

Tips for the Sandwich Generation



Are you caring for an older parent in addition to raising your own child or financially supporting a grown child? If so, you are part of the sandwich generation, the 47% of adults nationwide, ages 40-59, who face multiple responsibilities and competing demands as they support older and younger family members. The following are some tips to help reduce the stress often associated with assuming these roles.

- 1. Set boundaries.** Take control of how you spend your time to the extent possible. If you have carved out time for yourself, give yourself permission to say no to something that comes up and lean on another sibling or spouse to help, or schedule the activity for a time that works for you. You don't have to be reactive to every non-urgent issue that comes up. Setting boundaries helps avoid resentment and burnout.
- 2. Keep communication open around finances.** Keeping your financial goals in mind while caring for your loved ones is important. Set clear expectations with your parent and adult child around your financial role to avoid any confusions or uncertainty.
- 3. Involve others.** Divide up important tasks among multiple family members whenever possible. You might consider a monthly standing meeting to discuss upcoming appointments and needs so that everyone can share in the load.
- 4. Know your parents' wishes.** Make sure your parents have an advance directive (including a durable power of attorney). This will reduce the stress of trying to figure things out in the moment and concern over doing the right thing. Consult with a lawyer at no cost through your Employee Assistance Program (EAP).
- 5. Assemble a team of professionals.** There are likely professional resources available to help you navigate your specific challenges. Your EAP can help you locate local and nationwide programs and resources that offer guidance, advice, and support.

Your Employee Assistance Program is here to help you through all of life's phases. Contact us anytime to schedule a counseling appointment or to obtain resources.

Five Self-Care Tips for the Sandwich Generation. Seniors at Home. Retrieved on September 6, 2022, from <https://seniorsathome.jfcs.org/five-self-care-tips-sandwich-generation/>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free:
1.800.999.1077

Website:
www.EAPHelplink.com

Code:
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