

Table S1. Mean (SD) baseline and follow-up scores on carer burden, quality of life, and global cognitive functioning.

	Baseline	Follow-up
Carer burden ¹	17.39 (8.20), n=64	19.90 (7.63), n=52
Carer quality of life ²	0.84 (0.11), n=64	0.76 (0.12), n=52
Person with dementia quality of life ²	0.89 (0.09), n=65	0.85 (0.11), n=53
Person with dementia global cognitive functioning ³	15.42 (4.61), n=65	13.85 (6.61), n=54

Notes: 1. Measured using the Zarit Burden Interview (short-form) (Bedard et al., 2001). The sum score of this 12-item scale was used (minimum to maximum possible scores of 0 - 48 with higher scores indicating greater burden). 2. Measured using the ICEpop CAPability measure for Older people (ICECAP-O) (Coast et al., 2008). The weighted sum score of this 5-item scale was used (minimum to maximum possible scores of 0 - 1, with a higher score indicating greater capability). 3. Measured using the Mini Addenbrooke's Cognitive Examination (Hsieh et al., 2015). The sum score of this 5-item assessment was used (minimum to maximum possible scores of 0 - 30 with higher scores indicating greater cognitive function).