

Supplementary material

Suppl. Table S1. Informant profile and care context

Code	Age	Relationship with care recipient	Health status of the care recipient	Role in care provision	Characteristics of care
BR	40–50	Son caring for his mother	After a heart attack, dementia	Primary	Intensive care (after work), high emotional dependence of the mother, and sleep deprivation
JB	76	Husband caring for his spouse (75)	Advanced dementia	Primary	24/7 care, resignation from employment, social isolation, and exclusive care without external assistance
JH	40–50	Son caring for his mother (76) and son (17)	Mother: frail; Son: hearing impairment	Primary (managerial)	Sandwich generation, managerial approach, integration of care into business trips
MBU	40–50	Son	Mother (75) with dementia	Secondary	The primary caregiver is the father (77), while the son provides logistics, and the wife has a strong influence on care
MiBoh	60+	Son caring for his mother (99)	Immobile, bedridden	Primary	Use of charity and a private nurse, a pragmatic approach, housekeeping and meals
MILA	30–40	Son-in-law (assists his wife)	Mother-in-law (85+) with Alzheimer's	Secondary	Care is “managed by my wife”, focus on work and children, logistics support
PP	40–50	Son caring for his mother (73)	Spinal cancer, post-surgery condition	Primary (commuting)	Commuting 4–5 times a week, property maintenance, shopping, and accompanying patients to doctors
VČ	75	Daughter's partner	Mother-in-law (89) with dementia	Shared	Shared care with partner, “healthy approach”, overcoming taboos surrounding intimate hygiene