

SUPPLEMENT 1



Exploring family carers' and volunteers' experiences with Namaste Care in the home setting: a qualitative interview study in the United Kingdom and the Netherlands

Interview guide pilot study

Only for relatives/loved ones:

1. Does Namaste Care match the expectations you had before it started? **Follow-up question:** What did/did not meet your expectations? How do you feel about that?
2. Did you participate in a Namaste session? How many times have you personally provided a Namaste session? How many times did other people (and who are these other people?)
3. Has the Namaste Care Programme changed the contact between you and your loved one? If so, please elaborate. Have you seen effects on the contacts with others (for example between you/your relative and friends or other relatives)?
4. To what extent do you feel that the Namaste Care Programme is suitable for you and your loved one? Can you elaborate on that? **Follow-up question:** To what extent does the Namaste Care Programme match your personal norms and values, interests, beliefs and preferences? **If applicable:** Why is the programme less suitable for you/your loved one?

Namaste in practice

5. Can you tell me what a Namaste session generally looked like? **Ask follow-up questions about:** frequency, duration, time [fixed time vs. varying times], who carried out the programme, how did they do that, what kind of activities were offered, etc.
6. Did you encounter problems in carrying out Namaste Care? How did you handle these problems? What strategies worked, and what strategies seemed to be less effective?
7. To what extent do you apply elements from Namaste Care outside the sessions?
8. **Only for Volunteers If applicable:** How did you feel about relatives participating or not participating in the sessions? How did you like engaging relatives in performing the programme (ask about positive and negative aspects, the why and when)? How easy or difficult was it to have them help in the activities or to show what they could do during the session?
9. **Only for Volunteers:** How do you appreciate the interaction with the relatives of the person with dementia? How did you experience it? Have you experienced any problems with relatives of the person with dementia? If so, what happened and how did you handle it?

Experiences

10. **If applicable:** What was it like for you to give a Namaste session? What effect did it have on you and why? **Follow-up questions:** effects on mood, health, burden.
11. How do you think the person(s) with dementia experienced the Namaste session? How so? **Follow-up questions:** effects on mood, health, burden, behaviour.

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12. **Only for Volunteers** *If applicable*: How do you feel that the loved one of the person with dementia experienced participating in the Namaste Care Programme? Can you please explain?
13. Can you describe a situation during Namaste that you recall best as very positive? Can you also describe a negative situation? **Follow-up question**: What impressed most on you?
14. Can you describe a moment that you feel best reflects the effect of participation in the programme on the person with dementia?

Evaluation of Namaste Care and its specific aspects

15. How satisfied are you with Namaste Care? (grade 0-10, with 0 = not satisfied at all and 10 = the highest satisfaction possible) Can you elaborate?
16. In your opinion which elements of Namaste Care are most valuable, and why? Are there elements or activities that are you less satisfied with, and why? How could these be improved?
17. The Namaste Care Programme consists of a number of elements (music and scent in the room, personal greeting, screening for pain/making more comfortable, tasty snacks and drinks and offering these regularly, meaningful activities suitable for the person in question, thanking participant for being present). Have you added any elements to the programme? Were any activities or elements of Namaste Care offered or delivered differently? Why did you decide to do that?
18. What in your opinion are advantages and disadvantages of the Namaste Care Programme? (**Start with open question, followed by question about advantages/ disadvantages specifically for person with dementia and family carer**). What could we do about those disadvantages?
19. Would you recommend the programme to other family carers and people with dementia? (grade 0-10, with 0 not recommend at all and 10 highest recommendation possible) Why the positive/negative recommendation?
20. *If applicable*: What is your opinion of the Namaste Care training and the information material we provided to you? Do you have any suggestions for us regarding the training and/or the information materials?

Soliciting for suggestions for improved future implementation

21. Whom do you feel the Namaste Care Programme is most suitable? Is it for everybody? Who do you think it is not suitable for and why?
22. What in your opinion is essential to (continue to) successfully offer the Namaste Care Programme to people with dementia who live at home in the future?
23. What would the Namaste Care Programme look like in ideal circumstances in your opinion? Is there anything you would change compared to what it is like now?