

Supplementary Materials

Guide S1: Interview guide.

Introduction

"We have approached you because the nursing home where you work participated in the Dutch Namaste study in [year]. We are currently conducting a follow-up project aimed at further improving and disseminating Namaste. Therefore, we are interested in learning how the Namaste Care Family program has developed within your organization since the study's completion. We would like to learn from your experiences and, where necessary, adapt the program and supporting materials. There are no right or wrong answers.

Thank you for taking the time to participate. This interview will last a maximum of 60 minutes. Your responses will be processed anonymously and cannot be traced back to you or your organization. If you have any questions during the interview or if anything is unclear, please let us know. Do you have any questions at this moment? Is it alright if I start the recording? We will begin with some general questions about you and the nursing home. After that, we will move on to questions about the Namaste Care Family program."

Icebreaker

1. *Can you tell us a little about yourself?*

Probe for: Age, work experience, role within the nursing home, experience with Namaste Care Family, role within the program.

Organizational context

2. *What organizational changes have taken place within the nursing home since the end of the study?*
3. *What does your organization do with regard to person-centered care?*
4. *Are family caregivers involved in residents' care? Probe: How, in what way?*

Meaningful activities

5. *What do you currently do to provide meaningful activities for residents with advanced dementia?*
6. *Which meaningful activities are currently offered to residents?*

Probes:

- a. *How are these activities organized?*
- b. *Who selects the meaningful activities?*
- c. *For which residents?*
- d. *When are they provided?*
- e. *Do you experience barriers to providing meaningful activities for residents? If so, what are they?*
- f. *What could help you select meaningful activities for residents?*
- g. *To what extent has the COVID-19 pandemic influenced meaningful activities during the past year?*

Namaste Care Family

7. *Has the Namaste Care Family program been continued within your organization/nursing home after participating in the study?*

Namaste Care Family

8. *Has the Namaste Care Family Program continued within your organization/nursing home after participation in the study?*

- **If the program was continued**

The program contains several core elements: Preparing the room, Greeting participants upon arrival, Assessing pain, Ensuring comfortable positioning, Offering drinks and snacks, Using scent/aromatherapy, Using music, Providing personalized activities, and Concluding by greeting and thanking participants

The implementation checklist may be used as a reminder while discussing these questions.

9. *How do you currently deliver Namaste Care Family?*
- Is it delivered in the same way as during the study, or have adaptations been made?*
 - Are the core elements of the program still present?*
 - Have any elements been added? Have any elements been omitted?*
 - Why were these choices made?*
10. *How often are Namaste sessions organized?*
- On average, how long do these sessions last?*
 - How many residents typically participate in a Namaste session?*
 - How do you decide which residents participate?*
 - How are the Namaste sessions organized?*
11. *Do you have a Namaste team or a group of people who take the lead?*
- Who is part of the Namaste team?*
 - How often does the team meet?*
 - What topics are discussed during these meetings?*
 - On average, how many staff members, volunteers and family members are involved in each Namaste session?*
12. *To what extent did the COVID-19 pandemic affect the Namaste Care Family Program during the past year? Probes: frequency of sessions, organization, session content, dealing with the restrictive measures*
13. *What did you do to involve family caregivers and volunteers? Probes: facilitators and barriers.*
14. *Do you perceive any impact of the program? Probes: residents, family and volunteers, staff, effects outside sessions*
15. *Has the program been introduced elsewhere within the organization since [year]? Probe: reasons, facilitators, barriers, strategies to handle barriers*
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- **If the program stopped**

The program contains several core elements: Preparing the room, Greeting participants upon arrival, Assessing pain, Ensuring comfortable positioning, Offering drinks and snacks, Using scent/aromatherapy, Using music, Providing personalized activities, and Concluding by Concluding by thanking and saying goodbye to participants. The implementation checklist may be used as a reminder while discussing these questions.

1. *You indicated that the Namaste Care Family program is no longer being delivered within your organization. Can you tell us when it stopped and how this happened? Probe for main reasons*
2. *Particularly if the program stopped in 2020: Did the COVID-19 pandemic and related measures contribute to its discontinuation?*
3. *What might have helped to sustain the program?*

- a. *Is there a desire within the organization to restart the program?*

If so: What would you like to do? What would be required?

If not: Why not?

Closing

4. *If you could improve anything about the program, its structure, or the supporting materials (such as the toolkit or training), what would it be?*
5. *What tips and recommendations would you give to other organizations that want to implement Namaste Care Family?*