

Navigating the Sandwich Generation

What is the Sandwich Generation?

One out of 10 adults are caring for children and their aging parents, grandparents, or siblings.

- Most of the family members are employed full time
- About 60% are women
- With increased life expectancy, more people are faced with the sandwich generation
- Honor and responsibility of caring for their loved one

Communication is Key

Keeping an open communication with your loved one, family, and healthcare providers is essential.

- Talk with your loved one
- Talk with family and friends
- Communicate with Healthcare providers
- Find resources within your community

Emotional Effects of the Sandwich Generation

Balancing Life

- Raising children, working, and managing healthcare of your loved one can be challenging
- Make time for yourself
- To give to others you have to care for yourself

Self Care is Vital

Schedule Time for Yourself

- Taking time out to exercise or read a book
- Meet with a friend for coffee or lunch
- Join a group that supports what you are going through

Prepare for Changes Before a Crisis Happens

Next Steps

- Learn what your parents or loved ones financial status is
- Contact and Elder Law Attorney to discuss HPOA, FPOA, and Living Wills
- Take your loved one to look at a retirement community
- Include family members in the decision
- Preplan funeral arrangements

What Resources Do Employers Have?

- FMLA
- Leave of Absence
- Flexible work schedule
- EAP – Employee Assistance Program
 - All are different
 - Some have free online and phone services

Positive Points

- Ability to give back
- Shared Memories
- Growing children in a multi-generational home
- Close knit families/ building relationships
- Financial stability

Key Take Away Points and Resources

- Have a Plan in Place
- Take Care of Yourself
- Know What Resources are Available in the your community

National Association of Elder Law Attorneys
Naela.org

Aging Life Care Association
alca.org

Alzheimer's Association

Thank you for joining WTIU 3rd Annual Conference on Aging

Kindness can transform someone's dark moments with a blaze of light. You will never know how much your caring matters. Make a difference for another today

Amy Leigh Mercree

A good laugh and a long sleep are two best cures for anything

An old Irish Proverb