

Online Resource: Supplemental tables

'If I don't have my support worker in the room...': A multi-perspective mixed methods study of remote daily living support for neurodivergent young adults

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Table S1. Characteristics for young service users responding to the survey, stratified by diagnostic subgroup.

		Total	Autism	ADHD	Autism and ADHD
	All ^a	35	16	10	8
Gender	Women	21	10	5	5
	Men	10	5	2	3
	Non-binary	4	1	3	0
Age ^b	18–24 years	9	5	2	2
	25–29 years	25	11	8	5
Time with support in daily living	≈ 1 year	12	8	3	1
	≈ 2–3 years	17	5	7	5
	≈ 4–10 years	6	3	0	2

^aOne respondent did not state their diagnosis.

^bOne respondent did not state their age.

Table S2. Example of branching question for young service users and support workers. The italicized text shows web survey construction.

Question for young service user	Question for support worker
Do you get support in:	Do you support people with ADHD/autism in:
9. Are you supported in using your energy for what you want and need to do?	9. ... using their energy for what they want and need to do?
<i>Tick Yes / No</i>	<i>Tick Yes / No</i>
<i>9.1. and 9.2. opens in case the response on 9 is Yes</i>	<i>9.1. and 9.2. opens in case the response on 9 is Yes</i>
9.1. If Yes - are you supported remotely with this?	9.1. If Yes – do you provide this support remotely?
<i>Tick Yes / Partially / No</i>	<i>Tick Yes / Partially / No</i>
9.2. Regardless of your support today, do you want to get remote support in the future?	9.2. Regardless of how you provide support today - do you want to provide this support remotely in the future?
<i>Tick Yes / Partially / No</i>	<i>Tick Yes / Partially / No</i>
Please describe why in your own words:	Please describe why in your own words:
<i>Free text</i>	<i>Free text</i>

Table S3. Young service users' and support workers' use of digital devices in housing support.

In total	Young service users, number (%) 35	Support workers, number (%) 64
Access to digital devices (n)		
Telephone (incl smartphone)	34 ^a (97)	64 (100)
Computer (desktop or laptop)	34 ^a (97)	64 (100)
Tablet	11 ^a (31)	23 (36)
Access to IT support ^a (support workers only)		
Central IT department	N/a	53 (83)
Colleagues	N/a	50 (78)
Others	N/a	8 (13)
Manage by myself	N/a	36 (56)
Service users' need for technical support ^a / Support workers providing technical support to young service users		
No support	22 (63)	27 (42)
Some support	5 (14)	35 (55)
Much support	0 (0)	2 (3)
Do not know	7 (20)	N/a
Digital forms used in the support		
Telephone calls	19 (54)	64 (100)
Text messages (SMS and MMS)	24 (69)	64 (100)
Video calls	1 (3)	27 (42)
Shared calendar	1 (3)	14 (22)
Chat functions	0 (0)	11 (17)
Camera functions	1 (3)	25 (39)
On whose initiative is remote support used ^b		
Service user's suggestion	6 (17)	32 ^c (50)
Support worker's suggestion	7 (20)	20 (31)
Joint suggestion	8 (23)	N/a
Support form not an option for me	12 (34)	N/a
Colleague's suggestion	N/a	2 (3)
Service provider's decision	N/a	9 (14)

^a Missing data for one respondent

^b Missing data for two service users and one support worker

^c On whose initiative it usually is (given that support workers provide support to several service users)

Table S4. Support in various support domains, current use of remote support, and future interest in remote support.

ICF code	Young service users (n=35)			Support workers (n=64)		
	Currently supported, number (%)	Remote support ^a , number (%)	Future interest in remote support ^a , number (%)	Currently providing support, number (%)	Remote support ^a , number (%)	Future interest in remote support ^a , number (%)
Solving problems/making decisions	33 (94)	21 (64)	20 ^b (61)	64 (100)	47 ^b (75)	55 (86)
Carry out daily routines	28 (80)	14 ^b (50)	18 ^b (64)	62 (97)	44 ^b (70)	57 (92)
Handling stress, psychological demands	24 ^b (68)	11 (46)	14 (58)	52 ^c (81)	37 ^b (73)	45 (86)
Looking after one's health	18 ^b (53)	9 (50)	12 (68)	57 (89)	39 (68)	50 (88)
Doing housework	31 ^b (88)	10 (32)	13 ^b (42)	60 (94)	39 (65)	52 (87)
Basic interpersonal interactions	17 ^b (49)	8 (47)	8 (47)	49 (77)	23 ^b (48)	41 (84)
Economic self-sufficiency	12 ^b (34)	6 (50)	6 (50)	49 (77)	26 (53)	43 (88)
Recreation and leisure	12 ^b (34)	6 (50)	8 (67)	47 (73)	22 ^b (48)	38 ^b (81)
Energy and drive functions	22 ^b (63)	11 (50)	12 (54)	58 (91)	36 (62)	48 ^b (83)
People in positions of authority	28 ^b (80)	13 ^b (46)	14 (50)	54 (84)	36 (67)	48 (89)

^aOut of those currently supported/providing support in the domain.

^bMissing data for one respondent.

^cMissing data for three respondents.

Table S5. Young service users' support in different support areas, current use of remote support and future interest in remote support stratified by diagnostic subgroup.

ICF code	Autism (n=16)			ADHD (n=10)			Autism and ADHD (n=8)		
	Currently supported, number (%)	Remote support ^a , number (%)	Future interest in remote support ^a , number (%)	Currently supported, number (%)	Remote support ^a , number (%)	Future interest in remote support ^a , number (%)	Currently supported, number (%)	Remote support ^a , number (%)	Future interest in remote support ^a , number (%)
Solving problems/ making decisions	15 (94)	7 (47)	9 ^b (60)	9 (90)	6 (67)	3 (33)	8 (100)	7 (88)	7 (88)
Carry out daily routines	11 (69)	5 ^b (45)	7 (64)	9 (90)	3 (33)	3 (33)	7 (88)	5 (71)	7 (100)
Handling stress, psychological demands	9 ^b (56)	3 (33)	5 (55)	6 (60)	2 (33)	3 (50)	8 (100)	5 (62)	5 (62)
Looking after one's health	7 (44)	2 (29)	4 (57)	6 (60)	3 (50)	4 (67)	4 (50)	3 (75)	3 (75)
Doing housework	12 (75)	2 (17)	6 ^b (50)	10 (100)	2 (20)	1 (10)	8 (100)	5 (62)	5 (62)
Basic interpersonal interactions	5 (31)	0 (0)	1 (20)	4 (40)	1 (25)	0 (0)	7 (88)	6 (86)	6 (86)
Economic self-sufficiency	4 (25)	1 (25)	1 (25)	3 (30)	0 (0)	0 (0)	4 (50)	4 (100)	4 (100)
Recreation and leisure	1 (6)	0 (0)	0 (0)	5 (50)	1 (20)	3 (60)	5 (63)	4 (80)	4 (80)
Energy and drive functions	6 (38)	3 (50)	4 (67)	8 (80)	3 (38)	3 (38)	7 (88)	4 (57)	4 (57)
People in positions of authority	10 (62)	2 (20)	4 (40)	9 (90)	4 (44)	3 (33)	8 (100)	6 (75)	6 (75)

^aOut of those currently supported/providing support in the domain.

^bMissing data for one respondent