

Appendix 3: Interview guide at 4-6 weeks following hospital discharge

Stage in the critical illness journey	Examples of general questions	Examples of “prompts and probes”
Hospital discharge	The last time we spoke, you were just about to be discharged home from hospital. How did that go?	Did your getting home go according to plan? Any snags or hold-ups? Anything you wish you’d known/asked about before you left hospital? Were your medications explained to you?
Early home life	How did you get on when you first got home?	Some people find the first few weeks at home a bit of a challenge... You said just before you left hospital that you expected to be/need..... Can you tell me about the types of issues you’ve been faced with since you got home and how you’ve dealt with them? Has anything been a bit of a surprise to you?
	And how have you been <i>since</i> then?	What are the main issues for you at the moment? What kind of things have you been able to do in order to try to get back to normal?*
	How have things been with family and friends?	How much better do you think you’ll get? How long do you think it might take you to get better/back to where you were before this happened?
	Before you left hospital, you were told you would receive (mobility aid/home adaptation/social care) *. Before you left hospital, you were told you would be referred to (e.g. specialist, out-patient or community-based services).How has that worked out for you?	Serious illness often brings people together, but it can also be a very difficult time for families... What kind of help or support have you needed from family and friends? How have you felt about receiving those types of help or support? Have you been able to talk about things?
	Have you been in contact with your GP or any other healthcare staff since you got home?	Did everything happen as planned/expected? How useful has your mobility aid/home adaptation/social care arrangement been? What were you or your family able to do, if things weren’t happening as planned? Looking back, is there anything else which would have been helpful to you?
		How did that go? To what extent do you think they knew or understood what you’ve been through? How important is it to you that they understood how ill you’d been?

*In the RECOVER intervention group, we will ask about the utility and perceived importance of the rehabilitation assistants’ recommendations and the ICU Recovery manual in terms of explaining common sequelae and managing the recovery process (informational and instrumental needs). We will also ask about the perceived importance of the rehabilitation assistants’ follow-up phone call and any intervention as a consequence of that (instrumental needs).