

Supplemental Material

Table S1. Survey questions assessing the needs of informal caregivers in rural versus urban areas from the perspective of care managers.

Section	Question	Response Options
Demographics	Please pick your current age bracket	18–24, 25–34, 35–44, 45–54, 55–64, 65 and older
	Please pick the sex with which you most identify	Male, Female, Free response
	What is your highest degree of completion?	Less than high school, GED, High school, Associates, Bachelors, Masters, Doctorate or Professional degree
	Do you work in a medical profession (e.g., hospital, clinic, home health company)?	Yes/No
	Do you work in a hospital or clinic setting?	Hospital, Clinic, Other (please elaborate), Does not apply to me (choose multiple)
	Please select which role you fill in your current work setting	Social Worker/Nurse Navigator/Other (free response)
	Are talk therapy services a part of your job description?	Yes/No
	How long have you been working in your current position?	Less than 1 year, 1–5 years, 6–10 years, More than 10 years
	What state do you currently work in?	Drop-down list of all states
	What zip code do you currently work in?	Free response
	I prefer not to answer	(option available)
	How would you describe the area you work in?	Urban, Rural, Not sure
	How often do family or unpaid caregivers contact you about caregiving needs?	Daily, Weekly, Bimonthly, Monthly, Less than 4× a year
	Do you think there is a difference in the amount of requests from rural or urban caregivers?	More from urban/More from rural/Equal/Not sure
	Do you think there is a difference in the amount of time you spend helping rural or urban caregivers?	Yes/No/Not sure
	Estimate the percentage of time you spend helping caregivers (should total 100%)	Rural (estimated %), Urban (estimated %)
	What resources and services do you provide? (select all that apply)	Home health referrals, Community resources, Medical supplies, Medical referrals, Insurance questions, Social support, Psychotherapy, Other
	What is the percentage of older adults (65+) you work with?	Estimated percent

	What percentage of the older adults you help live in a rural area?	<i>Estimated percent</i>
	What percentage of older adults in rural areas require caregiving?	<i>Estimated percent</i>
	Of older adults requiring caregiving, what percent have family/unpaid caregivers?	<i>Estimated percent</i>
	Of older adults with family/unpaid caregivers, what percent live in rural areas?	<i>Estimated percent</i>
Needs and Barriers	What is the biggest need of family/unpaid caregivers? (select all)	<i>Financial support, Extra caregiving services, Community support, Respite care, Training/education, Psychotherapy, Other</i>
	What is the biggest need of older adults? (select all)	<i>Financial support, Home caregiving services, Social support, Housing, Insurance help, Transportation, Other</i>
	Do barriers differ for rural vs urban caregivers? Please elaborate	<i>More/Less/Same + free response</i>
	Does the time you spend depend on resources available? Please elaborate	<i>More/Less/Same + free response</i>
	If more resources exist, do you spend more or less time assisting?	<i>More/Less/Same + free response</i>
	If fewer resources exist, do you spend more or less time assisting?	<i>More/Less/Same + free response</i>
	Do external pressures (e.g., billing requirements) impact time with caregivers?	<i>Yes/No + free response</i>
	If working with a different population, would it be easier or harder to meet needs?	<i>Easier)/Harder/Same difficulty + free response</i>
	If support services exist for social workers (e.g., groups), do you utilize them?	<i>Yes/No/free response</i>

Table S2. Reported Types and Frequency of Care Management Support Provided to Informal Caregivers Across Rural and Urban Practices*.

	Total Sample	Rural (n=)	Rural (%)	Urban (n=)	Urban (%)	p-value	missing
Degree of survey completion	36	19	19 (100%)	17	17 (100%)		
Question							
How often do family or unpaid caregivers of older adults contact you about caregiving needs?	36	19		17		1.00	2
Daily	14 (38.9%)		7 (36.8%)		7 (41.2%)		
Monthly	6 (16.7%)		3 (15.8%)		3 (17.7%)		
Bi-monthly	2 (5.6%)		1 (5.3%)		1 (5.9%)		
Weekly	14 (38.9%)		8 (42.1%)		6 (35.3%)		
Do you think there is a difference in the amount of requests from rural or urban caregivers?	36	19		17		0.20	
No, equal	7 (19.4%)		3 (15.8%)		4 (23.6%)		
Not sure	11 (30.6%)		4 (21.1%)		7 (41.2%)		
Yes, more rural requests	15 (41.7%)		11 (57.9%)		4 (23.5%)		
Yes, more urban requests	3 (9.4%)		1 (85.3%)		2 (11.8%)		
What resources and services do you provide (select all that apply)?	36	19		17			
Home health resources	23 (63.9%)		13 (68.4%)		10 (58.8%)	0.5	
Community resources	33 (91.2%)		17 (89.5)		16 (94.1%)	1.0	
Medication support	21 (58.3%)		12 (63.1%)		9 (52.9%)	0.5	
Medical referrals	21 (58.3%)		12 (63.1%)		9 (52.9%)	0.5	
Insurance questions	26 (72.2%)		16 (84.2%)		10 (58.8%)	0.14	
Psychotherapy	10 (27.8%)		3 (15.8%)		7 (41.2%)	0.14	
What do you think is the biggest need of family/unpaid caregivers?**							
Financial	28 (80.0%)	19	18 (94.7%)	16	10 (62.5%)	0.03	1
Extra caregiving resources	30(85.7%)		18 (94.7%)		12 (75.0%)	0.16	1
Community resources	24 (68.6%)		12 (63.2%)		12 (75.0%)	0.5	1

Respite care	24 (68.6%)		14 (73.7%)		10 (62.5%)	0.5	1
Caregiver training	25 (71.4%)		15 (79.0%)		10 (62.5%)	0.45	1
Psychotherapy	7 (20.0%)		3 (15.8%)		4 (25.0%)	0.68	1
What do you think is the biggest need of older adults?**							
Financial resources	28 (87.5%)		16 (84.2%)		12 (92.3%)	0.63	4
Home caregiver	29 (90.6%)	19	17 (89.5%)	13	12 (92.3%)	1.00	4
Social support	25 (78.1%)		15 (79.0%)		10 (76.9%)	1.00	4
Housing	10 (31.3%)		5 (26.3%)		5 (38.5%)	0.5	4
Insurance	18 (56.3%)		11 (56.3%)		7 (53.9%)	0.8	4
Transportation	26 (81.3%)		15 (79.0%)		11 (84.6%)	1.00	4
Do you think there is a difference in the amount of time you spend helping rural or urban caregivers?	36	19		17		0.49	
Yes	19 (52.8%)		11 (57.9%)		8 (47.1%)		
No	11 (30.6%)		4 (21.2%)		7 (41.2%)		
Not sure	6 (16.7%)		4 (21.2%)		2 (1.8%)		

Chi² analysis was used for categorical variables, with a p-value < 0.05 considered statistically significant. * Percentages may not add exactly to 100% due to rounding to nearest 10th of a percent. ** Question could have multiple answers. Denominators were based on each grouping: total, rural, urban.

Table S3. Reported Types and Frequency of Care Management Support Provided to Informal Caregivers Across Self-Reported Rural and Urban Practices*.

	Total Sample	Rural (n=)	Rural (%)	Urban (n=)	Urban (%)	Unknown (n=)	Unknown (%)	p-value	missing
Degree of survey completion	36	21	21 (100%)	9	9 (100%)	6	6 (100%)		
Question									
How often do family or unpaid caregivers of older adults contact you about caregiving needs?	36	21		9		6		0.76	
Daily			7 (33.3%)		3 (33.3%)		4 (66.7%)		
Monthly			4 (19.1%)		1 (11.1%)		1 (16.7%)		
Bi-monthly			2 (9.5%)		0 (0%)		0 (0%)		
Weekly			8 (38.1%)		5 (55.6%)		1 (16.7%)		
Do you think there is a difference in the amount of requests from rural or urban caregivers?	36	21		9		6		0.005	
No, equal			5 (23.8%)		1 (11.1%)		1 (16.7%)		
Not sure			2 (9.5%)		5 (55.6%)		4 (66.7%)		
Yes, more rural requests			13 (61.9%)		2 (22.2%)		0		
Yes, more urban requests			1 (4.8%)		1 (11.1%)		1(16.7%)		
What resources and services do you provide (select all that apply)?	36	21		9		6			
Home health resources			14 (66.7%)		6 (66.7%)		3 (50.0%)	0.79	
Community resources			20 (95.2%)		8 (88.9%)		5 (83.3%)	0.37	
Medication support			12 (57.1%)		5 (55.6%)		4 (66.7%)	1.00	
Medical referrals			12 (57.1%)		4 (44.4%)		5 (83.3%)	0.38	
Insurance questions			15 (71.4%)		7 (77.8%)		4 (66.7%)	1.000	
Psychotherapy			5 (23.8%)		1 (11.1%)		4 (66.7%)	0.08	
What do you think is the biggest need of family/unpaid caregivers?*	35								1
Financial			16 (80.0%)		7 (77.8%)		5 (83.3%)	1.000	1
Extra caregiving resources			19 (95.0%)		6 (66.7%)		5 (83.3%)	0.07	1
Community resources			16 (80.0%)		5 (55.6%)		3 (50.0%)	0.28	1
Respite care			15 (75.0%)		6 (66.7%)		3 (50.0%)	0.42	1

Caregiver training	16 (80.0%)	4 (44.4%)	5 (83.3%)	0.14	1
Psychotherapy	5 (25.0%)	0 (0%)	2 (33.3%)	0.22	1
What do you think is the biggest need of older adults? **	32				4
Financial resources	16 (80.0%)	7 (100.0%)	5 (100.0%)	0.44	4
Home caregiver	18 (90.0%)	7 (100.0%)	4 (80.0%)	0.50	4
Social support	17 (85.0%)	4 (57.1%)	4 (80.0%)	0.34	4
Housing	6 (30.0%)	1 (14.3%)	3 (60.0%)	0.36	4
Insurance	12 (60.0%)	4 (57.1%)	2 (40.0%)	0.88	4
Transportation	17 (85.0%)	6 (87.7%)	3 (60.0%)	0.45	4
Do you think there is a difference in the amount of time you spend helping rural or urban caregivers?	36	21	9	6	0.07
Yes	15 (71.4%)	3 (33.3%)	1 (16.7%)		
No	4 (19.1%)	4 (44.4%)	3 (50.0%)		
Not sure	2 (9.52%)	2 (22.2%)	2 (33.3%)		

Chi² analysis was used for categorical variables, with a p-value < 0.05 considered statistically significant. * Percentages may not add exactly to 100% due to rounding to nearest 10th of a percent. ** Question could have multiple answers. Denominators were based on each grouping: total, rural, urban.