

Activity Instructions: Use a video Camera to Record Routines

If you have a wearable camera such as a GoPro, that will work very well for this activity. You can use any other video camera or smartphone to make the video, or have another family member operate the camera and record you performing the routines. You should only record what you are completely comfortable showing us.

If the files are too large to email to the research team, we suggest that you load the video onto your computer, so that you can screen share the video and watch it together with the researchers during the second online conversation.

Instructions on how to use: Please use a camera to record any or all of the following.

Morning routine:

- Start recording when you wake up in the morning. Capture any activities that you do to start your day.
 - Possibilities to include: making breakfast, morning exercise, feeding pets, waking others, checking emails or social media, watching TV or listening to radio, turning on heating, etc...

Leaving the house:

- Start recording when preparing to leave the house, for work, school, shopping.
 - Possibilities to include: packing lunches, starting laundry, turning off heating or lights, use of cars, bikes, trams, etc.

Returning Home:

- Start recording returning home routine after work, school, or other outings.
 - Possibilities to include: making snacks, cleaning, television or entertainment routines, turning on heat or air conditioning.

Lunchtime or Breaks Routine if working at home:

- Start recording to capture your break times from working at home.
 - Possibilities to include: making lunch, snacks or tea breaks, exercise, household chores like starting a load of laundry, etc.

Cleaning/Chores Routine:

- Start recording to capture your usual daily or weekly chores.



- Possibilities to include: cooking, cleaning, vacuuming, doing laundry, doing yardwork, etc.

Bedtime routine:

- Start recording when preparing to go to bed. Capture activities that are involved in preparing to go to sleep.
 - Possibilities to include: putting others to bed, turning off technologies, lights or heating, starting dishwasher, plugging in technologies to charge, etc.

Be sure that any household members involved have filled out the consent form as well, so that we know you consent to us using these materials. The consent form can be found on the DEF website or email hayley.mckee@monash.edu for a direct link.

We need these forms to know how you approve of us using the footage you create. If this has not been completed before the second interview, we will complete it with you online before beginning the conversation.