

**Full trial outcomes:**

All homecare workers will complete:

- **Work-related Strain Inventory** comprises 18 items, each scored on a 4-point response scale, ranging from Does not apply to me (1) to Does apply to me (4). Total scale scores range from 18 to 72. The WRSI can be completed in 5 minutes, has satisfactory internal (0.85 to 0.9) and test-retest reliability (0.63) and convergent validity.[15]
- **Sense of Competence in Dementia Care Staff** asks staff 17 questions to find out about how able they feel to deliver person-centred care. It asks, for example, how well they feel they can *understand the feelings of a person with dementia or engage a person with dementia in a conversation*. This scale has been shown to have good internal consistency (Cronbach's alpha=0.91) and test-retest reliability (0.74).[17]

People living with dementia will be asked to complete:

- **The Dementia Quality of Life (DEMqOL)** is a 28-item questionnaire measuring quality of life in people living with dementia. DEMqOL has been shown to have good internal consistency (Cronbach's alpha=0.87), test-retest reliability (0.84) and moderate convergent validity [16]
- **Home Care Satisfaction Measure** provides an overall homecare satisfaction score and subscale scores for five common services on a 0-100 scale (home health aide scale). This scale has high internal consistency, test-retest validity (ranging between 0.68 and 0.88) and substantial concurrent validity.[18]

Proxy measure for people living with dementia will be completed by their family carers and the homecare worker who works most closely with the client:

- **The Dementia Quality of Life (DEMqOL) proxy** is a valid and reliable measure of quality of life in people living with dementia in the last week which is completed with carers. It is a 31-item interviewer-administered questionnaire with good internal consistency (Cronbach's alpha=0.87), test-retest reliability (0.75) and moderate convergent validity [16]
- **Disability Assessment for Dementia scale (DAD)** is a standard measure of functional independence (basic and instrumental activities of daily living). Content validity of DAD has been established as well as internal consistency (Cronbach's alpha>0.8) and excellent inter-rater ( $r=0.95$ ) and test-retest reliability ( $r=0.96$ ).[19]
- **The brief Neuropsychiatric Inventory Scale (NPI-Q)** is a 12 domain survey assessing neuropsychiatric symptomatology. The NPI-Q provides symptom Severity and Distress ratings for each symptom reported, and total Severity and Distress scores reflecting the sum of individual domain scores. This scale has shown test-retest reliability ( $r>0.8$ ) and adequate convergent validity.[20]

Family carers will be asked to proxy-complete:

- **Adapted version of the Client Services Receipt Inventory (CSRI)** records health and social care resource utilisation including homecare, hospitalisations, respite and all-cause time to transition from home to an institution.[21]
- **Home care satisfaction measure** (home health aide scale)[18]

### CONSORT Flow Diagram

(<http://www.consort-statement.org/>)

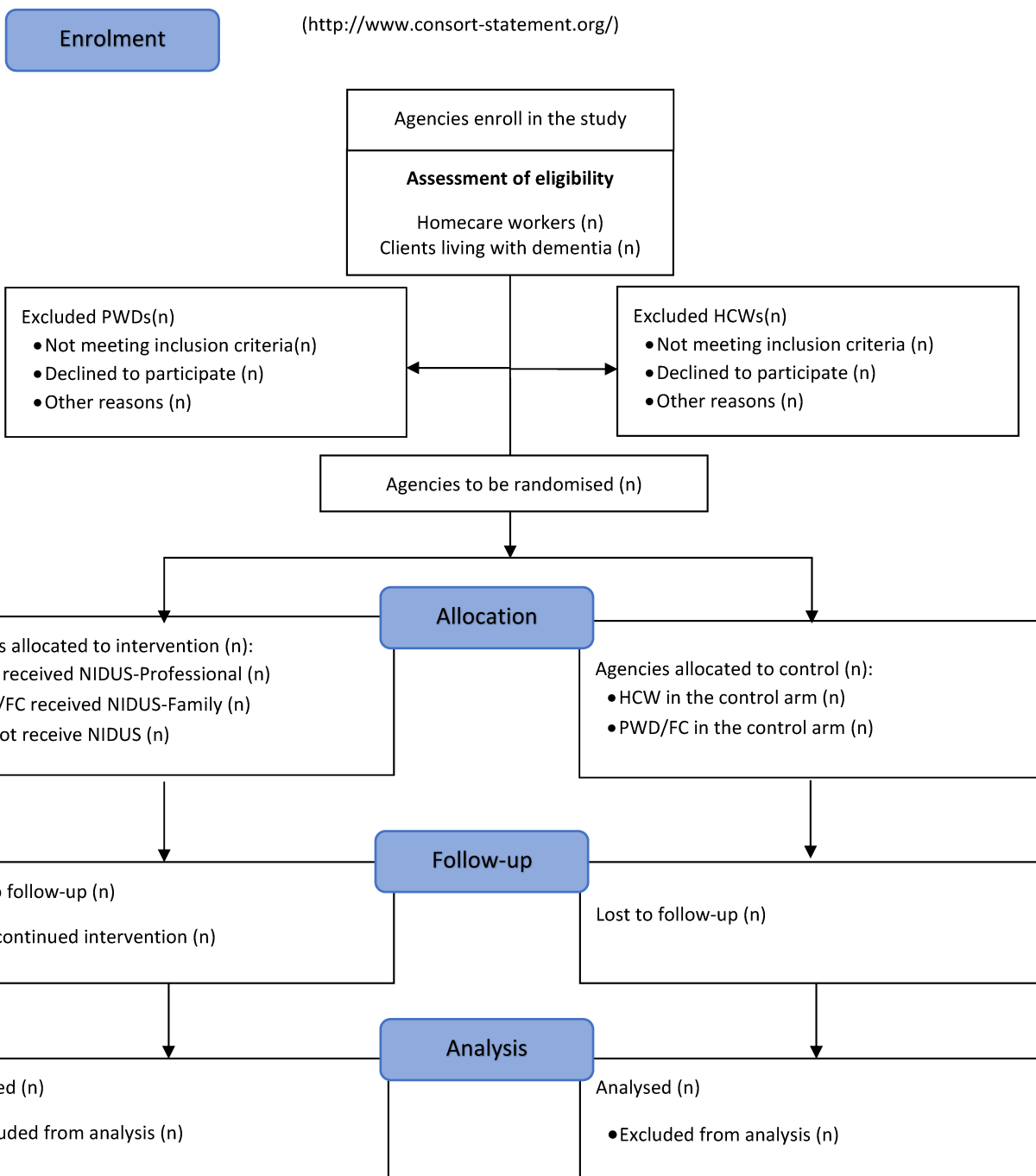


Table 1. Schedule of Assessments

	Screening and baseline (Pre-treatment assessment)	Intervention phase					Follow up	Optional qualitative interview
Visit No:	1	2	3	4	5	6	7	8
Window of flexibility for timing of visits:		+/- 2 weeks	+/- 2 weeks	+/- 2 weeks	+/- 2 weeks	+/- 2 weeks	+/- 4 weeks	+/- 2 weeks
Informed Consent	x							
Eligibility confirmation	x							
Baseline assessment (Self report questionnaires)	x							
Randomisation	x							
Training intervention		x	x	x	x	x		
6 month follow up assessment (self-report questionnaires)							x	
Optional qualitative interview								x
Adverse Events review	X	X	X	X	X	X	X	
Concomitant Medication review (if applicable)	X	X	X	X	X	X	X	