

## Journeying through Dementia Participant Interview Schedule

Interview questions	Prompts
1. Firstly tell me a little bit about yourself	<ul style="list-style-type: none"> <li>- Home, family, friends, employment</li> <li>- Interest, groups, volunteering etc.</li> </ul>
2. Since your diagnosis how do you think this has changed your life? OR how has life changed for you since your diagnosis?	<ul style="list-style-type: none"> <li>- Has anything changed? e.g. lifestyle, activities, people around them</li> <li>- Ways of coping/ways to cope</li> </ul>
3. You volunteered to be involved in Journeying through Dementia – why did you do this?	<ul style="list-style-type: none"> <li>- Meet similar people</li> <li>- Share experience</li> <li>- Learn something</li> </ul>
4. What did you hope to get out of it?	<ul style="list-style-type: none"> <li>- Did you get anything out of it?</li> <li>- Did it meet expectations?</li> </ul>
5. You met with (name of the facilitator), on your own a few times (and with supporter) can you tell me about this <ul style="list-style-type: none"> <li>- How was the first session, introduction to the programme</li> <li>- Other 1-1s?</li> </ul>	<ul style="list-style-type: none"> <li>- What happened at the session (use prompts)</li> <li>- What did you do in them?</li> <li>- Could they have done anything different</li> <li>- What did you get out of them?</li> <li>- What do think was good about them?</li> <li>- Was anything not so good?</li> </ul>
6. What about the facilitators (names), how did they run things?	<ul style="list-style-type: none"> <li>- What they did and How they did it</li> <li>- Atmosphere</li> <li>- Assistance/support</li> </ul>
7. Can you tell me a bit about the group you were in?	<ul style="list-style-type: none"> <li>- Venue, access, facilities</li> <li>- Group size and mix of people</li> </ul>
8. What sort of things did you do together?	<ul style="list-style-type: none"> <li>- Topics covered, Activities and outings</li> <li>- Sharing experiences, Learning</li> <li>- Interesting/helpful</li> <li>- Not relevant</li> <li>- Do you have any other ideas of things people would have liked to cover</li> </ul>
9. How did you feel about doing these things as a group?	<ul style="list-style-type: none"> <li>- What made you try these activities?</li> <li>- Did you try anything new?</li> <li>- Would you have tried these activities if you hadn't been involved in the group? If not, why is that?</li> </ul>
10. What made you keep going to the group?	<ul style="list-style-type: none"> <li>- Were there any things that made you not want to go to the group or a particular meeting? (Explore difference between not able to attend and not wanting to go)</li> <li>- How do you think we can help other people to take part?</li> </ul>
11. Was there any opportunity for you and other people to contribute to the group? In what way/how?	<ul style="list-style-type: none"> <li>- Were you able to give advice to other people in the group?</li> <li>- Share your experiences?</li> </ul>
12. Do you think you'll continue to do any of the activities you tried? Or are you going to try something new?	<ul style="list-style-type: none"> <li>- What might help you to do this?</li> <li>- What might make this difficult?</li> </ul>
13. In what ways do you think taking part in the group and any individual sessions has changed the way you feel about yourself?	<ul style="list-style-type: none"> <li>- Do you feel any different?</li> <li>- Has anything changed in what you do? e.g. decision making/lifestyle/activities/ friendships/ loneliness/confidence</li> <li>- If so, why do think that might be?</li> </ul>

## Journeying through Dementia Facilitator Interview Schedule

Interview questions	Prompts
1. What has it been like for you to take part in the JtD programme? Did it meet your expectations?	<ul style="list-style-type: none"> <li>- Positive/negative experience</li> <li>- Did it meet your expectations after receiving the training and putting it into practice? In terms of your role? Approach and content of JtD</li> </ul>
2. You attended some training for JtD, what was that like? Did you feel the training provided equipped you to deliver the programme?	<ul style="list-style-type: none"> <li>- Covered relevant topics</li> <li>- Style and format of training</li> <li>- Trainers</li> </ul>
3. You also had regular supervision sessions, what did you think about these?	<ul style="list-style-type: none"> <li>- Format of the supervision</li> <li>- Frequency</li> <li>- Quality of advice/ did you find it helpful/unhelpful?</li> <li>- Peer support</li> </ul>
4. What was it like delivering the group(s)?	<ul style="list-style-type: none"> <li>- Organising/Facilitating</li> <li>- Managing group dynamics</li> <li>- Administration of groups/one to ones</li> <li>- Difference from first to second group if delivered more than one</li> </ul>
5. How useful did you find the programme materials?	<ul style="list-style-type: none"> <li>- Manual</li> <li>- Example activities/ worksheets</li> <li>- In what ways were they useful/not useful?</li> </ul>
6. Tell me about what it was like working with your fellow facilitator(s)?	<ul style="list-style-type: none"> <li>- Allocating work – how that worked in practice</li> <li>- Leadership – did a leader role emerge?</li> <li>- What’s been helpful, not so helpful?</li> </ul>
7. What practical support/facilities do you think is required to deliver the programme?	<ul style="list-style-type: none"> <li>- Funding, materials, venues, transport</li> <li>- What else might have been helpful?</li> </ul>
8. What was your experience of accessing and working with the community, for example for outings or organising speakers?	<ul style="list-style-type: none"> <li>- Accessibility (travelling and suitability for people living with dementia)</li> <li>- Availability, Costs</li> </ul>
9. Apart from the groups you also delivered some 1-1 sessions; how useful were they?	<ul style="list-style-type: none"> <li>- What was it like arranging the appointments?</li> <li>- How did you feel about doing these sessions?</li> <li>- What did the participants get from these sessions? Did they engage with them?</li> <li>- Example of topics discussed?</li> <li>- What did you get from these sessions</li> </ul>
10. Looking back ( <i>across groups or within one group</i> ) how do you think you have changed the way you deliver the JtD programme?	<ul style="list-style-type: none"> <li>- What has changed, if anything</li> <li>- Why do you think this is?</li> </ul>
11. Do you feel the intervention has had any impact on participants?	<ul style="list-style-type: none"> <li>- Examples - Positive or negative</li> <li>- Why do you think this is?</li> </ul>
12. Tell us about ending the programme for the group	<ul style="list-style-type: none"> <li>- How did you say goodbyes and how was this?</li> <li>- Did the groups make any plans to carry on in anyway?</li> </ul>
13. How do you think taking part in this trial and the JtD programme has impacted on you as a clinician?	<ul style="list-style-type: none"> <li>- Ethos/mind-set</li> <li>- Clinical practice/approach to care</li> <li>- Anything else?</li> </ul>

**Journeying through Dementia  
Carer Interview Schedule**

<b>Interview questions</b>	<b>Prompts</b>
14. Firstly tell me a bit about yourself	<ul style="list-style-type: none"> <li>- Home, family, friends, employment</li> <li>- Interest, groups, volunteering etc.</li> </ul>
15. Since [name] received their diagnosis how do you think this has changed your lives? OR how have your lives changed since [name] received their diagnosis	<ul style="list-style-type: none"> <li>- Has anything changed? e.g. lifestyle, activities, people around them</li> <li>- Ways of coping</li> </ul>
16. You volunteered to be involved in this programme with [name] – why did you do this?	<ul style="list-style-type: none"> <li>- Expectations</li> <li>- Did you get anything out of it?</li> </ul>
17. What did you hope to get out of it for you and [name]?	<ul style="list-style-type: none"> <li>- Did you or [name] get anything out of it?</li> <li>- Did it meet expectations?</li> </ul>
18. How did you feel about taking part in Journeying through Dementia? You had the option to attend 3 of the group meetings. What was this like?	<ul style="list-style-type: none"> <li>- Was it good or bad?</li> <li>- What sorts of things did you do at the meetings?</li> <li>- How did they make you feel?</li> <li>- What sorts of things kept you and [name] going to the group or not? If didn't attend, why not?</li> <li>- How do you think we can help other people to take part?</li> </ul>
19. Can you tell me a bit about the group you were involved with? What sort of things did they do? topics/issues?	<ul style="list-style-type: none"> <li>- Venue, access, facilities</li> <li>- Topics covered</li> <li>- Do you have any other ideas of things people would have liked to cover</li> <li>- Activities/outings</li> <li>- Group size and mix of people</li> <li>- Dementia mix</li> </ul>
20. How did you feel about [name] doing these activities?	<ul style="list-style-type: none"> <li>- What made them try these activities?</li> <li>- Did you try anything new?</li> <li>- Would [name] have tried these activities if they hadn't been involved in the group? If not, why is that?</li> <li>- Would you have tried the activities?</li> </ul>
21. What about the facilitators, [names], how did they run things?	<ul style="list-style-type: none"> <li>- What they did and how they did it</li> <li>- Atmosphere</li> <li>- Assistance/support</li> </ul>
22. [Name] also had some 1-1 sessions with [name of facilitator]. Could you tell me about these?	<ul style="list-style-type: none"> <li>- What were these sessions like for them</li> <li>- What did they do in them</li> <li>- How did [name] feel about doing them</li> <li>- What did they get out of them</li> <li>- What do you think was good about them</li> <li>- Was anything not so good?</li> </ul>
23. Do you think you and [name] will continue to do any of the activities you tried in the 1-1 or group? Or are you going to try something new?	<ul style="list-style-type: none"> <li>- What might help you both to do this?</li> <li>- What might make this difficult?</li> </ul>
24. In what ways do you think taking part in the group and the 1-1's has changed the way [name] feels about themselves? And yourself?	<ul style="list-style-type: none"> <li>- Do you feel any different?</li> <li>- Has anything changed in what you do? e.g. decision making/lifestyle/activities/friendships/loneliness/confidence</li> <li>- If so, why do think that might be?</li> </ul>