SPREAD THIN: THE SANDWICH GENERATION
WHAT IS THE SANDWICH GENERATION?

A generation of people who care for their aging parents while supporting their own children.
Approximately 18% of Americans ages 45–56 are providing significant amounts of care to both their children and their aging parents. We call these people “The Sandwich Generation.”

Roughly 20 million households spend $18 billion annually and give 2.3 billion hours of service annually to support their children and parents.
WHO IS THE SANDWICH GENERATION?

- Middle-aged, between 40-59 years old
- Predominately Women
- Married
- Hispanics are largest ethnic population in this generation
Nearly 1 in 7 adults provide financial support to both an aging parent & a child.

35% say their parent or parents rely on them for emotional support.

30% say their parent or parents need help to handle their affairs or care for themselves.
CARING FOR THE CAREGIVER
WHAT IS “GIVING CARE”?

Giving care means helping with daily needs of another person.
UNDERSTAND YOUR FEELINGS

Sadness

Anger

Guilt

Loneliness

Grief
STRESS

Balancing Act

Not Enough Time

Caregiver Burnout
FINANCIAL HARDSHIP

Caring for Parents

Supporting Children
TACKLING THE CHALLENGES
WHAT MAY HELP

Cry or express your feelings. You don’t have to pretend to be cheerful.

Focus on things worth your time and energy. Let small things go for now…

Remind yourself that you are doing your best

Spend time alone to think of your feelings!
TAKE CARE OF YOU
CURB FINANCIAL STRAIN

Plan

Consider Cost-Saving Options

Set Boundaries

Tax Benefits
Exercise release endorphins which keeps your mind and body healthy.

Schedule 10-minute increments throughout the day to exercise or stretch.
EATING MINDFULLY

- Choose nutritious, whole foods
  - Nuts
  - Peppers
  - Spinach
  - Dark Chocolate
  - Tea
- Avoid processed foods
- Don’t skip meals
MANAGE STRESS

- Identify main stressors and learn healthy coping strategies
- Ask for help
- Lower the bar
- Communication is key
QUESTIONS?