

**Supplementary Table 1.** Clinical outcome assessments.

Outcome	Measurement	Description	Min-Max	Interpretation
Neurocognitive function	MoCA	Clinical screening tool for cognitive impairment. Assesses visuomotor, visuo-perceptual, task-switching ability, language, conceptual thinking, memory, and orientation <sup>50</sup> .	0-30	>26: normal  18-25: mild cognitive impairment  10-17: moderate cognitive impairment  <10: severe cognitive impairment
Frailty	CFS	Clinical tool for evaluating frailty.	1-9	Higher = increased frailty and associated risks
Quality of life	SF-36	A 36-item self-reported short form health survey to evaluate quality of life <sup>51</sup> .	0-100	Higher = better overall health status
Health related quality of life	Health Utilities Index Mark 3	Multi-attribute questionnaire covering 8 domains of health that define 972,000 unique	0 – 1	1 = perfect health  0= dead

		health states, with corresponding population derived preference-based utility weights.		
Anxiety and depression	HADS	A 14-question instrument measuring anxiety and depression, with each question scored on a scale of 0-3 for a maximum of 21 points for each of anxiety and depression <sup>52</sup> .	0-21	Higher = higher distress
PTSD	PTSS-14	Screening questionnaire for post-traumatic stress disorder, validated in ICU patients <sup>34</sup> .	14-98	≥45 = PTSD
Chronic pain	CPGS	A 7-item valid and reliable tool for assessing pain intensity	0-100 for Characteristic Pain Intensity	Grade 0 = pain-free  Grade I = Characteristic Pain Intensity <50, <3 disability points

		and pain-related disability in chronic pain conditions <sup>35</sup> .	<p>0-100 Disability Score</p> <p>Disability points =</p> <p>Disability days + disability score points</p> <p>Disability days:</p> <p>0-6 days = 0 points</p> <p>7-14 days = 1 point</p> <p>15-30 days = 2 points</p> <p>31+ days = 3 points</p> <p>Disability score points:</p> <p>0-29 = 0 points</p> <p>30-49 = 1 point</p> <p>50-69 = 2 points</p> <p>70+ = 3 points</p>	<p>Grade II = Characteristic Pain Intensity <math>\geq 50</math>, &lt;3 disability points</p> <p>Grade III = 3-4 disability points irrespective of Characteristic Pain Intensity</p> <p>Grade IV = 5-6 disability points irrespective of Characteristic Pain Intensity</p>
Chronic fatigue	FSS	A 9-item scale evaluating severity of fatigue and its effect on a person's lifestyle and activities <sup>53</sup> .	9-63	<p>&lt;36 = may not be suffering from fatigue</p> <p><math>\geq 36</math> = may need further evaluation</p>
ADLs	Katz Index of ADLs	A 6-item scale evaluating performance on ADLs <sup>54</sup> .	0-6	<p>0 = low (very dependent)</p> <p>6 = high (independent)</p>
IADLs	Lawton IADL	Assessment of	0-8 for women	0 = low function, dependent

	scale	functional status through IADLs <sup>38</sup> .	0-5 for men	8 (women) or 5 (men) = high function, independent																								
Lower extremity strength	30s Sit-To-Stand Test	Participant is seated with their back straight and feet on the floor shoulder-width apart, with one foot slightly in front of the other to maintain balance. The participant's arms are held against the chest, while their wrists are crossed. The participant then stands and re-sits as many times as possible during a 30-second period. This task can be performed either remotely or in-person but will be performed in-	Average scores by age group and sex: <table><tr><th>Age</th><th>M</th><th>F</th></tr><tr><td>60-64</td><td>14</td><td>12</td></tr><tr><td>65-69</td><td>12</td><td>11</td></tr><tr><td>70-74</td><td>12</td><td>10</td></tr><tr><td>75-79</td><td>11</td><td>10</td></tr><tr><td>80-84</td><td>10</td><td>9</td></tr><tr><td>85-89</td><td>8</td><td>8</td></tr><tr><td>90-94</td><td>7</td><td>4</td></tr></table>	Age	M	F	60-64	14	12	65-69	12	11	70-74	12	10	75-79	11	10	80-84	10	9	85-89	8	8	90-94	7	4	Below average = higher falls risk
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		person for the purposes of this study to ensure accurate reporting.		
Adverse events	# hospital and ICU readmissions # emergency department visits	Evaluation of adverse events including hospital and ICU readmissions and emergency department visits among ICU survivors.		
Polypharmacy	# concurrent medications	Evaluation of polypharmacy through the number of concurrent medications that a patient is prescribed.		
Caregiver burden	CBS	22-item scale evaluating burden on caregivers of individuals with chronic illness across a variety	0-88	0-20 = little or no burden 21-40 = mild to moderate burden 41-60 = moderate to severe burden 61-88 = severe burden

		of domains of functioning <sup>55</sup> .		
Sleep quality	PSQI	Self-reported scale assessing sleep quality over the previous one month <sup>42</sup> .	0-21	≤5 = good sleep quality >5 = poor sleep quality
Dyadic resiliency to stressors	Connor Davidson Resilience Scale (CD-RISC-10)	A dyadic measure of resilience among both participants and caregivers.	0-40	Higher score = higher resilience