What does the term “sandwich generation” mean? (1/2)
- Let’s watch a video and then we’ll discuss this phenomenon.
- Living with Integrity: The Sandwich Generation.

What does the term “sandwich generation” mean? (2/2)
- Do you know anyone who is living a “sandwich” life?
- Remember that some people are also in a “club sandwich,” which has three layers.
- Do you know anyone in that situation?
- What type of stress do you suppose this causes the persons involved?
- When your children and parents both need care, where do your responsibilities lie?
What is the Sandwich Generation?

- The sandwich generation is a generation of people who care for their aging parents while supporting their own children.
- Social worker Dorothy Miller (1981)
- Present day sandwich generation scenarios (Carol Abaya, Journalist)
  1. Traditional
  2. Club Sandwich
  3. Open Faced
  4. Boomerang and Kidults

Sandwich Generation Demographic (1/2)

- According to the Census Bureau:
  - Sandwich generation members are mostly middle-aged, or between the ages of 40-59
  - 19% of the members are younger than 40, and 10% are age 60 and older
  - Men and women are both members, although the caregivers are predominantly women
  - Married adults are more likely than unmarried adults to be sandwiched between their children and parents: 36% of those who are married fall into this group and 13% of those who are unmarried fall into this group

Sandwich Generation Demographic (2/2)

- More affluent adults, or those with annual household incomes of $100,000 or more, are more likely than less affluent adults to be in the sandwich generation: 43% of those with incomes of $100,000 or more are affected, compared to 25% of those with incomes between $30,000-$100,000 a year
- Hispanics are the biggest ethnic population in the sandwich generation situation: 31% of Hispanic adults have a parent age 65 or older and a dependent child, whereas approximately 24% of whites and 21% of blacks are sandwich generation caregivers

Sandwich Generation Statistics (1/2)

- National Alliance for Caregiving
  - 9.3 million Americans are a part of the sandwich generation today
- Pew Research Center
  - Nearly half, or 47%, of adults in their 40s-50s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older)
  - About one-in-seven middle-aged adults, or 15%, is providing financial support to both an aging parent and a child
  - Roughly half, or 48%, of adults ages 40-59 have provided some financial support to at least one grown child in the last year, with 27% providing the primary support
Sandwich Generation Statistics (2/2)
- About one-in-five middle-aged adults, or 21%, have provided financial support to a parent age 65 or older in the past year.
- Among all adults with at least one parent age 65 or older, 30% say their parent or parents need help to handle their affairs or care for themselves.
- Among all adults with a living parent age 65 or older, 35% say that their parent or parents frequently rely on them for emotional support and 33% say their parents sometimes rely on them for emotional support.

Culture and Family
- Familial cultural norms are specialized in three ways:
  - Specific to particular role relationship
  - Systematically related to social class, race, ethnicity, religion, or region
  - Vary across individual families (traditions)
- Research has focused on cultural differences in living arrangements and caregiving.

Sandwich Generation Issues
- Stress
- Financial Hardship
- Depression
- Work
- Family

Sandwich Generation Stress
- Balancing act
- Physically exhausting and mentally challenging
- Navigating work and family
- Constant multitasking
- Triple-Ms: “middle aged mothers in menopause.”
- Finances
- Illnesses
- No time for self
9 Tips for Managing Sandwich Generation Stress

1. Practice Self-Care
2. Save Time While Updating Family
3. Share the Load
4. Get Some Help
5. Talk to Your Employer
6. Prioritize What Matters
7. Be Selfish
8. Lean on Support
9. Be in the Moment

Questions?