**Supplemental File 1: Patient Interview Schedule**

1. Can you tell me about the how you have been getting on since you left hospital?
2. Thinking back to what you recall of your time in ICU, and then walking through your recovery from hospital to home to now – what were the most important moments for you? What stands out the most to you?
3. Thinking about this time from ICU to home, what were some of the challenges you encountered along the way?
4. How did you try and solve some of these challenges?
5. Can you describe any successful parts of your recovery?
6. Thinking about your involvement in the ICU recovery programme, how did you feel when you received the invitation to take part?
7. What motivated you to participate? Why do you think you were able to participate at the time you did?
8. How did you feel when you first went to the program? Did that experience change over time?
9. How has the programme influenced your recovery?
10. Has anyone commented on changes which they have seen in you, if so what have they said?
11. What do you think are the most important parts of a support programme?
12. How could we better support patients and their families following discharge from ICU?
13. If another patient was thinking about participating in such a programme, what would you say to them?
14. Is there anything else you would like to add or ask?