Assessed for eligibility (n=369)

Eligible to enter study (n=329)

Enrolled (n=196)

Entered study (n=195)

Remaining enrolled at 4 weeks (n=147)

Remaining enrolled at 8 weeks (n=133)

Remaining enrolled at 12 weeks (n=59 (only wait arm of study))

Not eligible (n=40)
- Not considered to be in last year of life (n=6)
- Prognosis < 4 weeks (n=2)
- Lack capacity to consent (n=26)
- Did not speak eligible language (n=6)

Excluded (n=133)
- Didn’t want to receive volunteer service (n=46)
- Service unable to meet needs (n=12)
- Died or moved away (n=38)
- No reason given (n=7)
- Didn’t want to take part in research (n=30)

Died before baseline (n=1)

Died (n=4)
- No response (n=2)
- Withdrawn (n=10)

Baseline data returned (n=176)

Week 4 data returned (n=107)

Week 8 data returned (n=84)

Week 12 data returned (n=30)

Figure 1. Study participant flow