Potential participants meeting inclusion criteria are identified and invited to participate via personal contact or invitation letter and information sheet. Posters and leaflets about the study are displayed at the memory clinic and presentations made to relevant groups such as the Alzheimer’s café. People interested in taking part send their details to the researcher.

Researcher makes contact via telephone, confirms interest, explains study, answers any questions and makes appointment for a home visit if the person wishes to proceed.

Consent is taken and there is a further check that inclusion criteria are met and exclusion criteria are absent.

**Baseline Assessment:** (N = 42). Assessments will be completed at participant’s homes, the university or memory clinic according to participant preference.

**Randomisation:** (N = 42). Results are sent to the researcher who contacts participants to explain the next steps.

**Self-management group:** (N = 21). People with dementia attend eight sessions over eight weeks. Caregivers attend two of these sessions.

Researcher conducts a post-intervention interview for feedback on the self-management group.

Blinded research assistant conducts follow-up assessments with both groups (N = 42) at 3 months post-randomisation.

**Treatment as usual:** (N = 21) Participants continue with normal memory clinic services for eight weeks.

Blinded research assistant conducts final assessments with both groups (N = 42) at 6 months post-randomisation.