free spaces, public toilets, and public facilities are much better than before. This is the improvement of social civilization. (T14) I come here to exercise around 6 o'clock, which takes about an hour. After eating, I go to the park for a walk. I have a car, but no one is with me. But there is room for sitting there (in the park), on benches, with trees, rocks, and places to rest. Sometimes I meet other people walking, and I feel less relaxed and more depressed when I am alone at home, so it is better to go out for a walk. (T15)

B3	Green building principles, climate resilient building design, and energy efficient construction help buildings stay at safe temperatures.	organizational	O-physical	Participant: Because some of the classrooms in [city name redacted] are basically well ventilated, and the air circulation is good, so the use of air conditioning is not bad, so we usually try to use more natural methods to help the elders adapt. Because as you just said, extreme cold or extreme heat is not good for them, so they can maintain a relatively normal temperature. Interviewer: So this is also related to architectural design, is it? Participant: Yes! [...] (T03) Participant: [...] we had considered that the tile floor would be very cold in winter, so we used the plastic floor, which was less cold when we stepped on it, but it was better than this material. Yes, yes, yes, yes, and then my dad went there, he went to look for it because he didn't want to build a concrete house anymore, so he used green building, yes, it was made of something, I forgot what it was called, anyway, it was his, and its structure was like playing with Lego, so we used a scale, yes, yes, yes, light steel structure, and then the boss said it was warm in winter and cool in summer, but I felt it was a bit hot in summer. [...] Interviewer: So it sounds like your home may have some differences in its original architectural design from others. Participant: My dad, at that time, thought that I didn't want to have another visual steel bar and cement, which was actually quite a waste of energy. And we didn't want to build a two-story house, our house was a one-story house, and at that time, I thought that building this structure seemed to be more environmentally friendly, so I told him that he had to look for environmentally friendly building materials, because there was an order, and we told him that he had to look for environmentally friendly electricity, and he didn't want to build that steel bar and cement anymore, and he thought it was reasonable. Because he also thought that this was the case, because he was studying green buildings at that time, and he saw some of the demos of this company and he liked it, so we cooperated with this manufacturer. (T10) I think that because some buildings in [city name redacted] have very high ceilings, they are warm in winter and cool in summer. The next two functions are also related to the building. So in our own home, I think it's okay. As long as the doors and windows allow a little wind, it won't be too cold and we don't need to wear thick clothes. We don't need to wear coats at home. (T13)
Theme C: Responsive health and care systems (n=4)				
C1	Health system infrastructure has structures that enable responsive care processes.	policy	O-physical	So because we have doctors, we can provide home medical care. We also cooperate with the [name redacted] and home service. We will go regularly to see people who need medical treatment. The Department of Health has also added that our nurses have their own areas of responsibility, so we also have family prevention and treatment. If there is a need for referral, we will make some transfers through relevant channels to see what they need. (T04) The Ministry of Health and Welfare began to set up an information system, so we will use the nursing information system to do all the data, and then soak all the data in. That is to say, of course, the country has also attached importance to this area, so we will do this data, which is currently mostly turned on. And of course we will also send it to the Health Bureau. [...] and the big one is that there are four-year evaluations every year. If there are new plans in the middle, like there were new plans last year, and we are promoting them, then because we are a national institution, we are more of a government unit, and we will probably participate in the trial plan. For example, last year we talked about medical care, and [name redacted] County also promoted it, so we also joined in. (T08)
C2	Community based dementia prevention programs support delaying functional decline and provide information about support services	community	C- psychological	Later in 2019, I came into contact with a dementia base. This is what we call a carrier for preventing and delaying disability and dementia. So I made a period here and I felt that from past experience, I found that I should move forward. We should not wait until they are unable to do so, or have to rely on others, or their disability becomes more serious before we intervene. I think we have intervened too slowly in the past 20 years. So I think the direction we should go now may be like in the community. We should move forward, just like they may retire. (T08) There are about three modules a year, 12 weeks, 12 weeks, and 12 weeks, which is equivalent to 9 months. Teachers will use this method in class every month, and there will be cognitive activities at least once a week. Community caregivers will also be authorized to help the elderly maintain memory and cognitive functions. Some programs are implemented to delay dementia and disability. (T13) If the community is in contact with the health center, they will have traffic information. The health center will also go to the community to promote services, such as long-term care services (1919, 1966 hotlines), etc. If there is a need, the health center will introduce resources such as assistive devices and transportation subsidies. I will also help explain every time I promote it so that everyone knows the available resources. (T13)
C3	Community based programs and targeted support services facilitate access to long-term care and meal services.	community	O-physical	The so-called "meal delivery" is actually a service provided to the elderly or disadvantaged groups who find it inconvenient to participate in community activities. Our community usually has "care points" with activities every day from Monday to Friday, like day care centers, so that the elderly with good mobility can come to the community to participate in activities, eat, and make friends. However, for some elderly or disadvantaged groups who are not able to move around, are in poor health, or live far away or alone, we will arrange meal delivery. (T14) The people we deliver meals to are mainly the elderly who have difficulty in moving, live alone, or need help in their daily lives. Due to limited manpower, our community volunteers send two people out every afternoon for five days, which means that there are ten people supporting this work every week. There are about 20 to 30 households, and each person delivers an average of ten lunch boxes. (T14)
C4	Structured home-based services reduce mobility barriers and provide access to health and care.	organizational	O- physical	Then we will set up stations in the community to conduct rounds of inspections, so that they can walk nearby to participate in the inspection without having to travel so much. When the weather is cold, they don't have to consider riding a bicycle. In fact, they can just go to our screening station in their community for inspection, which will reduce the inconvenience of going out and the influence of the weather. This is the health checkup part. (T04) There are some things like mobile medical vehicles, yes, there are lights on the vehicles. Then there will be some medical equipment that can be driven into the community to provide some simple medical care. (T05) We would first visit the home to understand the patient's physical condition, and then we would know how to bring long-term care resources into the family. (T10) It depends. If we handle it here, for me personally, if the patient is referred by a hospital, I usually call the hospital first to check on the patient's condition, such as whether he is still in the hospital? How is the preparation for discharge? Are there any problems with care after returning home? I will first get a preliminary understanding of this. If the client is already using long-term care services and was referred by case manager A, I will first contact the case manager to ask for relevant information. After confirmation, I will call the elder to see how he is doing and whether there are any safety issues. If there are no problems, I will ask him if I can arrange a time to visit him and get to know his situation firsthand. This is roughly the process. (T11) Most of them help with bathing and foot massage. For those who are inconvenient, the elderly can provide meal delivery or shopping services. And if the elderly cannot get up, but there are other units in their home who can help prepare meals and heat them up, it is an alternative meal preparation. (T12)
Theme D: Access to and utilization of energy efficient device and supportive technologies (n=4)				

	D1	Subsidies enable acquiring energy efficient and remote care technologies supporting health and thermal regulation.	policy	O-physical	There is no subsidy for long-term care services, but for general purposes, there is a subsidy for replacing air conditioners. Because that is energy saving, if you save energy, you can replace the old one with a new one. Yes, this also includes cars, and water heaters, which are mainly related to energy saving. This type of subsidy is not targeted at long-term care service recipients. There are some targeted at institutions, but they are the same, that is, subsidies are provided in the direction of saving electricity. There is no such thing as long-term caregivers or ordinary people being provided with additional subsidies. (T09) Yes, yes, there are many communities now, and the society subsidizes air-conditioning. Yes, because in Taiwan, if it is inherently hot, there are very few families without air-conditioning. Very few, it should be very few now, but older people, like us, seldom drive. It is rarely opened in summer because we don't need to pay attention to it, and some older people will also save money. (T14)
	D2	Remote monitoring and communication technologies support safe and efficient caregiving for families.	interpersonal	O- physical	Actually, there are no borders on the Internet. For example, in my family, my husband helps my parents-in-law. We are in [city name redacted] and they are in [city name redacted]. We can directly monitor them remotely. We have set up everything here and we can also keep an eye on their situation. So we have a video recorder. (T04) I have come into contact with people who are really staying at home. Now I have counted and it is true. Almost 70% of them are foreign caregivers. That is, among 10 people, 7 are foreign caregivers. [...] Family members will also ask them to speak. Now there is direct translation through multimedia, or you can send me a picture via Line.... (T08) Another thing is that if he really lives alone and faces these risks, some children may apply for a security system. When I walk over and see my grandmother today and she hasn't been here today, the security system will call to confirm whether grandma or grandpa can answer the phone. If neither of them can, they will send someone to the house to see what's going on. Some children will install surveillance cameras in their elders' homes, such as in the living room, which you must go out to at least once a day. If there is no surveillance camera in the living room, then I will know. I didn't go out today, so I called to check on him. I think I see more people using technology to assist. (T10) Yes, it is a complete system. It works like this: it has a small machine, slightly larger than an Apple Watch, that can be hung around the neck. Its function is: when an elder falls, the machine will make a sound to inquire about the elder's state of consciousness. If the elder does not respond, it will contact the elder's family in turn, and then contact 119. (T11)
	D3	Smart automated features support individual capacities for safe and energy efficient use of technologies.	individual	C- psychological	For example, for the light, we would recommend that they install a sensor, which turns on when someone is there, and then it detects that there is no one here and closes the shop after a few minutes. But the premise is that the elders should have turned on the light, but they didn't turn it on when they should have, and they forgot to turn it off. So this is an improvement in the induction equipment. Now, because of the smart home appliances, some families have children. The level of the child's is relatively high. It has the intelligent part. For the air conditioner, it can help the elders set it. For example, if the weather is over 28 degrees now, the air conditioner should be turned on. It may be 34 degrees. It will set the remote control and turn on the air conditioner directly. Then he will be comfortable in 20 or so degrees, and then it will be set to a certain temperature. Then it can control some smart home appliances. I have seen that there are children who can do this. These remote controls can help the elders to achieve the most comfortable state, save electricity and be safe. (T04) ...it is best to have a timer, which will automatically cut off the power supply after a set time. (T14)
	D4	Perceived cost saving and efficiency of technology influences decisions on technology uptake.	individual	M- reflective	The inverter air conditioner is much better and saves a lot of electricity. You can see that the number of window-type air conditioners is gradually decreasing. Yes, it is becoming less and less, which saves electricity. (T14) So the air conditioner was not very efficient at that time, because we rarely use it. So my grandson said okay, let's change the air conditioner, and I accepted it. After the change, the electricity bill became cheaper. Because the air conditioner is not the kind that uses a battery, so it consumes more electricity. Then I found that after changing the air conditioner, the electricity bill seemed to have become cheaper. (T13) Our neighbors next door changed to window air conditioners this year, but they felt they were old enough, so they changed to split air conditioners earlier than us. They changed their air conditioners mainly because they wanted to save energy or because the air conditioners didn't work well. Last year, we had two houses, one here and one on [name redacted] Road near the county government. I live in the alley opposite the [name redacted], where there are several state-owned houses. We replaced the old air conditioners on the third floor before. These air conditioners have been used for more than ten years, and we replaced them together last year. Because friends often come to live there, the air conditioners need to be better, and we still need courage to invest. (T13)
Theme E: Supportive social and community environment (n=5)					
	E1	Community engagement encourages supportive behaviors through social practices, culture, and collective expectations.	community	O- social	There was also an elder who was in his 80s and was taking care of his son who had a stroke. I forgot how old he was, maybe in his 50s or 60s. Then there was a period of time when the grandmother had a car accident and was not able to move around easily. Then the neighbors would help her buy groceries and daily necessities, etc. (T01) After every typhoon, we have to mobilize local drivers, volunteers, and residents to clean up our scenic spots and the environment. So, every time we mobilize about 40 people to handle these tasks, it is also a burden for us. For the elderly, because the probability of rain is higher in [city name redacted], the elderly, like we now have the care center course, so the first thing they need is to clean up the scenic spots and the environment. (T02) There are also some communities that use the income from the sale of recyclables at the environmental protection station to give back to the community, which means they collect the money themselves. They either bring it from home or pick it up while cleaning the streets, and collect it together so that it can be used as their resource. (T13)
	E2	Community based services enable outreach and access.	community	O-physical	We will first take care of the weaker ones and then the normal ones. In this way, we will have volunteers to arrange a few visits every month, and then see if we can do one visit per village for those over 66 or 65 years old. But he has no way to come. We have classes here, and we care for and visit the elderly. Then we organize activities, such as sending small gifts on Mother's Day. For example, this year we sent them an umbrella, and then they either came to pick it up or we sent it there. We also know their situation in this way. Yesterday, it was the same for [name redacted]. Ours is the largest community-run event of the year, so we can also see the participation rate of the elderly here, whether they are still participating this year, last year, and the year before last. We can also analyze these things, so the community can only try its best in this way. (T02) The so-called "termination" means that after our initial assessment, if we feel that the elder's condition is not too critical, we will first help him connect with some resources, such as private organizations such as [name redacted]. They will visit the elder regularly every month to confirm his safety, living conditions and mental state. (T11) The people we deliver meals to are mainly the elderly who have difficulty in moving, live alone, or need help in their daily lives. Due to limited manpower, our community volunteers send two people out every afternoon for five days, which means that there are ten people supporting this work every week. There are about 20 to 30 households, and each person delivers an average of ten lunch boxes. (T14)

E3	Structured community learning enables knowledge uptake and access to information.	organizational	C- psychological	Our care centers will arrange courses for the newer social problems. Of course, this is only one part. We will still mainly arrange their body, mind and spirit courses. However, the body, mind and spirit courses will not deviate from carbon reduction. For example, we will switch with them. That is to say, you planted rice before, and you planted it there. In the past, there were rice fields here. You used to try to grow rice in cans, but now you are focusing on the method, that is, the friendly farming method. What is the difference between them? Is it helpful to our environment? So we can take this opportunity to talk to them about this knowledge. (T02) Community caregivers will also be authorized to help the elderly maintain memory and cognitive functions. Some programs are implemented to delay dementia and disability. When elders participate in community activities, they will naturally get relevant information such as weather conditions. (T13)
E4	Infrastructure, services, and programs support sustainable and supportive community environments.	organizational	O-physical	We currently have religious organizations that come here to cooperate with us, and we handle some material donations for the elderly, and we also organize activities. For example, during the last Mid-Autumn Festival, they also held a barbecue and invited the elderly to come here for a barbecue. Then there is the food bank. (T02) ... there is a solar photovoltaic company, they are doing that charity, you know? Yes, they have cooperated with [name redacted], looking for some organizations to do solar roofs, that is also a kind, but it is also considered private, it is not the government looking for them to do things, they cooperate with the government themselves. So I think this is more like a private enterprise, not a government-led one, which I think is a pity. But I am quite touched that they are willing to do it in [name redacted], because the sunshine in [name redacted] is relatively poor, but they chose to do it in [name redacted], which I think is great. [...] Yes, one year, the founder came to give a speech, and some teammates asked him, and what he meant was this: if you choose to do it only in places with good manufacturing conditions, then [...] has never done it; but he thinks that if you don't do it, no one will ever do it. So he chose to do this based on public welfare. (T09) It depends on the conditions of the community. For example, in [city name redacted], because of limited space, there is no land for planting, so if we want to carry out activities like "growing vegetables", we usually plant them in pots, or use pot sets available on the market. But if it is in other communities, if there happens to be a piece of land next to it, then we can plant them directly in the soil. When the harvest comes, we can use it as lunch for the community. (T13) The garbage problem is different in different places, and we need to adapt to local conditions. For example, in [city name redacted], they use special garbage bags. If you don't recycle resources well and throw them in ordinary garbage bags, it will be easily seen. Now most garbage bags are transparent, and you can directly see whether there are recyclables inside. [city name redacted] has done a good job in this regard. (T14)
E5	Enabling caregiving support allows continuous, at-home care.	interpersonal	O- physical	The third one is about care, which is the nursing part. When the physical condition is not good, the family members will hire a caregiver outside, that is, a foreign caregiver. The foreign caregiver part is quite common now, right? So this part is probably from the policy part, and the foreign caregiver part. As for the family part, for example, there is a strength part. For example, we have a service for an elder. Because he needs to see her take medicine every day, so we have a caregiver who goes to see the elder to take medicine every day, and the family members will take advantage of the time we go. There is a if we find some problems, we will immediately contact the family members, that is, we will inform them through Line about the current condition of the elder, and then we will do three-way online communication. (T04) [talking about phases people pass through later in life] The third phase is to enter the institution. Of course, Taiwan still has considerable potential now, because we prefer the care of foreign workers and foreign caregivers, so our phase may not need to go to the institution. This phase may be to let foreign workers provide care at home. There is a possibility that this phase will not happen, but theoretically speaking, he will go through several stages of changes in the state of his residence. (T06) However, they [older adults] still hire foreign workers for their children to work, or their jobs have to be stopped, or their daughters-in-law, and then their spouses, that is, caring for each other, this is probably the overall care model. (T08)
Theme F: Access to knowledge and information (n=5) (Note: O- social describes people as a pathway for information, while O-physical describes the structure through which information is transmitted)				
F1	Dissemination of institutionalized information through media and organized structures.	policy	O-physical	They cooperating with the National Health Service, and some time ago last year, he promoted it. There will be a place at each point where the elderly can take their blood pressure, like some convenience stores. Then they can scan the QR, enter the code and participate in some reward activities. (T04) But in the private sector, I often hear that some government officials or legislators will provide information on typhoons, droughts, floods, etc., and when crops are damaged, they will provide it on their Facebook or their promotional and marketing networks. (T05) In fact, most of the elderly people I have come into contact with are in community care centers, such as a dining center or a long-term care center, which is a community lane service station. Usually, they receive a lot of promotional information from the government. So if the elders are willing to come here, they are more likely to receive this kind of promotional information. [...] But in fact, countries like Taiwan, if there is a cold wave or a severe high temperature, or the air quality is very poor, some of them already have national-level push broadcasts, and the pushed information may be sent to your mobile phone, etc. (T05) Yes, because they will check the weather forecast, of course. That means they may have to prepare to go out. They also have time to rest, they will do that. You mean they go out, rest, or take grandpa and grandma out, and then foreign caregivers will do it. In fact, I think it is very common to have bad weather because if you look at your phone, it will tell you that this, this, and this will happen in a week. (T08) Watching TV and reading the news is a source of information. My husband also uses his mobile phone to check the weather for the week, so the mobile phone is also a channel. However, people usually get more weather information from news reports. Nowadays, few people read newspapers. In the past, people might have read about the weather in newspapers, but now it is almost impossible. (T13)

	F2	Community-based social contacts support information dissemination.	community	O- social	For example, there was a leader in [city name redacted] before. He would come out during a typhoon and say what to pay attention to. I felt that he was influential, and he was an official. He really cared about you. In fact, we might be doing a propaganda, but the power might not be that great, so I think the power point is the influence of the local area. It's the village head. (T08) In the past, when I was leading groups of elderly people [community context], I would always tell them in the winter to keep warm. That's right, right, right, and we would remind them because sometimes when we go to see them, we'll find that someone has passed away, and then we'll ask what happened and remind them if it's a fall. We'll remind them more often about pneumonia because it's too cold. It's true. When they have similar experiences caused by the climate in their lives, we will remind them to pay attention to weather changes. So everyone doesn't tend to be concerned about it for a long time. Rather, it's about being careful about heat stroke in a short period of time when the weather may be too cold or too hot. (T10) I understand, but as I just said, half of the people in my case don't have mobile phones. So, when you ask how to convey this message, I think someone still needs to go to the scene, such as the village chief or someone else, and use this tree-like diagram method to let the people above call the people below, saying that the weather may be really cold recently and remember to wear more clothes. And also, when will it get warmer? It can be a reminder. (T12) But if you live alone and have no relatives around you, you will be more dependent on the care and reminders of your neighbors. At this time, the human touch of the community and mutual help among neighbors are very important. When everyone chats together, sharing weather conditions and living conditions with each other can also become an informal but effective channel for information exchange. [...] Community activities and gatherings also provide a platform for them to communicate and support each other. (T13)
	F3	Structured community courses provide organized information pathways.	community	O-physical	Because the frequency of using radio in rural areas is very high, yes, yes, yes, there are of course some changes in the form. Basically, it is probably radio, and even some recordings are made when the garbage truck is on the way, and then publicity is carried out. So they have to go to the garbage truck every day, and the garbage truck runs like this in the village. So in addition to the community radio station, that is, your office radio station, and then the radio of the garbage truck will also be used, yes, and even some leaflets are brought back for school children to take back. (T04) What they are doing now is to educate people about energy. Then they bring it into the classes they teach the elderly, and discuss with them how to transform the community environment to be more energy efficient, and then treat it as the content of the course... (T06) Our founding chairman is a professional teacher himself, so we originally established this association in the hope of learning from him. His expertise is in teaching music and physical fitness. You can Google "[name redacted]". We have a Facebook fan page with our activities and course content, and you can also see his teaching courses. Anyone who is interested can participate, as long as they are passionate about music and physical fitness. It's great! (T13) When elders participate in community activities, they will naturally get relevant information such as weather conditions. (T13)
	F4	Contact with organizations provide organized information pathways.	organizational	O-physical	Then, if there is a typhoon coming or weather changes, we can use the Internet to send information to him. (T08)
	F5	Personal networks serve as key channels for the transmission of information and knowledge.	interpersonal	O- social	The closest reminder [regarding the weather] is of course from family members. (T04) I think the most important thing about social networks is that they can play a role in supporting the elderly, especially in providing psychological support. Then, there is the information dissemination part. Yes, I think the most important thing is the dissemination of information and resources. Then, there is the psychological support of mutual care. At present, it seems that these two parts are more important. (T05) Even if he is a certain community or we push back, we actually use the power of the children and bring it back home. I think a lot of things, children are just children. For example, if there are grandchildren in school, they will bring this topic back to grandpa and grandma. I found many public health methods. They use this method to invest, and the effect is quite good. I think it was like this 20 or 30 years ago. For example, there was an advertisement before, which was very powerful. It was six minutes long, and it was called "Protect Your Life". Then my children would say, "Auntie, you need to book a room when you go to the obstetrics and gynecology department for a checkup, because she needs to collect point cards." [...] I think that they knew about this from three aspects, and then his family was his family, and then the school or the government promoted it, and I think it was passed down from generation to generation. (T08) As you said, if you live alone but your children live nearby, there may still be someone who cares about you and visits you occasionally, so you are more likely to be reminded. Especially if you have grandchildren around, when they are taking care of them, family members will naturally pay attention to weather changes and remind the elders. (T13) Of course, some of them are heard from others, such as children at home who will remind them. For example, my daughter sometimes reminds me: "It's cold today, so you should dress warmly when you go out." This kind of reminder is more common in families living with children. (T13)
Theme G: Adoption of adaptive habits (n=3)					
	G1	Conservation practices in shared community environments.	community	M- reflective	Yes, so we would suggest that they see if they can replace all the lights with LED lights, otherwise they would be considered reactionary. They may still do this. If it is the office of the [community] activity center, we can do it ourselves because the cost will be lower. We can also do it this way. We also plan to recycle rainwater, and then we will do the sprinkler cooling in summer. We now have two sets of equipment, one for the office, and one for the activity center. (T02) It's just that, of course, when it's very hot, they still think that if there is air conditioning, they can turn on the air conditioner, or even go to the supermarket to turn on the air conditioner or go shopping, which can be a way to escape the heat. In fact, the elders in [city name redacted] are very frugal. They think that if they can share resources like this, that is, go to the mall or come to class, then they don't necessarily need to turn on the air conditioner at home. This can also save electricity. In addition, this is more practical. (T03)

	G2	Resource conserving practices are shaped by lived experience and cultural norms.	individual	M- automatic	I often see this because it is his habit. So, he may still boil water for bathing, and the process of boiling water for bathing will produce hot steam. Then he will also prepare lunch dishes and rice. [...] He, of course, still looked for it, and he was used to doing it this way. Some elders would still go there to wash clothes, like the wife of the village chief next door and some aunties nearby. Because there was a pool in front of my house, they would sometimes wash clothes there in the morning or wash vegetables there. The previous living habits have continued... (T01) Some elders are really impressive. They can take cold showers all year round. Really! I met an elder before. He used to be a carpenter and lived near a water source. He never used gas. I asked him, "What do you do in winter?" He said, "Just take a shower." I was stunned and said to him, "You are awesome!" Some elders will actually light candles for lighting if there is no light at home. Although this is rare, it is not uncommon. (T11) So we control energy in our home. For example, when I leave this room, I must turn off the light. When I leave the living room, I must turn off the living room light. When I go to the kitchen, I turn on the kitchen light. My home will not be fully lit from beginning to end. My husband has this habit. (T13) Of course I am very frugal! People say that, they are Taiwanese, probably because they are old and frugal. (T14)
	G3	Deliberate practices and actions to conserve resources and promote health.	individual	M- reflective	The power-consuming parts should not be used. For example, we have a hot water boiler installed there. It was turned on for 20 hours before. Later, we turned it off. We only use it when we need it. If we don't need it, we don't turn it on. (T02) She is very frugal. My mother never turns on the light when she goes to the toilet.[...] In the middle of the night, these lights are not turned on, so the elders are actually saving too much. (T09) Let me tell you, if that is the case, you should turn on the air conditioner when you have lunch at noon. If you want to enjoy it, you should turn on the air conditioner when you go to bed at night. Yes, you should turn it on when you go to bed at night, otherwise you will be afraid of being too cold. [...] Just turn it on for a while, and turn it off when you wake up, unless it's almost time for you to turn it off when you feel cold. It can be done in a similar way, and it also helps us save on electricity. (T15)
Theme H: Individual capacities and dispositions shape behavior and lifestyles (n=3)					
	H1	Cognitive capacity facilitates independent knowledge acquisition and use.	individual	C- psychological	Interviewer: So how did he get the weather app on that phone? Did you guys download it for him or did he download it himself? Participant: He would look for it himself, he would go to Google himself, and sometimes when he saw something he would get very curious and want to find out what it was. That's his personality, he often didn't know what it was, but he would try it, and that's how he came up with the things I just mentioned. (T13) We do everything in a planned way! Originally, for example, if you want to buy something, like we are planning to change cars recently, because our cars are more than 10 years old, 14 years, 13 years, more than 10 years old, that is, we have evaluated, I am 71 years old this year, I have been driving a car for about 15 years, because now I have to have a physical examination at the age of 75, that is to say, I can probably drive until I am 85 years old, and there are still 15 years, so I only need one more car. Because my car is still OK, but it has some minor problems, so I'm ready to buy another one. We've already considered what kind of car to buy and how much it will cost, and we've made plans. I think we're both pretty good at this. We have a plan for everything, including education, children's education, or a family lifestyle. We all have a certain trajectory. (T14)
	H2	Proactive engagement in meaningful activities and lifestyles.	individual	M- reflective	Yes, it's heat exhaustion. When it's too hot, you get heat stroke, and no one notices, which is really dangerous. Because my dad had a stroke before, he can understand this very well. (T09) My life is basically Monday, Friday, and Monday. I will be outside when I have more free time. Tuesday, Wednesday, and Thursday are actually still quite busy even after retirement. I will go to volunteer and sometimes even run 20 to 30 kilometers. (T14)
	H3	Past experiences and lifelong habits support positive outcomes.	individual	M- automatic	Therefore, this service can actually reduce his need to go out for rehabilitation, and he does not have to go to the hospital to use large rehabilitation equipment. But the key to this method is that the elders themselves must have a high degree of autonomy and willingness to continue practicing. If he is willing and can really cooperate, this will be a way to intervene and produce change. (T01) Of course, there is also a group of the most basic and oldest people, who were farmers in the early days. Most of these people are over 70 or 80 years old, and some are even in their 90s. I have actually been to a community where there was a 90-year-old grandmother who looked only 70 or 80 years old, and she was very flexible when doing exercises. Others would sit down to do it, but she would stand up to do it. (T13) I usually go to the park in front of me for a walk. I don't do anything in the morning. I go out for a walk at about 9 o'clock. I come back around 10 o'clock, eat and rest, and then go for a walk again at about 2 o'clock in the afternoon. I walk and sit there. I don't always walk a long distance, but it's about that. (T15)