Supplementary Table 1. Two-part regression on unmet need (did not receive help for the need in question) and interaction terms, pooled data from ELSA waves 6, 7 and 8.

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| --- | --- | --- |
|  | First part (logit model) | Second part (GLM model) |
| Female |  0.07 (0.050) | -0.10 (0.109)\*\*\* |
| Age |  0.03 (0.004)\*\*\* |  0.00 (0.001)\*\* |
| Has partner | -0.03 (0.057) | -0.09 (0.012)\*\*\* |
| Has child(ren) | -0.12 (0.079) | -0.00 (0.016) |
| No qualification | -0.08 (0.059) |  0.00 (0.012) |
| Occupational social class (ref=routine) |  |  |
|  Intermediate | -0.09 (0.062) |  0.02 (0.014) |
|  Professional/managerial | -0.02 (0.062) | -0.01 (0.013) |
| Home owner | -0.23 (0.070)\*\* | -0.03 (0.014)\* |
| Higher wealth quintile  | -0.03 (0.020) | -0.01 (0.004)\*\* |
| N of functional limitations |  0.44 (0.026)\*\*\* |  0.12 (0.002)\*\*\* |
| Cognitive status (ref=Intact cognition) |  |  |
|  Low cognition a |  1.05 (0.414)\* | 0.37 (0.089)\*\*\* |
|  Dementia b |  2.48 (1.219)\* | 1.12 (0.308)\*\*\* |
| Cognitive status (ref= Intact cognition)#Age |  |
|  Low cognition a | -0.01 (0.006) | -0.004 (0.001)\*\* |
|  Dementia b | -0.01 (0.015) | -0.010 (0.004)\*\* |
| Cognitive status (ref= Intact cognition)#N of functional limitations |  |
|  Low cognition a | -0.16 (0.036)\*\*\* | -0.02 (0.003)\*\*\* |
|  Dementia b | -0.41 (0.034)\*\*\* | -0.06 (0.006)\*\*\* |

a Belonging to the lowest quartile of the average z-score of orientation, and immediate and delayed recall in the sample; b Self or proxy-reporteddiagnosed dementia and/or the IQCODE proxy score 3.5 or more. First part (logit model): *n* of observations = 12,756, *n* of clusters of time points = 8,490, *n* of clusters of households = 6,100; Second part (GLM model): *n* of observations= 8,490, *n* of clusters of time points = 4,584, *n* of clusters of households = 5,016. \* *p* < 0.05, \*\* *p* < 0.05, \*\*\* *p* < 0.05, # in interaction with

Supplementary Table 2a. Two-part regression on unrequired help (receipt of help without need) and interaction terms, pooled data from ELSA waves 6, 7 and 8.

|  |  |  |
| --- | --- | --- |
|  | First part (logit model) | Second part (GLM model) |
| Female |  0.59 (0.077)\*\*\* | -0.04 (0.051) |
| Age |  0.04 (0.003)\*\*\* | -0.00 (0.002) |
| Has partner |  0.20 (0.077)\*\* |  0.10 (0.039)\* |
| Has child(ren) |  0.11 (0.090) |  0.08 (0.039) |
| No qualification |  0.08 (0.060) |  0.02 (0.029) |
| Occupational social class (ref=routine) |  |  |
|  Intermediate | -0.16 (0.067)\* |  0.01 (0.035) |
|  Professional/managerial | -0.07 (0.069) |  0.03 (0.039) |
| Home owner | -0.13 (0.069) | -0.01 (0.035) |
| Higher wealth quintile | -0.06 (0.023)\*\* | -0.02 (0.012)\* |
| N of functional limitations |  0.14 (0.008)\*\*\* |  0.01 (0.005) |
| Cognitive status (ref= Intact cognition) |  |  |
|  Low cognition a |  0.71 (0.142)\*\*\* |  0.04 (0.076) |
|  Dementia b |  2.497 (0.361)\*\*\* |  0.28 (0.195) |
| Cognitive status (ref= Intact cognition)#Female |  |
|  Low cognition a | -0.26 (0.112)\* | 0.10 (0.069) |
|  Dementia b | -0.36 (0.259) | 0.06 (0.124) |
| Cognitive status (ref= Intact cognition)#Has partner |  |
|  Low cognition a | -0.17 (0.109) |  0.13 (0.054)\* |
|  Dementia b |  0.14 (0.261) | -0.08 (0.129) |
| Cognitive status (ref= Intact cognition)#N of functional limitations |  |
|  Low cognition a | -0.03 (0.011)\*\* | -0.01 (0.006)\*\* |
|  Dementia b | -0.16 (0.019)\*\*\* | -0.01 (0.010) |

a Belonging to the lowest quartile of the average z-score of orientation, and immediate and delayed recall in the sample; b Self or proxy-reporteddiagnosed dementia and/or the IQCODE proxy score 3.5 or more. First part (logit model): *n* of observations = 12,754, *n* of clusters of time points = 6,260, *n* of clusters of households = 6,100; Second part (GLM model): *n* of observations= 2,616, *n* of clusters of time points = 1,935, *n* of clusters of households = 2,195. \* *p* < 0.05, \*\* *p* < 0.05, \*\*\* *p* < 0.05, # in interaction with

Supplementary Table 2b. Marginal effects, % (95% Confidence Interval), estimated from the two-part regression (Supplementary Table 2a) on unrequired help (receipt of help without need), pooled data from ELSA waves 6, 7 and 8. Bold text indicates that the proportions receiving unrequired help differ by gender or having a partner (the confidence intervals do not overlap), e.g. a higher proportion of women (36%, varying between19-25%) than men (22%, varying between 30-35%) receive unrequired help among those with no dementia/low cognition.

|  |  |
| --- | --- |
|  | Estimated % (95% Confidence Interval) of unrequired help |
|  | Intact cognition |  Low cognition a | Dementia b |
| Gender |  |  |  |
|  Men | **22** (19; 25) | **30** (27; 33) | 82 (57; 100) |
|  Women | **36** (30; 35) | **40** (36; 44) | 94 (69; 100) |
| Having partner |  |  |  |
|  No | **25** (23; 27) | **31** (28; 34) | 79 (50; 100) |
|  Yes | **32** (29; 34) | **41** (36; 45) | 96 (73;100) |

a Belonging to the lowest quartile of the average z-score of orientation, and immediate and delayed recall in the sample; b Self or proxy-reporteddiagnosed dementia and/or the IQCODE proxy score 3.5 or more. First part (logit model): *n* of observations = 12,754, *n* of clusters of time points = 6,260, *n* of clusters of households = 6,100; Second part (GLM model): *n* of observations= 2,616, *n* of clusters of time points = 1,935, *n* of clusters of households = 2,195.

Supplementary Table 3a. Interaction terms for regressions on quality of life, pooled data from ELSA waves 6, 7 and 8. Because of limited power to test several interactions, each has been tested in a separate model.

|  |  |
| --- | --- |
|  | Quality of life (CASP-19 score) |
| Female |  0.09 (0.011)\*\*\* |  0.09 (0.011)\*\*\* |  0.09 (0.011)\*\*\* |  0.09 (0.011)\*\*\* |  0.09 (0.011)\*\*\* |
| Age |  0.00 (0.001)\* |  0.00 (0.001)\* |  0.00 (0.001)\* |  0.00 (0.001)\* |  0.00 (0.001)\* |
| Has partner |  0.08 (0.015)\*\*\* |  0.06 (0.013)\*\*\* |  0.06 (0.013)\*\*\* |  0.06 (0.013)\*\*\* |  0.06 (0.013)\*\*\* |
| Has child(ren) | -0.01 (0.018) | -0.01 (0.018) | -0.01 (.018) | -0.01 (0.018) | -0.01 (0.018) |
| No qualification |  0.01 (0.013) |  0.01 (0.013) |  0.01 (0.013) |  0.01 (0.013) |  0.01 (0.013) |
| Occupational social class (ref=routine) |  |  |  |  |  |
|  Intermediate |  0.02 (0.014) |  0.03 (0.016) |  0.02 (0.014) |  0.02 (0.014) |  0.02 (0.014) |
|  Professional/managerial |  0.04 (0.014)\* |  0.06 (0.016)\*\*\* |  0.04 (0.014)\* |  0.04 (0.014)\* |  0.04 (0.014)\* |
| Home owner |  0.04 (0.017)\*\* |  0.04 (0.017)\* |  0.08 (0.0120)\*\*\* |  0.04 (0.017)\* |  0.04 (0.017)\* |
| Higher wealth quintile |  0.05 (0.004)\*\*\* |  0.05 (0.004)\*\*\* |  0.05 (0.004)\*\*\* |  0.06 (0.005)\*\*\* |  0.05 (0.004)\*\*\* |
| ADL/IADL/mobility limitations | -0.04 (0.002)\*\*\* | -0.04 (0.002)\*\*\* | -0.04 (0.002)\*\*\* | -0.04 (0.002)\*\*\* | -0.04 (0.002)\*\*\* |
| Unmet needs | -0.02 (0.004)\*\*\* | -0.02 (0.004)\*\*\* | -0.02 (0.004)\*\*\* | -0.02 (0.004)\*\*\* | -0.02 (0.004)\*\*\* |
| Unrequired help | -0.03 (0.007)\*\*\* | -0.03 (0.007)\*\*\* | -0.04 (0.007)\*\*\* | -0.03 (0.007)\*\*\* | -0.03 (0.007)\*\*\* |
| Cognitive status (ref= Intact cognition) |  |  |  |  |  |
|  Low cognition a |  -0.01 (0.016) | -0.01 (0.015) |  0.04 (0.023) |  0.05 (0.025)\* | -0.06 (0.015)\*\*\* |
|  Dementia b |  -0.03 (0.050) | -0.13 (0.057)\* | -0.12 (0.064) | -0.10 (0.081) | -0.24 (0.064)\*\*\* |
| Cognitive status (ref= Intact cognition) | #Partner | #Occupational social class | #Home owner | #Higher wealth quintile | # N of functional limitations |
|  Low cognition a | -0.06 (0.020)\*\* | -0.04 (0.024) (intermediate) | -0.10 (0.025)\*\*\* | -0.03 (0.007)\*\*\* |  0.00 (0.002) |
|  Dementia b | -0.11 (0.068) |  0.07 (0.078) (intermediate) |  0.02 (0.076) | -0.00 (0.029) |  0.02 (0.006)\* |
|  Low cognition a |  | -0.09 (0.025)\*\*\* (professional) |  |  |  |
|  Dementia b |  |  0.03 (0.0784) (professional) |  |  |  |

a Belonging to the lowest quartile of the average z-score of orientation, and immediate and delayed recall in the sample; b Self or proxy-reporteddiagnosed dementia and/or the IQCODE proxy score 3.5 or more. *n* of observations = 11,122, *n* of clusters of time points = 5,712, *n* of clusters of households = 5,756. \* *p* < 0.05, \*\* *p* < 0.05, \*\*\* *p* < 0.05, # in interaction with

Supplementary Table 3b. Marginal effects, % (95% Confidence Interval), estimated from the linear regression (Supplementary Table 3b) on quality of life (receipt of help without need), pooled data from ELSA waves 6, 7 and 8. Bold text indicates that the estimated quality of life score is higher (the confidence intervals do not overlap) when having a partner, being in professional/managerial social class, owning home or being in a higher wealth quintile compared to the reference group (ref).

|  |  |
| --- | --- |
|  | Estimated mean (95% Confidence Interval) of quality of life |
|  | Intact cognition |  Low cognition a | Dementia b |
| Having partner |  |  |  |
|  No (ref) | **2.98** (2.96; 3.00) | 2.97 (2.94; 3.00) | 2.95 (2.85; 3.04) |
|  Yes | **3.06** (3.05; 3.08) | 3.00 (2.97; 3.02) | 2.92 (2.83; 3.01) |
| Occupational social class |  |  |  |
|  Routine (ref) | **3.01** (2.99; 3.03) | 3.00 (2.97; 3.02) | 2.88 (2.77; 2.99) |
|  Intermediate | 3.04 (3.01; 3.06) | 2.98 (2.95; 3.02) | 2.97 (2.87; 3.08) |
|  Professional/managerial | **3.07** (3.05; 3.09) | 2.97 (2.93; 3.01) | 2.97 (2.85; 3.09) |
| Home owner |  |  |  |
|  No (ref) | **2.97** (2.94; 3.01) | 3.01 (2.97; 3.05) | 2.86 (2.73; 2.98) |
|  Yes | **3.05** (3.03; 3.06) | 2.98 (2.96; 3.00) | 2.95 (2.87; 3.03) |
| Wealth quintile |  |  |  |
|  Q1 (lowest) (ref) | **2.92** (2.89; 2.94) | **2.93** (2.90; 2.97) | 2.82 (2.71; 2.93) |
|  Q2 | **2.97** (2.96; 2.99) | 2.96 (2.94; 2.98) | 2.87 (2.80; 2.95) |
|  Q3 | **3.03** (3.02; 3.04) | 2.98 (2.97; 3.00) | 2.93 (2.86; 3.00) |
|  Q4 | **3.09** (3.08; 3.10) | **3.01** (2.99; 3.03) | 2.99 (2.88; 3.10) |
|  Q5 (highest) | **3.15** (3.13; 3.17) | **3.04** (3.00; 3.07) | 3.04 (2.89; 3.20) |

a Belonging to the lowest quartile of the average z-score of orientation, and immediate and delayed recall in the sample; b Self or proxy-reporteddiagnosed dementia and/or the IQCODE proxy score 3.5 or more. Linear regression: *n* observations = 11,122, *n* of clusters of time points = 5,712, *n* of clusters of households = 5,756.