

### Focus group questions

Below are the questions for conducting the focus groups, based on 4 research domains:

#### Research domains:

1. Activities of caregivers in providing care;
2. Use of resources in informal care;
3. The relationship between the informal and formal systems shown on the model of informal care;
4. Problems and opportunities for the development of informal care

The following questions emerged from the mentioned domains:

#### Q0: Introduction of participants (providers and recipients of informal care)

**Q0a.** Please introduce yourself: where you live, gender, age, marital status, level of education, work status...

**Q0b.** Can you tell us something about the person you care for?

(How is the person you are caring for related to you? What is the illness of the person you are caring for? Is the person mobile/immobile? How long have you been caring for this person?)

#### Q1: Activities of caregivers in providing care

**Q1a.** What does your day look like? What do you do for the person you care for during the day?

**Q1b.** Is anyone else involved in caring for this person?

**Q1c.** How much time do you spend apart from the person you care for?

#### Q2: Use of resources in informal care

**Q2a.** Has anyone taught you how to care for the person you care for?

**Q2b.** What do you need in terms of equipment (medicines, medical aids (trolleys, beds, crutches) and consumables (diapers, catheters, masks, gloves, bandages)

**Q2c.** Did you have to pay for it yourself or how was it provided to you (perhaps borrowed, given to use)?

#### Q3: The relationship between the informal and formal systems shown on the model of informal care

**Q3a.** Can you describe to us what cooperation with the healthcare and social care system looks like? (family medicine doctor, community nurse and other outpatient services as well as with the services provided within social care system)

**Q3b.** What do you currently receive from them (financial compensation, psychosocial support, personal assistants/geronto-housekeepers...)?

#### Q4: Problems and opportunities for the development of informal care

**Q4a.** What do you miss in the current system? (Where are the problems; What can be improved)