|  |  |
| --- | --- |
| **Supplemental Table 1. Themes, Categories, and Meaning Units related to guests such as people with dementia and their families** | |
|  |  |
| **Theme 3. A place where people with dementia can understand themselves and spend time as it is** | |
| ① A place where the painful feelings of people with dementia are relieved | |
|  | I learned the power of a café that can create a space to laugh and talk about hard things. |
|  | The café is a place where people with dementia could be released from feelings of loneliness, anxiety about life, and anxiety about human relationships by gathering together. |
| ② A place where people with dementia can feel themselves and can express their talents | |
|  | I was deeply impressed by seeing a person with dementia who talked vividly that his activities touched others and his family who watched the scene kindly. |
| ③ A places where people with dementia can spend time relaxing | |
|  | In an environment where dementia is accepted, it is effective by relaxing and not being stiff, and by speaking small talk and airing complaints. (an identical meaning unit appears in theme 2) |
|  | A place where people with dementia can reveal themselves. A man said "I forget everything soon because I am a person with dementia." |
|  | It'll be the situation in the café that people with dementia enjoys himself rather than worries so much. |
|  |  |
| **Theme 4. A place where family caregivers can speak about painful feelings and anxiety to each other** | |
| ① Importance of conversation among family caregivers | |
|  | When the caregivers consulted with each other about their troubles, the real feelings that would not come out easily in discussions with professionals were being discussed. |
|  | I felt it important for family caregivers to communicate with other caregivers, not with medical or care professionals. |
|  | I thought that they were only able to do it at a café, such as consulting with friends of the wives’ caregivers "as for medicine, which does your husband take?", or talking about women's incontinence by male caregivers. |
| ② Interactions between caregivers from the standpoint of giving and taking advice | |
|  | There were scenes where veteran families talked about advice and experiences to first-time participants, and a deep exchange of nursing communication took place. |
|  | It was impressive that the family had exchanges as counselors, relieved loneliness and anxiety, and returned home in a relaxed state. |
|  | Family members were divided into smaller groups having the same situation, and I thought that this way of communication could be done only at a café. |
| ③ A place where family caregivers talk about the embarrassment of everyday life in a café | |
|  | Family caregivers cannot be relieved all the time. I thought that it would be possible for the family members to show their real minds in the café. |
|  | Families consulted with staff and family members and shared information, and I thought that it was a space for families to breathe, even for a short period of time. |
| ④ A place where the staff realizes the family's anxiety and difficulties | |
|  | I felt that the burden of nursing care and the mental burden were great, but how to deal with it is still a challenge. |
|  | It was impressive that I heard that “there is something that does not clear up the mind and there is something weighing in the mind since my family was diagnosed with dementia”. |
| ⑤ Importance of thinking with family caregivers | |
|  | I discussed measures to improve daily problems with caregivers, and I learned the importance of listening to family's daily cares and concerns. |
|  | All family caregivers seem to have trouble. I thought that not only support to people with dementia, but also the care of the families and information sharing with them are very important. |
|  |  |
| **Theme 5. A new connection created by gathering together** | |
| ① Importance of people with dementia and families to come together | |
|  | Participation by a couple is usual, and the family support situation can be grasped, making it easy for staff to help with the family's stress and anxiety. |
|  | It is important that there be a place where people with dementia can relax as they are, and also that family caregivers are able to witness that. |
| ② New relationships between people with dementia and other families | |
|  | Other families listened carefully to the repeated stories of people with dementia, and I felt that a new relationship was created. |
| ③ The people with dementia and family are to be cared for in the same place | |
|  | Even if family members and people with dementia are attached to different staff, the sense of distance that can confirm each other's existence is securely connected. |
|  | Both people with dementia and the families are willing to visit and participate in the café. |
| ④ Expansion of conversation by various exchanges | |
|  | Families also felt that the conversation expanded in many directions by the involvement of various people. |
| ⑤ A place to be gathered together and empowered | |
|  | I experienced that, by gathering together, people with dementia and their families were released from the feeling of loneliness and realized themselves at the café site. |
|  | I felt that people involved with the same disease and circumstances gathered, deepened in understanding, and achieved empowerment. |

In this table, categories composing the theme are shown in numerical order. Representative meaning units are also shown in each category.