

Table 1 overarching themes and subthemes

Overarching themes	Subthemes
Aspects of a care role	<ul style="list-style-type: none"> • Active care role • Negative impact of a care role • Adaptation to a care role • Positive impact of a care role
Supportive mechanisms	<ul style="list-style-type: none"> • Support from family and friends • Appropriate support from services, knowledge and information • Meaningful occupations, hobbies and interests • Support from men in a similar situation