

Table 1: Summary of Project Carer Matters training courses for caregivers

Training Courses	Course Description
CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) Programme [37]	This therapeutic evidence-based group intervention features a unique hands-on simulation exercise in the presence of a simulated patient to practice the application of problem-solving techniques. The course is co-led by two facilitators and held weekly over eight weeks in small groups of four to six participants and is offered to caregivers of persons with dementia.
TEACH Programme	This interactive group course aims to build caregiving skills and provide emotional support for family caregivers. Sessions are tailored to central themes of caregiving (changing relationship, community resource navigation, future planning, self-care).
Understanding Dementia	This course helps caregivers understand dementia, the nature of Behavioural and Psychological Symptoms of Dementia (BPSD) and general approaches to challenging behaviours.
Problem-solving techniques	This course introduces a five-step problem solving technique adapted from the CARERS programme [33]. This is a group session tailored to help caregivers address practical problems faced [33].
Self-care	This course helps caregivers recognise the importance of self-care and learn practical self-care tips.

Caregiving Essentials	This group course helps caregivers understand more about caregiving and provide practical caregiving tips.
Public Forums/Seminars	The seminars are designed to provide generic sought-after information for caregivers, such as financial support availability and home safety.