

Additional File 3: Resource use at six months post-HPC intervention, by trial group

<i>Resource item</i>	<i>Intervention (n=45)</i>		<i>Control (n=37)</i>	
	<i>n (%) used service</i>	<i>Contacts, group mean (SD) [range]</i>	<i>n (%) used service</i>	<i>Contacts, group mean (SD) [range]</i>
Primary care NHS services				
GP at surgery	30 (66.7)	1.9 (2.4) [1 to 12]	26 (70.3)	1.5 (1.5) [0 to 5]
GP at home	2 (4.8)	0.02 (0.2) [0 to 1]	0	0
GP via telephone	16 (36.4)	0.9 (1.6) [0 to 7]	16 (45.7)	0.9 (1.5) [0 to 5]
Physiotherapist at surgery	9 (20.5)	0.2 (0.6) [0 to 3]	0	0
Physiotherapist at home	0	0	1 (3.1)	0.4 (2.5) [0 to 14]
Occupational therapist at surgery	0	0	0	0
Occupational therapist at home	1 (2.3)	0.05 (0.3) [0 to 2]	2 (6.3)	0.03 (0.2) [0 to 1]
Practice nurse at surgery	23 (52.3)	0.9 (1.3) [0 to 5]	13 (41.9)	1 (1.9) [0 to 8]
Community nurse	0	0	0	0
Community mental health team	3 (6.8)	0.2 (0.9) [0 to 6]	2 (6.5)	0.6 (2.4) [0 to 10]
Community psychiatric nurse	0	0	0	0
Counsellor	7 (16.7)	1.6 (5.6) [0 to 30]	5 (17.2)	1.4 (4.7) [0 to 24]
Dietician/Nutritionist	0	0	1 (3.3)	0.07 (0.4) [0 to 2]
Other primary care services:				
Social Prescribing Service	2		0	
Outlook South West	1		0	
Weight management referral	1		0	
Slimming World	0		1	
Health problems related to weight	1		0	
Genetic Consultant appointment	1		0	
Hospital-based NHS services				
	<i>n (%) used service</i>	<i>Contacts, group mean (SD) [range]</i>	<i>n (%) used service</i>	<i>Contacts, group mean (SD) [range]</i>
Physiotherapist	9 (20.0)	0.4 (1.1) [0 to 6]	2 (5.4)	0.06 (0.3) [0 to 2]
Occupational therapist	0	0	0	0
Psychologist	2 (4.6)	0.05 (0.21) [0 to 1]	0	0
Psychiatrist	2	0.05 (0.21)	0	0

	(4.6)	[0 to 1]		
Pain clinic	4 (9.1)	0.1 (0.3) 0.2 [0 to 1]	0	0
Other hospital-based services:				
Podiatry	0		1	
Sleep clinic	0		1	
Colonoscopy	1		0	
Dental Centre	1		0	
Ehlers-Danlos appointment	1		0	
Endoscopy	1		0	
Trauma surgery team	1		0	
Hospital stays/visits	n (%) used service	Group mean (SD) [range]	n (%) used service	Group mean (SD) [range]
Overnight stay in hospital	3 (7.3)	0.1 (0.4) [0 to 2]	1 (2.9)	0.03 (0.2) [0 to 1]
Day visit to hospital	3 (7.5)	0.1 (0.4) [0 to 2]	3 (9.4)	0.1 (0.4) [0 to 2]
A&E visit	9 (22.0)	0.4 (0.8) [0 to 3]	3 (9.4)	0.1 (0.3) [0 to 1]
Other NHS, Social Services and Local Authority support	n (%) used service	Group mean (SD) [range]	n (%) used service	Group mean (SD) [range]
Carers' Assessment	8 (18.2)		4 (10.8)	
Carers' Assessment support received:				
CAMHS Carer Support Worker	0		1	
Peer support sessions	0		1	
Carer's grant	2		0	
Respite care for child	1		0	
Meeting with Devon Carers	1		0	
Carers' letter confirming entitled to payments	1		0	
Carers' course	1		0	
Healthy living gym membership	1		0	
Meditation and relaxation course	1		0	
Waiting to hear	0		1	
No support given	0		1	
Social worker/Care manager appointments	4 (9.5)	0.3 (0.9) [0 to 4]	2 (5.4)	0.1 (0.2) [0 to 1]
Support via child's school	5 (11.9)		4 (10.8)	
Support received via child's school:				
Parent Support Advisor	1		1	
Family Support Worker	1		1	
Safe Families for Children support in home	0		1	
PFSA support	0		1	
School nurse	1		0	
Timid to Tiger course	1		0	
Parent Carers support group sessions, last 6 months	12 (26.7)	4.7 (15.8) [0 to 100]	16 (43.2)	2.9 (5.1) [0 to 24]

Parent Carers support group sessions, average length		2.5 hours		1.9 hours
Parent Carers support groups sessions' aim:				
Peer support	12		11	
Family Support group	0		1	
Psychoeducation group	1		0	
Child play	0		1	
Member of Parent Carers Council Cornwall				
Strategic Team	0		1	
Help others	0		1	
New skills	0		1	
Christmas crafts	1		0	
Parent Carers support group name:				
AIMS	0		1	
CAMHS Carers group	0		1	
Face to Face	1		1	
Jumpstart/CAOT group	0		1	
Minehead hub	0		1	
NAS Exeter Parent Carers	0		1	
North Devon Forum for Autism & ADHD	1		3	
Tissues and Issues	0		2	
Jungle Jacks quiet session	0		1	
Affinity support group	1		0	
Braunton Parent Carers support group	1		0	
Breathe	1		0	
In Touch	1		0	
Parent Carer Council	1		0	
Parent Carers Cornwall	1		0	
Side by Side	3		0	
Carers support group sessions, last 6 months	5 (11.9)	3.2 (15.9) [0 to 100]	4 (11.4)	0.8 (3.5) [0 to 20]
Carers support group sessions, average length		1.75 hours		2 hours
Carers support groups sessions' aim:				
Support	2		0	
Peer support	0		2	
Peer support (not autism specific)	0		1	
Social time	0		1	
Relaxation/Meditation	1		1	
Gym	1		0	
Crafts	0		1	
To get out of house	0		1	
Carers support group name:				
Devon Carers peer support	0		1	
North Devon Forum for Autism & ADHD	0		1	
Parent Carers Support group	0		1	
Talking Café Carers group	0		1	
Carers Torbay	1		0	
Side by Side	1		0	
Free fitness groups	1	0.07 (0.5) [0 to 3]	0	0
Support from others	n (%)	Group mean (SD)	n (%)	Group mean (SD)

		[range]		[range]
Friends/family helped with tasks at home:	19 (42.2)		13 (35.1)	
Childcare, average hours help per month		5.6 (10.4) [0 to 40]		2.6 (6.0) [0 to 25]
Housework/laundry, average hours help per month		1.3 (3.5) [0 to 14]		0.3 (1.1) [0 to 6]
DIY/home maintenance, average hours help per month		0.5 (1.8) [0 to 10]		0.4 (1.3) [0 to 6]
Gardening, average hours help per month		0.3 (1.0) [0 to 5]		0.2 (0.5) [0 to 2]
Shopping, average hours help per month		0.5 (1.8) [0 to 9]		0.7 (2.0) [0 to 10]
Friends/relatives stayed off work to help	2 (4.8)		1 (2.7)	
Online support groups, average hours per week	10	2.7 (15.6) [0 to 100]	10	1.3 (2.8) [0 to 10]
Own expenses	n (%)	Group mean (SD) [range]	n (%)	Group mean (SD) [range]
Personally paid for help with tasks, therapies, services or activities for own health/wellbeing:	14 (31.1)		14 (37.8)	
Childcare, approx. total personal cost (£), last 6 months		11.80 (63.60) [0 to 400]		40.70 (122.50) [0 to 600]
Domestic support, approx. total personal cost (£), last 6 months		60.00 (307.00) [0 to 1800]		18.50 (94.10) [0 to 480]
Private physiotherapy. approx. total personal cost (£), last 6 months		12.50 (55.30) [0 to 300]		1.50 (7.70) [0 to 40]
Private counselling, approx. total personal cost (£), last 6 months		20.30 (88.80) [0 to 500]		11.70 (47.90) [0 to 240]
Massage, approx. total personal cost (£), last 6 months		21.30 (51.70) [0 to 210]		63.30 (179.00) [0 to 720]
Fitness classes, approx. total personal cost (£), last 6 months		25.10 (87.50) [0 to 500]		21.80 (58.60) [0 to 240]
Other:				
Acupuncture	0		1	
Osteopath	0		1	
Chiropractor	1		0	
Slimming World	1		0	
Spa day	1		0	
Gym/swim membership	1		0	
Art classes	1		0	
Needed to stay off work, last 6 months	10 (23.8)		12 (34.3)	
Days off work, last 6 months		19.6 (52.7) [0 to 182]		11.2 (32.0) [0 to 130]

<i>Child services/resources</i>	n (%)	Group mean (SD) [range]	n (%)	Group mean (SD) [range]
Direct payments	16 (36.4)		11 (31.4)	
Use of direct payments:				
Enabler/Enabling service	7		6	
Overnight respite	3		1	
Behaviour support meetings	1		0	
In Touch Minehead learning group	0		1	
Jumpstart group	0		1	
Autism group	0		1	
Shared Lives	1		0	
Lifeworks activities	1		0	
Holiday club	2		0	
Horse therapy	0		1	
Autism assistance dog	0		1	
Hydrotherapy	0		1	
Massage	0		1	
Horse riding	1		0	
Swimming lessons	1		1	
Dance lessons	0		1	
Sensory music group	1		0	
Tutoring	0		1	
Cost of resources/services paid for with direct payments		852.10 (2561.00) [0 to 12000]		376.00 (880.20) [0 to 3000]
Child Social worker/Care manager appointments	7 (19.4)	0.9 (3.5) [0 to 20]	8 (22.9)	0.6 (2.1) [0 to 12]
Child support group sessions	6 (16.2)	1.6 (5.3) [0 to 30]	10 (28.6)	3.6 (12.5) [0 to 72]
Enabling service, hours in last 6 months	4 (12.1)	0.2 (0.6) [0 to 3]	7 (20.6)	6.3 (16.8) [0 to 72]
Short breaks, nights in last 6 months	7 (19.4)	2.1 (10.3) [0 to 60]	5 (14.3)	1.0 (3.2) [0 to 12]
Crisis respite care, nights in last 6 months	0		0	
Other child services/resources:				
CAMHS	2		0	
Mentor	1		0	
Lifeworks charity	1		0	
Safe Families Worker - crafts	0		1	
Phab Club	1		0	
Jam Buddies	1		0	
School Counsellor	1		0	
<i>Other services/resources used or things done in last 6 months that improved health/wellbeing</i>	n (%)		n (%)	

	7 (21.9)		7 (22.6)	
Gym classes	0		2	
Running	0		1	
Walking	0		1	
Weight loss coach	0		1	
Fibromyalgia support group	1		0	
IPSEA Advice line	0		1	
Spa break	1		1	
Weekend away with ASC partners and children met online	0		1	
CAMHS parents workshop	1		0	
Counselling for child	0		1	
Netball	1		0	
Karate	1		0	
Antidepressants	1		0	
Respite stay	1		0	
Online communities for hobbies	1		0	
Giving to others	0		1	