

Table e-1 Baseline characteristics of participating caregivers

	Care partners of randomized participants (n = 111)	Intervention (n=50)	Control (n=61)
Women [n (%)]	67 (60.4)	29 (58.0)	38 (62.3)
Age	64.6 (9.2)	64.4 (8.7)	64.8 (9.7)
Bachelor's degree or higher education [n (%)]	61 (56.0)	26 (52.0)	35 (57.4)
Ethnicity [n (%)]			
Hispanic/Latino	1 (0.9)	0 (0)	1 (1.64)
Not Hispanic/Latino	92 (82.9)	42 (84.0)	50 (82.0)
Prefer not to answer/Unknown	18 (16.2)	8 (16.0)	10 (16.4)
Race [n (%)]			
White	88 (79.3)	38 (76.0)	50 (82.0)
Other	7 (6.3)	5 (10.0)	2 (3.3)
Prefer not to answer/unknown	16 (14.4)	7 (14.0)	9 (14.8)
Multidimensional Caregiver Strain Index Score (n = 80) [0 – 72] ^a	11.6 (9.5)	11.2 (8.5)	12 (10.4)

Values are mean (standard deviation) unless otherwise noted

^aHigher scores indicate higher amounts of strain for caregiver