

Supplementary Material

Caregiver Response to an Online Dementia and Caregiver Wellness Education Platform

Supplementary Table 1. Trualta™ Caregiver Modules and Associated Category

Brain Health (Including Expert Level Content)	
Introduction to Aging and Dementia (W, A)	Sleep & Dementia (W, A)
Understanding behavior change (W, A)	Dementia and Assisting with Dressing (W, A)
Wandering. (W, A)	Eating and Appetite Concerns (W, A)
Delirium, Depression, and Apathy (W, A)	Palliative and Hospice Care (W, A)
Agitation & Anxiety (W, A)	Delirium: Signs & Symptoms (W, A)
Verbal & Physical Aggression (W, A)	Transitioning from Hospital to Home (W, A)
Communication and Dementia (W, A)	Asking the Right Questions (W, A)
Sexuality and Dementia (W, A)	Surgery: Cognitive and Memory Changes (W, A)
Consent: Dementia and Sexuality (W, A)	Build Relationships with Reminiscence (W, A)
Advance Care Planning (W, A)	Keeping Hands and Minds Busy: Baskets and Other (W, A, V) Rummaging Inspiration
Sensory Stimulation: Using the 5 Senses to Create Meaningful Moments (W, A)	Living with a Purpose: Involving Your Loved One in Daily Tasks (W, A)
Hallucinations (W, A)	Hoarding and Hiding (W, A)
Care Chat: Driving & Dementia (W)	Teepa Snow: Dementia Care Provisions (V)
Teepa Snow: The Art of Caregiving (V)	Teepa Snow: PAC Skills Make the Difference (V)
Teepa Snow: Become a Better Detective (V)	
Personal Care	
Toileting & Incontinence (W)	Denture Care Tips (W, A)
Shaving (W, A)	Managing Pain in Older Adults (W, A)
Showering (W, A)	Managing Medication at Home (W, A)
Oral Care (W, A)	Healthy Joints (W, A)
Skin Care (W, A)	Healthy Bones (W, A)
Helping with Daily Tasks Around the Home (W, A)	Preventing Colds, Flus and Respiratory Infections (W, A)
Power of Attorney (W)	
Safety & Injury Prevention	
Moving & Transferring (W, A)	Urinary Tract Infections (W, A)
Moving Techniques (W, A)	Dementia-Friendly Interior Design (W)
Transferring from a Bed to a Chair (W, A)	Safety Tips When Caring (W)
Home Safety Dementia & Injury Prevention (W, A)	Elder Abuse (W, A)
Home Safety: Fall Hazards (W, A)	Aging & Nutrition (W, A)
Fall Prevention at Home (W)	Financial Safety: Avoiding Scams (W, A)
Pressure Injuries (W, A)	Reducing Medication Risks (W, A)
Kitchen Safety with Mid-Stage Dementia (V)	
Caregiver Wellness	
Balancing Work & Caregiving (W, A)	Assert Yourself and Ask for Help!(W, A)
Temporary Relief (W, A)	Caregiver Anger and Frustration (W, A)
Caregiver Guilt (W, A)	Effective Self-Care (W, A)
Energy Conservation (W, A)	Relax & Unwind Together (W, A)
Teepa Snow: Finding Strength Through Difficult Changes (V)	Good Morning Stretches (W, V)
Reducing Social Isolation with Technology (W, A)	Outdoor Activities to Enjoy Together (W, A)
Reframing Negative Thoughts (W, A)	
Alzheimer's Music Connect*	
Country (A)	Big Band Medley (A)
Vocal Standards (A)	

W, written; A, audio; V, video

Supplementary Table 2. Zarit Caregiver Burden items at pre- and post-30-day online training (n=55)

Stem: Do you feel...	Pre-training <i>M</i> (SD)	Post-training <i>M</i> (SD)
Feel that because of the time you spend with your relative, you do not have time for yourself?	2.41 (1.07)	2.22 (.81)
Stressed between caring for you relative and trying to meet other responsibilities for your family or work?	2.29 (1.06)	2.25 (.99)
Angry when you are around the person you care for?	1.17 (.85)	1.18 (.72)
That your relative currently affects your relationship with other family members or friends in a negative way?	1.32 (1.04)	1.30 (1.00)
Strained when you are around the person you care for?	1.69 (1.02)	1.65 (1.02)
Your health has suffered because of your involvement with the person you care for?	1.72 (1.15)	1.63 (1.12)
That you do not have as much privacy as you would like, because of the person you care for?	1.64 (1.31)	1.35 (1.11)
That your social life has suffered because your caregiving?	2.31 (1.21)	2.30 (1.19)
You have lost control of your life since the illness of the person you care for?	1.97 (1.22)	1.84 (1.21)
Uncertain about what to do about the person you care for?	1.59 (1.04)	1.38 (.85)
You should be doing more for your relative?	2.05 (.97)	1.71 (.99)
You could do a better job in caregiving?	2.08 (.84)	1.93 (.86)

Supplementary Table 3. Carer Experience Scale item frequency from pre- and 30-day post-online training (n=55)

Outcome	Pre-training % (n)	Post-training % (n)
<i>Activities outside of caring</i>		
Can do most of the other things you want to do outside caring	25.9 (15)	25.5 (14)
Can do some of the other things you want to do outside caring	39.7 (23)	38.2 (21)
Can do few of the other things you want to do outside caring	34.5 (20)	36.4 (20)
<i>Social support</i>		
Get a lot of support from family and friends	16.9 (10)	16.4 (9)
Get some support from family and friends	44.1 (26)	47.3 (26)
Get little support from family and friends	39.0 (23)	36.4 (20)
<i>Institutional support</i>		
Get a lot of assistance from organizations and the government	7.0 (4)	7.4 (4)
Get some assistance from organizations and the government	33.3 (19)	31.5 (17)
Get little assistance from organizations and the government	59.6 (34)	61.1 (33)
<i>Fulfilment from caring</i>		
Mostly find caring fulfilling	42.4 (25)	41.8 (23)
Sometimes find caring fulfilling	37.3 (22)	45.5 (25)
Rarely find caring fulfilling	20.3 (12)	12.7 (7)
<i>Control over caring</i>		
Control most aspects of the caring	64.4 (38)	63.6 (35)
Control some aspects of the caring	25.4 (15)	29.1 (16)
Control few aspects of the caring	10.2 (6)	7.3 (4)
<i>Getting on with the care recipient</i>		
Mostly get on with the person you care for	86.4 (51)	89.1 (49)
Sometimes get on with the person you care for	8.5 (5)	9.1 (5)
Rarely get on with the person you care for	5.1 (3)	1.8 (1)

Supplementary Table 4. Neuropsychiatric Inventory Questionnaire (NPIQ) at pre- and 30-day post-online training

Neuropsychiatric symptom	<i>n</i>	Severity		Distress	
		Pre-training <i>M</i> (SD)	Post-training* <i>M</i> (SD)	Pre-training <i>M</i> (SD)	Post-training <i>M</i> (SD)
Delusions	16	2.00 (0.52)	1.56 (0.63)	3.75 (1.07)	3.31 (0.87)
Hallucinations	11	1.82 (0.75)	1.55 (0.52)	3.82 (0.98)	3.45 (0.93)
Agitation/aggression	27	2.11 (0.64)	2.07 (0.62)	4.15 (0.99)	3.93 (0.87)
Depression/dysphoria	18	1.94 (0.64)	1.83 (0.62)	3.44 (0.92)	3.39 (0.69)
Anxiety	23	2.26 (0.45)	2.09 (0.60)	3.61 (0.89)	3.87 (1.01)
Elation/Euphoria	2	2.00 (0.00)	2.00 (0.00)	3.33 (2.08)	3.00 (1.00)
Apathy/indifference	33	1.91 (0.72)	2.03 (0.68)	3.21 (1.08)	3.30 (0.98)
Disinhibition	16	2.19 (0.75)	1.94 (0.77)	3.25 (1.13)	3.38 (1.01)
Irritability	21	2.29 (0.72)	2.05 (0.59)	3.86 (0.91)	3.76 (1.04)
Motor disturbance	16	2.06 (0.57)	1.94 (0.57)	3.44 (1.23)	3.61 (1.04)
Nighttime behaviors	18	2.17 (0.62)	2.06 (0.64)	3.61 (1.04)	3.17 (1.20)
Appetite	23	1.91 (0.67)	1.96 (0.64)	2.96 (1.04)	3.00 (1.25)