

SUPPLEMENTARY FILE 2

An overview of the SMP-DSI training programme

The SMP-DSI training programme was developed as a longitudinal training and coaching programme, aiming to support the individual to develop feasible solutions and inviting reflection on recent successful behaviour. Interwoven in each group training, nurses were made aware of DSI-specific issues.

Nurses received nine training sessions that were spread over a period of 5 months, parallel to the intervention period and divided into three consecutive rounds, totalling 16.5 hours. Each round consisted of three successive sessions: (1) a 3-hour group training session, (2) 1 hour of individual coaching and (3) 1.5 hours of group supervision, with a 2-3 weeks interval between each session. Nurses were asked to practice the SMP-DSI at least once during the 2-3 weeks interval with the older adult(s) they were linked with, and to fill in an intervention and coaching diary. The group training sessions focused on the knowledge and skills required by the nurses to use the SMP-DSI. In the individual coaching sessions, the trainer invited the nurse to reflect on and evaluate her own behaviour during the interactions with the older adult when offering the SMP-DSI. In group supervision sessions, nurses shared their successes and goals. Table 2 lists the key questions of the coaching diary, and Table 1 gives an overview of the content of training programme.

Training of the trainers. During the 5-month training and intervention period, the trainers participated in three group supervision sessions of 1.5 hours each, led by a professional coach of licensed practical nurses. Special emphasis was given to the individual coaching approach for nurses. Trainers were asked to start each individual coaching session with a question similar to the first question of the coaching diary: ‘When looking back on your interview with the older adult, what are you happy about, about what you did yourself?’ and to invite the nurses to reflect on their interactions with the older adult using three questions: (1) What did you observe in the older adult? (2) How did you align your behaviour? (3) What was the effect of your behaviour on the older adult? The third question could be completed by asking the nurse what

she would do differently (identical to step 5 of the SMP-DSI—see table 1) and what alternative actions she could think of (identical to step 2 of the SMP-DSI).

Table 1. Overview of the training programme

Round 1

Session 1 Group training

<i>Activity 1</i>	Introduction - *Identification of problems and needs related to DSI
<i>Activity 2</i>	Training overview and responsibilities
<i>Activity 3</i>	Identification of self-management in personal life
<i>Activity 4</i>	Introduction of the 5 steps structure of the SMP-DSI
<i>Activity 5</i>	*Experiencing/simulating being dual sensory impaired
<i>Activity 6</i>	*Exercising how to adjust to the communicative needs of DSI older adults
<i>Activity 7</i>	Exercising step 1 Problem Identification and step 2 Alternatives
<i>Activity 8</i>	Home assignments (<i>communication adjustment</i> ; SMP-DSI)
<i>Activity 9</i>	Identifying personal learning goals

Session 2 Individual coaching

<i>Activity 1</i>	Feedback- training overview and responsibilities
<i>Activity 2</i>	Feedback -home assignments (<i>communication adjustment</i> ; SMP-DSI)
<i>Activity 3</i>	Identifying personal learning goals

Session 3 Group supervision

<i>Activity 1</i>	Exchange of experiences
<i>Activity 2</i>	Identifying personal learning goals

Round 2

Session 4 Group training

<i>Activity 1</i>	Feedback/ SMP-DSI
<i>Activity 2</i>	Practicing step 3, support in making an action plan
<i>Activity 3</i>	SMP-DSI in complex situations
<i>Activity 4</i>	*Practicing how to open up information for DSI older clients
<i>Activity 5</i>	Practicing step 3 Plan and step 5 Evaluation
<i>Activity 6</i>	Home assignments (SMP-DSI)
<i>Activity 7</i>	Identifying personal learning goals

Session 5 Individual coaching

- Activity 1* Feedback - home assignments
Activity 2 Identifying personal learning goals

Session 6 Group supervision

- Activity 1* Exchange of experiences
Activity 2 Identifying personal learning goals

Round 3*Session 7 Group training*

- Activity 1* Feedback/SMP-DSI steps/shared decision making
Activity 2 Self-management- key issues
Activity 3 Traps when using SMP-DSI
Activity 4 *Experiencing ADL and IADL needs of DSI older adults
Activity 5 *Environmental alterations to meet DSI-needs
Activity 6 Practicing the SMP-DSI in challenging situations
Activity 7 Identifying personal learning goals

Session 8 Individual coaching

- Activity 1* Feedback - home assignment
Activity 2 Identifying personal learning goals

Session 9 Group supervision

- Activity 1* Exchange of experiences
Activity 2 Closing

**Specific dual sensory impaired related training*

ADL = activities of daily living; IADL = instrumental activities of daily living