

**Please answer the following questions and add your comments, if appropriate:**

**1.** Did you help your partner/relative to do any of his/her exercise programme? Yes [0] ☐ No [1] ☐

**If you answered 'Yes', please go straight to Question 2.**

**If you answered 'No', could you please let us know why that was?**

Enter your comments here:

**(Thanks for your feedback – there is no need to answer further questions)**

**Section 1:** Evaluation of the augmented exercise programme:

Question number	Question	Please circle one answer				
		Strongly disagree [0]	Moderately disagree [1]	Neither agree or disagree [2]	Moderately agree [3]	Strongly agree [4]
<b>2.</b>	It was easy for me to help my partner/relative to do the exercises.	Strongly disagree [0]	Moderately disagree [1]	Neither agree or disagree [2]	Moderately agree [3]	Strongly agree [4]
<b>3.</b>	The exercises were clear and understandable.	Strongly disagree [0]	Moderately disagree [1]	Neither agree or disagree [2]	Moderately agree [3]	Strongly agree [4]
<b>4.</b>	I would be happy to use this website to help my relative/partner exercising again in the future.	Strongly disagree [0]	Moderately disagree [1]	Neither agree or disagree [2]	Moderately agree [3]	Strongly agree [4]

**Section 2:** Evaluation of the website:

Question number	Question	Please circle one answer				
5.	Learning to use the website for my partner/relative's exercises was easy for me.	Strongly disagree [0]	Moderately disagree [1]	Neither agree or disagree [2]	Moderately agree [3]	Strongly agree [4]

**Section 3: please answer the following questions and add your comments, if appropriate:**

**6.** How often did you help your partner/relative to do his/her exercise programme?

Once per week [0] ☐

Twice per week [1] ☐

3-5 times per week [2] ☐

Other [3], please

specify:.....

**What did you help him/her with?**

**7.** Did you ask staff to help your partner/relative doing his/her exercise programme? Yes [0] ☐ No [1] ☐ **If yes, please answer the following questions:**

**How often?** Once per week [0] ☐

Twice per week [1] ☐

3-5 times per week [2] ☐

Other [3], please

specify:.....

**Who did you ask?** Nursing staff [0] ☐

Physiotherapy staff [1] ☐

Other [2], please

specify:.....

**What did you need the staff to help your partner/relative with?**

**8.** How difficult/easy was helping your partner/relative to exercise using the website without supervision?

Easy [0] ☐      Neither easy nor difficult [1] ☐      Difficult [2] ☐

**Please provide details. For example, did you worry about helping your partner/relative to exercise properly or knowing how many exercises your partner/relative needed to do?**

**Please tell us about things that went well? What was difficult (if anything)?**