**Supplementary file**

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**Table S1.** Full interview schedule for all participants.

|  |  |  |  |
| --- | --- | --- | --- |
| Participants, n | Initial interview | Mid interview | Final interview |
| Older adults, 16 | 16 | 15 | 16 |
| Family, 4 | 4 | N/A | 4 |
| TCP staff, 11 | 11 | N/A | 9 |
| Health Professional, 2 | 2 | N/A | N/A |

**Table S2**: Interview guides for older adults

|  |
| --- |
| **First interview (admission), second interview (mid-way), third interview (final)** |
| **Overarching question:** What do you think your experience will be like undertaking a transition care rehabilitation programme?\* (now that you are midway through/now that you are at the end of your transition care how would you describe your overall experience?) |
| How are you feeling about being here?\* |
| What is your understanding of a Transition Care Programme?\* (Now that you are midway/at the end, was transition care what you were expecting?) |
| Were you given opportunities to ask questions about the transition care programme while you were in hospital? (now that you are at the end, are you able to discuss your expectations regarding going home or nursing home with family or staff?) |
| Have you been asked what your goals are?\* |
| What do you think (can you recall, what has) will motivate/encourage/ prevent you to participate in the programme?\* |
| Can you sum up in one word how you are feeling/ describe your experience here in one word? |
| \**Prompt to expand as required (i.e. tell me more about it)* |

Thank you so much for participating and giving me the opportunity to understand your journey in TCP.

**Table S3:** Interview guides for family members

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| --- |
| **First interview (admission) and Final interview (discharge)** |
| **Overarching question:** What do you think (now that your family member is at the end) your experience will be like in terms of your expectation for having your loved one/family member (FM) undertaking a transition care rehabilitation programme?\* |
| What is your understanding of a Transition Care Programme?\* |
| Were you given opportunities to ask questions about the transition care rehabilitation programme while your FM was in hospital? |
| Thinking about your FM, how do you think they are feeling/will cope whilst they are here?\* |
| Has your FM been asked what their goals are?\* |
| Putting yourself in your FM’s shoes, what do you think will motivate/encourage/prevent them participating in the rehabilitation here?\*  |
| How do you plan to assist him/her?\* |
| Can you describe your experience here in one word? |
| \**Prompt to expand as required (i.e. tell me more about it)* |

Thank you so much for participating and giving me the opportunity to understand your journey in TCP.

**Table S4:** Interview guide for transition care staff

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| --- |
| **First interview and second interview** |
| **Overarching questions to explore:** What is your experience in providing Transition Care Programme (TCP) to older adults? |
| How would you describe the purpose of TCP?\* |
| Thinking about your role as a (……) here, how do you think your role can have an impact on older adults you cared for?\* |
| What are your expectations of the older adults and their family members while they are here?\* |
| Are you involved in establishing goals with the older adults you work with?\* |
| How do you encourage the older adults you care for to engage in TCP activities to their best ability?\* |
| How would you describe (older adult A)’s journey?\* |
| Can you describe in one word your experience working here? |
| Do you see patient advocacy as a role for you/other TCP staff for the older adults you worked with?\* |
| \**Prompt to expand as required (i.e. tell me more about it)* |

Thank you for participating in this research project. Your assistance is greatly appreciated.

**Table S5:** Interview guide for off-site health professionals

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| --- |
| **Overarching question to explore:** What is your understanding and expectation of Transition Care Programme (TCP) and the patients you have referred so far?\* |
| What is your understanding of a Transition Care Programme?\*  |
| Thinking about the patients you have referred to TCP so far, why have you chosen to refer them to TCP?\* |
| Thinking about the patients (older adults) that you have referred to TCP, how do you think he/she is feeling when you told them about TCP?\* |
| How and when do you explain regarding what TCP is offering to your patients and family? |
| How do you work with your patients and family members to ensure their goals are handed over to the staff at TCP?\* |
| Can you describe any of your patients’ (older adults’) experiences of a Transition Care Programme?\* |
| How do you think TCP should be utilised and why?\* |
| Can you give me one word that comes to your mind when you think of TCP?  |
| \**Prompt to expand as required (i.e. tell me more about it)* |

Thank you for participating in this research project. Your assistance is greatly appreciated.

**Table S6**. Demographic characteristics of all participants.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Characteristics | Older adults | Family members | TCP staff | Hospital health professionals1 |
| n | 16 | 4 | 11 | 2 |
| Number of females, n (%) | 8 (50) | 1 (25) | 7 (63.6) | 2 (100) |
| Age (years) |  |  |  |  |
|  Mean (SD) | 80.6 (9.48) | 60.8 (5.5) | 44.3 (10.6) | 36.5 (6.36) |
|  Range | 63-96 | 56-68 | 26-60 | 32-41 |
| Length of stay in TCP (days) |  |  |  |  |
|  Mean (SD) | 75.7 (28.5) |  |  |  |
|  Range | 28-126 |  |  |  |
| Highest education level, n (%) |  |  |  |  |
|  Postgraduate | 0 (0) |  | 5 (45.5) | 1 (50) |
|  Undergraduate | 3 (18.8) | 2 (50) | 5 (45.5) | 1 (50) |
|  Certificate TAFE | 2 (12.5) |  | 1 (9.09) |  |
|  Year 12 completion | 3 (18.8) | 2 (50) |  |  |
|  Year 7 to year 11 | 6 (37.5) |  |  |  |
|  Primary school and below | 2 (12.5) |  |  |  |
| Living situation, n (%) |  |  |  |  |
|  Alone | 12 (75) |  |  |  |
|  With partner | 4 (25) |  |  |  |
| Primary diagnosis, n (%) |  |  |  |  |
|  Orthopaedic | 13 (81.3) |  |  |  |
|  Neurological | 2 (12.5) |  |  |  |
|  Geriatric2 | 1 (6.25) |  |  |  |
| Experience with TCP, n (%) |  | 2 (50) |  |  |
| Years working in TCP |  |  |  |  |
|  Mean (SD) |  |  | 3.43 (1.78) |  |
|  Range |  |  | 1-6 |  |
| Role in TCP/hospital |  |  |  |  |
|  Manager |  |  | 1 (9.09) |  |
|  Allied health3 |  |  | 3 (27.3) | 2 (100) |
|  Therapy assistant |  |  | 2 (18.2) |  |
|  Carer |  |  | 4 (36.4) |  |
|  Registered nurse |  |  | 1 (9.09) |  |
| *Notes*: 1. Health professionals working in hospital but were interviewed after work hours. 2. Geriatric conditions including acopia. 3. Occupational therapist, physiotherapist and social worker. SD: standard deviation. TCP: transition care programme. |