

Supplemental File: Survey and interview questions

Survey Question	Response options
1. Who do you provide care for?	Child; parent/parent-in-law; spouse/partner; friend; other*
2. Which best describes the type of illness or disability that the person you care for experiences	neurological condition (e.g., dementia, Parkinson's, brain injury); intellectual disability; chronic condition (e.g., diabetes, heart or pulmonary disease, cancer); developmental disorder (e.g., autism, ADHD, learning disability); mental health condition (e.g., depression, schizophrenia, bi-polar); other*
3. Approximately how many hours of care do you provide, per week?	1-5 hours; 6-10 hours; 11-15 hours; 16-20 hours; more than 20 hours
4. In general, has your experience as a caregiver changed due to COVID-19?	Yes; No
4a. Optional: Please provide examples of how your experience as a caregiver has changed due to COVID-19. (<i>open ended</i>)	
5. On average, how has the total number of hours of care you provide, per week, changed since the start of the COVID-19 outbreak?	Provide more hours of care; no change; fewer hours of care
6. What have been your most significant challenge(s) of being a caregiver during the COVID-19 pandemic (please select your top three most significant challenges)?	Managing isolation for yourself and/or the person you provide care for; coordinating assistance provided by/offered by other family members, neighbors, friends; homeschooling and/or providing childcare to young children in the house; worrying about you or the person you care for getting infected with COVID-19; getting respite or a break from caregiving responsibilities; getting groceries or essential supplies; financial strain caused by COVID-19; other*
7. In general, how has your caregiving stress changed since the COVID-19 outbreak?	Increased; stayed the same; decreased
8. Have you felt that you had adequate support for your mental, emotional, and spiritual health during the COVID-19 outbreak?	Yes; No
9. How often have you experienced feelings of loneliness as a caregiver during the COVID-19 outbreak?	Daily; every other day; 1 or 2 days per week; not at all

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| 10. How are you taking care of your own needs (emotional, physical, social, and spiritual) at this time? | Physical exercise; connecting with friends and family; praying and/or attending virtual religious services; getting adequate sleep; maintaining a good diet; other* |
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*all "other" responses asked for additional information in open-ended response format

Semi-structured interview questions

1. In what way has your caregiving evolved or changed in response to COVID 19 as it continues to affect our community?
 2. In general, what has been the hardest part of being a caregiver during the COVID-19 pandemic?
 3. For many of us, it can be hard to take care of ourselves during this time. Self-care can include how we take care of our own health and physical well-being. How has COVID 19 affected your physical health or well-being, and the things that you do to maintain your health as a caregiver?
 4. What effect has COVID 19 had on your emotional well-being as a caregiver?
 5. As a caregiver, where do you seek emotional support?
 6. In what way has COVID 19 changed the relationship that you have with the individual that you care for?
 7. Has your connection with others changed during COVID-19; if so, how? What changes have you made to stay connected with others?
 8. What resources have you utilized since COVID? What resources do you want in the future or need in the future?
 9. How has COVID 19 impacted your access to/use of health care services for yourself?
 10. How has the spread of COVID 19 impacted discussions about end of life care with you and the person you provide care for?
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