Supplementary Material

A Conceptual Model to Improve Care for Individuals with Alzheimer's Disease and Related Dementias and Their Caregivers: Qualitative Findings in an Online Caregiver Forum

Supplementary Table 1. Frequencies of themes, sub-themes, and codes.

Themes, Sub-themes and Codes	Code Frequency
1. Individual with ADRD	
1a. ADRD effect on individual with ADRD	
Capabilities and functioning	114
Stage and/or diagnosis of ADRD	65
1b. Health and medications of individual with ADRD	
Pharmacotherapy	49
Confounding illness	40
Hospitalization	11
2. Caregiver	
2a. Handling of the caregiving role and support within it	
Information support	196
Emotional support	182
Emotions associated with caregiving	74
Spirituality/Religion	52
Emotions associated with loss	40
Self-care	34
Prescence of offline social support	12
Coping techniques	11
2b. Effects of caregiving on the caregiver	
Caregiver burden	73
Caregiver: physical and mental health	34
Life balance	22
Effects of caregiving on family	17
3. Dynamic Between Caregiver and Individual with ADRD	
3a. Caregiver decisions impacting individual with ADRD	
Medical decisions	70
Moral dilemma	59
Facility placement	36
Supplemental products/therapies	6
3b. Caregiving role and individual with ADRD	
Caregiving strategies	75
Ensuring comfort	67
Caregiver reflection of LO past	24
Unrealistic expectations	9
Consequences of unmonitored ADRD	2

3c. Behavioral and psychological symptoms of ADRD affecting the caregiver	
Challenging behavior	72
Mental health	72
Progression speed/realization	52
Anosognosia and/or compliance issues	46
Eating behavior	31
LO dependency	4
False hope	2
3d. Relationship between the caregiver and individual with ADRD	
Relationship between caregiver and care recipient	38
Finding purpose in caregiving	9
4. Context of Care	
4a. Managerial aspects of care	
Logistics of care	67
Finances	66
Legal matters	41
4b. Care and caregiving arrangements	
Supplemental care/services in caregiving role	60
Living arrangement/relocation	44
Remote caregiving	22
Last resort alternative	2
Family involvement	68
End of life care/stage	47
4c. Physical environment and activities	
Environment and safety	39
Activities and stimulation	28
Visiting and/or routine	22
4d. Healthcare context	
Quality of healthcare	33
Problems with healthcare system	3