**Supplementary Material. Coping with the psychosocial impact of the COVID-19 pandemic (and subthemes with definitions and exemplar quotations)**

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| **Main theme** | **Definitions** | **Exemplar quotations** |
| **1. Coping with the psychosocial impact of the COVID-19 pandemic** | Coping with the pandemic and easing of restrictions as well as fear of decline |  |
| **Subthemes** |
| **Coping with the pandemic: vulnerability, acceptance, and adaptation**  | A sense of vulnerability to COVID and concerns as to risk (e.g. ‘shielding’ due to comorbidities) but also acceptance and adaptation to rules/restrictions | *“But we did have to go the town a few times but I didn’t like going…because it was like everybody’s touched everything”* (P2)*“I suppose I’m a bit chameleon-like. You just adapt to it, don’t you?”* (P7) |
| **Fear of decline: losing time?**  | Fear of or perceived decline during the pandemic (e.g. in relation to loss of activities) and losing independence | *“We don’t know what we’ll have forgotten. A year’s a long time in the world of dementia”* (P6) |
| **“The start of the end”: reconnecting with a ‘post-COVID’ world**  | Loss of self-confidence, fear, and a sense of continued vulnerability | *“It’s whether I want to come out of… to back to the world again… You know, I’ve enjoyed taking photographs every day. I’ve enjoyed this… this quiet world… And I’m not sure whether I want to join the noisy world again”* (P6) |

**Supplementary Material. Connected lives (and subthemes with definitions and exemplar quotations)**

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| **Main theme** | **Definitions** | **Exemplar quotations** |
| **2. Connected lives**  | The importance of a connected identity, connecting with others, the community, and the outdoors for maintaining psychosocial well-being |  |
| **Subthemes** |
| **Purpose and personhood: maintaining activities**  | The importance of activities (and routines) for occupation, mental/physical health, and connected identity (i.e. the sense of a continued self in continued or alternative routines/activities) | When her volunteering role was stopped due to the pandemic: *“I’ve always been a carer…Yeah, I don’t want to lose that part of me. I can’t change after having the fit and the problem I’ve got. You know, if I see somebody struggling, I… I… I want to help”* (P3) |
| **Social and emotional connections: friends, family, and peer support**  | Social isolation, and restricted/maintained social relationships during the pandemic | *“Well, I used to go and see my friends… who live a couple of hundred yards* *away and all that. But you can’t do that”* (P5) *“We Skype but it’s not the same… I want hugs”* (P2) |
| **Connected communities**  | Support from neighbours and the local community) | *“But there’s a lot of goodness in the world, and this virus has fetched a lot of it out”* (P4)*“People have been more friendly”* (P2) |
| **Connecting with nature and the outdoors**  | Getting out into nature during the pandemic for freedom and physical/mental health | *“I’m very lucky. I’ve got a garden, and the weather was beautiful”* (P2)*“We go down to the sea and just watch the waves, as a lot of people do round here… It… it gets crowded… You almost have to book your place… But it’s lovely… Because it’s so soothing, watching the…watching the waves”* (P1) |

**Supplementary Material. Pro-active service support and accessing health and social care: communication, agency and choice (and subthemes with definitions and exemplar quotations)**

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| **Main theme** | **Definitions** | **Exemplar quotations** |
| **3. Pro-active service support and accessing health and social care: communication, agency and choice**  | Needing pro-active service support from health and social care services, respecting individuals’ independence, communication needs, and ‘dementia identity’  |  |
| **Subthemes** |
| **Being forgotten: accessing practical support during the pandemic**  | Accessing practical support (e.g. food shopping without being on a priority list); also financial support (e.g. for utility bills) | *“Dementia were missed off at the beginning, badly. They just forgot about us”* (P6) |
| **Pro-active service support and ‘signposting’**  | Pro-active dementia and other health/social care support (e.g. regular ‘checking in’ with people with dementia; informing people when services/support groups are restarting; other ‘signposting’) | *“…It feels as if, you know that’s it. You’ve had your time, you’re 70 odd years old. Time for you to go. Make way”* (P5)*“…people had said throughout all of this, they’ve felt as if they’ve just been… get on with it. Let go”* (P4) |
| **Accessing health and social care services: communication and choice**  | Experiences of accessing health and social care services during the pandemic, with such services needing to adapt to the needs of people with dementia (e.g. providing online not telephone appointments) | *“Listen to our… offer us choice. Don’t assume we can fit in with what you see as the best choice. Because I certainly couldn’t fit in with the phone”* (P6) |