**Supplementary material**

Experiences of gardening groups for people with dementia: a qualitative exploratory study

Appendix A

**Table 4**. *Themes and sub-themes relating to factors reported as enabling beneficial outcomes*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Theme** | **Sub-themes** | | | | | |
| **The garden setting** | The natural environment | Public space |  | | | |
| **Organisational components** | Dementia & disability-friendly adjustments | Flexible tailored approach | Support from volunteers | Understanding of dementia | Welcoming, caring & inclusive | Focus on present moment |
| **Features of activities** | Joint focus | Links with personal history | Concrete outcomes |  | | |

Appendix B

**Table 3**. *Themes and sub-themes relating to outcomes of gardening groups*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Theme** | **Sub-themes** | | | |
| **Physical and cognitive benefits** | Physical activity | Freshly grown produce | Cognitive and sensory stimulation |  |
| **Affirmation of identity** | Personal identity | Sense of purpose | Challenge | Agency and self-confidence |
| **Social connection** | Social interactions | Sense of community | Increased engagement | Positive emotions |
| **Benefits for care partners and others** | Respite | Shared activities | Peer Support | Wider benefits |

Appendix C

**Interview Questions: Group leaders**

* Can you tell me a bit about how the [insert name] group started-up?
  + *Follow-up if needed*: Why was the group set-up? How did you get involved?
* What were your aims (the aims of this organisation) in setting up this project?
* Can you please walk me through a typical session of the [insert name] group prior to the pandemic?
  + *Follow-up if needed*: What activities would you typically do in a session? Who normally attended the sessions? Did you tend to get the same people attending every week or was it often different people?
* It would also be helpful to hear about the group since the first UK Covid-19 lockdown in March 2020. Can you tell me a bit about the adjustments your group has had to make since the start of the pandemic to help people with dementia and their carers continue to take part?
  + *Follow-up if needed:* What changes had to be made? Is the group running now similarly to how it did before, or is it running in a different format? How has the group adapted to these changes?
* What have been the main challenges of running the group during the pandemic?
* Have there been any positive aspects of running the group during the pandemic?
* Thank you for that – We’d also like to find out more about the practicalities of running your group more generally:
  + For example, what has helped people with dementia and their carers to find out about the sessions and what has been a challenge?
  + Thinking about how people get to the sessions each [week/month], what has been difficult for people with dementia and their carers, and what has helped with this?
  + You said that you often [insert activity- ask separately about as many as relevant], again can you think of any challenges with this for people with dementia and their carers, and what has helped them to participate?
* Finally: Thinking about those initial aims you had when starting this group, do you think that these aims have been met?
* What advice might you have for other people wishing to set up groups such as this one? (Would you do anything differently if you did it again).

**Interview Questions: Care partners and joint attendee/care partner interviews**

* Can you please walk me through a typical session at the [insert name] group prior to the pandemic?
  + *Follow-up if needed*: What activities would you typically do in a session? Who normally attended the sessions? Did you tend to get the same people attending every week or was it often different people? Do you attend the group every week or drop in now and again?
* What changes have happened to these activities as a result of the pandemic?
  + *Follow-up if needed:* And how have these affected you? How has the group adapted to these changes?
* What benefits and challenges are there for you personally in attending these gardening activities?
* Do you enjoy attending the sessions? How does attending this group compare with other activities that you do together?
* What type of activities does your partner/family member seem to enjoy doing?
  + Do they have a favourite part of the garden?
* What benefits and challenges have you observed for your partner/family member in attending these gardening activities?
  + Have you noticed any changes in mood or energy in your partner/family member after attending the sessions? Does your partner/family member always enjoy the activities which are provided, or do they seem to prefer some more/less than others?
* Is there any way that you think these sessions could be improved, for you and your partner/family member?

**Recorded Conversation Questions: Attendees with dementia**

* Short questions such as
  + Can you tell me a bit about what you are doing at the moment?
  + What do you like doing in the [garden/allotment, etc. – edit to fit specific CBGI project] (Why is that?)
  + Do you have a favourite part of the [garden/allotment/etc.]? (Can you show me?)
  + What do you like about spending time here?
  + How does it feel spending time in the [garden/allotment/etc.]?
  + Do you have a favourite plant (or flower or tree)?

These are suggestions only and these conversations would try to be as natural as possible, concerning the immediate activities at hand and what the participants gain from the gardening activities and spending time in that environment. For participants at later stages of Dementia, we have been provided with guidance by our advisory group that direct questions may provoke distress. Therefore, more general conversations - facilitated by or with another familiar person present (e.g. group organiser, volunteer, accompanying partners/carers/family member) may be helpful, with photographs of past gardening activities used as supporting cues, if these are available.