

*Supplemental Table 1.* Survey items assessing respondents' experiences communicating with their support recipient

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Over the last six months, when you talk to your [health recipient], how often has he/she mentioned to you that:<sup>a</sup>

1. He/she has pain or other bothersome symptoms
2. He/she thinks he/she should be doing more to stay healthy (such as lose weight, exercise, or stop smoking)
3. He/she is concerned about the side-effects of his/her medicines
4. He/she is having trouble paying for his/her health care or medicines
5. He/she doesn't feel he/she is getting the support he/she need to manage his/her health problems
6. He/she is confused about something a health care provider told him/her to do (such as how to take medications)

When you talk with your [health recipient] about his/her health, how often do these things happen?<sup>b</sup>

1. He/she makes his/her health problems seem like no big deal.
2. He/she seems to exaggerate his/her health problems.
3. He/she doesn't seem to want the advice that I give
4. I get confused about what's really going on with his/her health
5. I feel overwhelmed
6. I worry that I'm getting too involved

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<sup>a</sup>Response options include: Never, Rarely, Sometimes, Most times we talk, and Every time we talk

<sup>b</sup>Response options include: Never, Rarely, Some of the times we talk about health, Most times we talk about health, Every time we talk about health

*Supplemental Table 2.* Survey items assessing respondents' experiences communicating with their support recipients' health care providers

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How often have you had each of the following experiences when *you* talk with one of your [health recipient]'s health care providers?

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1. The health care provider answered your questions about [health recipient]'s health or health care
  2. The health care provider involved you in decisions that needed to be made about [health recipient]'s care
  3. The health care provider suggested ways you could help [health recipient] with his/her health or health care
  4. The health care provider was not willing to share information about [health recipient]'s health with you
  5. The health care provider did not listen to you
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Note. Item response options include: Never, Rarely, Some the times I talk to his/her provider, Usually/most of the times I talk to his/her provider, Every time I talk to his/her provider