

Participants

This interview schedule is for **participants** in the DAPA trial and has been designed on the basis of analysis done on 3 observations of the DAPA exercise classes, 15 exploratory interviews with participants, their carers and physiotherapists. The questions are focused on three emerging themes which have been used to code the transcripts which are: Exercise, Burden and The elephant in the room.

Exercise	This is used when participants, carers or physio's talk about their experiences of doing the exercises, delivering the exercise intervention and perceived impact (or lack of) of the intervention.
Burden	Burden is used where a participant, carer or physio's talks about the (lack of) burden due to participating in the trial, daily life and or delivering the intervention.
The elephant in the room	Used when participants, carers or physio's talk about or fail to talk explicitly about Dementia, Alzheimer's or any other formal diagnosis. May be used to highlight where euphemisms like 'memory problems' are used in their place (or in addition to) formal diagnosis.

- Do you like going to the exercise classes?

Prompts: what do you like about them, what don't you like, what's your favourite part, what do you like least, what do you find easy/difficult?

- How do you feel during the classes?
- How do you feel after the classes?

Prompts: what do you do afterwards if you feel tired/full of energy/normal

- How do you get to the classes

Prompts: is it difficult, easy, no problem, a worry?

- If you were able to change some things about the class what would they be?
- Can you tell me what your day-to-day like was like before you started the DAPA classes?

Prompts: how did you get around, did you do regular activities/exercises? Were you busy enough, wanted to do more, bored?

I would now like to ask you about why you think you are taking part in the exercise classes

- Can you tell me why?

Prompts: some older people have memory problems, do you have memory problems, and do you think you have Dementia or Alzheimer's?

- If patient acknowledges their diagnosis and ask: Can you tell me what your main symptoms are?

- How do they impact on your day-to-day life?

Prompts: how do you manage your symptoms with close family and friends, acquaintances, in the exercise class, in public and with strangers?

- Would you mind if the people instructing you in the class talked about the fact that everyone is having memory problems?

- Do other people say to you that you are repeating yourself or that they have already told you something that you have no memory of?

Prompts: how does that make you feel when that happens? Would you rather people didn't bring your attention to your memory problems or is it helpful? Do you find it embarrassing?

- Do you think that the exercise classes will make you physically fitter?

Prompts: in what way, how would you know if you were fitter?

- If you were to become fitter would your day-to-day life change in anyway

Prompts: is there anything you would like to do that you are currently unable to?

- Do you think that the exercise classes can help with your memory?

Prompts: how would you know if your memory had improved?

- Do you think that the exercise classes can help with your sense of well-being?

Prompts: how would you judge if your well-being had improved?

- What are your hopes for the future?

Carers

This interview schedule is for **carers** in the DAPA trial and has been designed on the basis of analysis done on 3 observations of the DAPA exercise classes, 15 exploratory interviews with participants, their carers and physiotherapists. The questions are focused on three emerging themes which have been used to code the transcripts which are: Exercise, Burden and The elephant in the room.

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- How did you get involved in the trial?
has it been a burdensome process, are you happy to be involved
- Can you tell me about you and your partner's activity levels before taking part in the trial? *What was a typical day/week like?*
- What does it mean to you to be involved in the trial?
- How do you cope with your loved one's dementia?
Day to day, week to week, planning for the future, do you talk openly about the disease, in public, in private, with friends and family
- What separates a good day from a bad day?
- Do you think the exercise is having any effect on your wife/husband
How tired are they, what do they do after the class or the next day
- Do you think you will manage to do exercise after the exercise classes stop? *If not why, if so, how?*
- Thinking about the classes is there anything about them that you would change about them

- Would you be comfortable if it was someone other than a physio leading the exercise class an exercise instructor for example?
- Is there anything else you think we should know?

Physiotherapists

- Could you describe your role in the DAPA trial
- How did you come to be part of the DAPA team
- Can you tell me about your previous experiences of running classes
- How does running classes with dementia patients differ to working with other groups?
- Tell me about how you learnt the protocol

Prompts: what about any specific training given around Dementia, did you learn anything new about Dementia?

- How would you describe your approach to this patient group, does it differ from other patients that you have worked with, how?
- Do you speak directly with participants about the fact that they have dementia?

Prompts: if not why,

Moving on now to talk about your experiences with participants in more detail

- Could you please describe the symptoms of dementia that you have encountered so far?
- Thinking about times when you have encountered them, how have you reacted?
- Would you like to react differently in the future?
- Which symptoms most interfere with compliance with the intervention

Prompts: how do you negotiate them?

- What effect do you think the intervention will have on participants?
- How can you tell if a patient is working hard enough, what have you done if they are not, or what do you imagine doing if they are not?

Moving on now to talk about your experiences with participants carers

- How much and what sort of contact have you had with carers so far

Prompts; do they seek your advice/support?

- Do carers talk openly about participants condition

How and in what way?

Moving on now to talk about follow ups

- Have you done any? What were they like?
- Do you think the intervention will get a positive result
- Do you think your participants might deteriorate
- How do you think you will react if they have at 6 months