

**Document S1: Interview guide**

- 1) How did you come to have a spinal cord injury?
- 2) What is a current typical day for you right now?
  - a. To what extent, if any, has your day/routine changed with the start of the COVID pandemic?
- 3) How do you typically move around? (clarify any questions based on demographics form e.g., prompt: In what circumstances if any, do you use mobility devices?)
  - a. How would you describe your ability to walk?

Prompt:

Category	Interpretation
Non functional ambulator	
Ambulator, dependent on physical assistance – Level 1	Indicates a patient who requires continuous manual contact to support body weight as well as to maintain balance or to assist coordination.
Ambulator, dependent on physical assistance – Level 2	Indicates a patient who requires an intermittent or continuous light touch to assist balance or coordination.
Ambulator, dependent on supervision	Indicates a patient who can ambulate on a level surface without manual contact of another person but requires standby guarding of one person either for safety or verbal cueing.
Ambulator, independent level surface only	Indicates a patient who can ambulate independently on a level surface but requires supervision to negotiate (e.g. stairs, inclines, nonlevel surfaces).
Ambulator, independent	Indicates a patient who can walk everywhere independently, including stairs.

- b. What effect, if any, has COVID had on your mobility in the community?
- 4) “Thinking about yourself, I would like you to give as many different answers as you can to the question, ‘Who am I?’
  - a. What are your interactions like with other people with spinal cord injury or other disabilities?
  - b. To what extent, if any, do you consider yourself to be a member of the spinal cord injury community?
  - c. What other communities, if any, do you feel like you are a member of?
- 5) There is an idea called ‘passing’ in which a person tries to alter the way they are perceived to help them fit in better.
  - a. What, if any, situations are there where you have tried to pass as someone without a disability/impairment?
  - b. What, if any, situations are there where you have tried to appear less able-bodied?

- 6) How would you describe your social life?
  - a. How satisfied are you with your social support?
  - b. To what extent do you feel included?
    - i. Optional: What have been your experiences with loneliness since your SCI?
- 7) What are some of the things in your environment that represent barriers for you?
  - a. What are some of the things in your environment that represent resources for you?
  - b. What are your experiences in terms of accessibility?
  - c. Have there been any additional barriers since the Covid-19 pandemic?
- 8) What, if any, financial barriers do you experience in the community?
  - a. How satisfied are you with your finances?
- 9) How well, if at all, do you feel your needs are currently being met?
  - a. How well were your needs being met before Covid-19?
  - b. What, if any, would you currently identify as some of your outstanding needs?
- 10) What, if any, formal programs are you involved in?
  - a. Are they SCI-specific?
  - b. What are your experiences with the x program?
- 11) What, if any, programs are you aware of but do not participate in?
  - a. What are your reasons for not participating?

Prompt eg: To what extent do you feel included/ welcome; feel that not using a wheelchair is a barrier to feeling included

- 12) What do you feel is working well for you right now?
  - a. What do you feel are some of your strengths?
- 13) What change would you like to see for people like yourself?