

MAINtAIN-C questionnaire

The MAINtAIN-C questionnaire consists of the MAINtAIN-C Behaviors scale to measure the perceived behavior in encouraging functional activities (20 items) and the MAINtAIN-C Barriers scale to measure the perceived barriers in encouraging functional activities related to the clients' context (7 items) and the professional, social, and organizational contexts (21 items), of community care professionals. To ensure transparency and comparability in the interpretation and analysis of the questionnaire, a description is provided on how to interpret the results and how the missing values can be handled.

Interpretation of the MAINtAIN-C Behaviors

The sum score on the total scale, for each respondent varying from 20 to 180, indicates the degree to which the respondent perceives to encourage functional activities.

Interpretation of the MAINtAIN-C Barriers

The scores of the positively formulated items should be reversed so that higher scores always indicate stronger experienced barriers. Furthermore, the sum score per subscale—varying from 7 to 63 for the clients' context and from 21 to 189 for the professional, social, and organizational contexts, for each respondent—indicates the degree to which the respondent is perceived to experience barriers in encouraging functional activities.

Handling the missing values of the MAINtAIN-C

To ensure comparability and transparency in scores, the average score of all respondents on all items in that scale can be imputed, if at least 80% of the items of that scale had been completed by the respondent.

MAINTAIN-C Behaviors

1.	I closely follow the extent to which clients are able to perform their own ADLs.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
2.	I encourage clients to perform their own ADLs as much as possible.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
3.	I closely follow the extent to which assistive devices are available and adequately used by clients.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
4.	I advise clients about the added value of consulting other disciplines (for example physical therapy) in order to encourage the independent performance of ADLs.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
5.	I discuss with new clients if a meal can be eaten independently.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
6.	I encourage clients to independently dress and undress.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
7.	I complement clients when they dress and undress themselves.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
8.	I closely follow the extent to which clients are to move about within their home.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
9.	I encourage clients to participate in activities outside their home.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
10.	I encourage clients to independently wash and dry themselves.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
11.	I encourage clients to use the toilet independently.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>

12.	I discuss with clients if they can prepare their meals independently.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
13.	I discuss with clients if they can do their shopping independently.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
14.	I discuss with clients if they can wash their clothes independently.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
15.	I discuss with clients if they can do 'light housework' independently, for example washing/drying dishes.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
16.	I discuss with clients if they can mop the bathroom independently after getting washed.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
17.	I discuss with clients which activities they used to do and they still can perform (ADLs, IADLs, social activities).	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
18.	I discuss with clients which activities (ADLs, IADLs, social activities) they would really like to perform themselves.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
19.	I encourage the clients' family and informal caregivers to promote self-reliance in clients.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>
20.	If 'encourage self-reliance and independence' is included in the care plan, then I follow this.	Never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always	<input type="radio"/>

MAINTAIN-C Barriers

Context of the clients

1.	Clients are often able to perform ADLs more independently than they now do.	Completely disagree					Neither agree, nor disagree				Completely agree
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	Clients are afraid to walk on their own, without help from others.	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	Clients ask for help with ADLs so that they can get extra attention.	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	Family or informal caregivers expect the nurses and nurse assistants to take over the activities that clients themselves can still perform.	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	Clients do not want to perform activities themselves such as bathing or opening/closing curtains even if they still can.	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	Financial limitations restrict clients in performing ADLs and IADLs independently.	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	An overburdened family or informal caregiver limits clients in performing ADLs and IADLs independently	Never					Sometimes				Always
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Context of the professionals, the social context (the team functioning) and the organizational context.

1.	I think that organizing my work so that clients are ready on time is more important than clients performing ADLs independently.	Never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always <input type="radio"/>
2.	I am afraid that clients will hurt themselves if I encourage them to walk alone.	Never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sometimes <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Always <input type="radio"/>
3.	It is primarily the responsibility of the physical therapist or occupational therapist to encourage clients to perform activities.	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>
4.	Within my team, we think that it is important to encourage clients to perform ADLs as much as possible independently.	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>
5.	Within my team, we think that it is our task to inform the family or informal caregivers about the importance of clients performing activities independently.	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>
6.	Within my team, sufficient expertise is available to encourage clients to be as independent as possible in performing ADLs (such as bathing, moving about).	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>
7.	Encouraging independence as much as possible in clients' ADLs, IADLs and social activities gives me less time for other things.	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>
8.	I find it difficult to encourage clients to be self-reliant and independent.	Completely disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree <input type="radio"/>

9.	Within my team, the collaboration with experts (for example occupational or physical therapists) is not good enough to encourage clients in performing ADLs as independently as possible.	Completely disagree ○ ○ ○ ○	Neither agree, nor disagree ○ ○ ○ ○	Completely agree ○
10.	I can count on enough support from my colleagues when I allow clients to perform ADLs and IADLs as independently as possible.	Completely disagree ○ ○ ○ ○	Neither agree, nor disagree ○ ○ ○ ○	Completely agree ○
11.	The manager of my team considers it important that clients perform ADLs and IADLs as independently as possible.	Never ○ ○ ○ ○	Sometimes ○ ○ ○ ○	Always ○
12.	I speak to my colleagues when I hear that they perform activities that clients can still perform themselves.	Never ○ ○ ○ ○	Sometimes ○ ○ ○ ○	Always ○
13.	The team discusses how we can encourage clients to perform ADLs and IADLs as independently as possible.	Never ○ ○ ○ ○	Sometimes ○ ○ ○ ○	Always ○
14.	Within my team, it is our routine to take over the ADLs and IADLs (such as making sandwiches) for our clients.	Never ○ ○ ○ ○	Sometimes ○ ○ ○ ○	Always ○

15.	My organization is not geared towards involving clients in the performance of ADLs and IADLs (such as independently bathing and dressing or preparing a meal).	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
16.	In my organization, there are enough people available who know how to encourage self-reliance and independent performance of activities by clients.	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
17.	My organization offers the possibility to follow internal or external courses that focus on encouraging clients' physical activity	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
18.	In my organization, we do not have agreements or guidelines concerning how we can encourage clients' physical activity.	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
19.	I have inadequate time to activate clients to be self-reliant because of the-needs assessment determined by the community nurse in my team.	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
20.	Encouraging self-reliance and independence has a high priority in my organization.	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>
21.	There is a structural shortage of staff available to encourage clients to perform ADLs and IADLs (such as independently bathing and dressing or preparing a meal) as independently as possible.	Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neither agree, nor disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree	<input type="radio"/>