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# Supportive strategies for men who perform a care role : an occupational perspective

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Table 1 overarching themes and subthemes

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