



Navigating the Sandwich Generation

Balancing Caregiving and Financial Challenges



WHAT IS THE SANDWICH GENERATION?

The term "Sandwich Generation" describes adults balancing the care of aging parents and supporting their own children. According to Pew Research, these individuals have a parent aged 65 or older and at least one child needing financial support.

Currently, 26% of American adults, or about 67.8 million people, fall into this category, up from 23% in 2022. This dual responsibility brings significant emotional and financial challenges, as caregivers juggle elder care, such as managing medical appointments and coordinating services, with raising or financially supporting their children.

STATISTICAL REALITIES OF THE SANDWICH GENERATION

Time Commitment

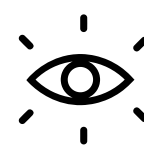
Sandwich Generation adults spend an average of 22 hours per week providing care for aging relatives and an additional 28 hours per week caring for their children under 18. This totals to 50 hours weekly—10 more than the typical 9-5 job.

Financial Strain

Almost half (47%) of Sandwich Generation adults have experienced periods where their household struggled to meet essential expenses due to the costs associated with caregiving in the past year.

Lifestyle and Financial Adjustments

A staggering 90% of Sandwich Generation adults report making lifestyle changes or financial decisions due to caregiving responsibilities. The most common adjustments include cutting back on other expenses (34%), reducing contributions to emergency savings (26%), and taking on more debt (26%).



Impact on Personal Finances

Caregiving significantly affects personal finances for 95% of Sandwich Generation adults, with 47% citing direct impacts. This financial strain often correlates with challenges in mental health and increased stress (44%), as well as disruptions in social lives (44%).

Gender Disparities

Women caregivers feel less prepared for long-term financial support than men. While 72% of men feel confident managing caregiving expenses for another year without adjusting their finances, only 54% of women share this confidence. Additionally, 14% of women believe they can only afford caregiving for up to 6 months, compared to 3% of men.

Regrets and Mental Strain

A significant 40% of the Sandwich Generation admit to making financial decisions they regret due to the mental strain caused by caregiving responsibilities.



COMMUNICATION STRATEGIES

1. Open and Honest Communication

- a. **Regular Family Meetings:** Schedule regular check-ins to discuss caregiving tasks, concerns, and updates.
- b. **Transparency:** Share all relevant information openly to avoid misunderstandings.

2. Active Listening

- a. **Empathize:** Show empathy and understanding to each family member's perspective.
- b. **Reflective Listening:** Paraphrase and repeat back what you've heard to ensure clarity and understanding.

3. Clear and Concise Messaging

- a. **Avoid Jargon:** Use simple and clear language to ensure everyone understands.
- b. **Stay Focused:** Stick to the topic at hand to avoid overwhelming discussions.

4. Respect and Validation

- a. **Acknowledge Feelings:** Validate each person's feelings and viewpoints.
- b. **Show Respect:** Respect the contributions and opinions of all family members, regardless of age or role.

5. Nonverbal Communication

- a. **Body Language:** Maintain open and approachable body language.
- b. **Eye Contact:** Make eye contact to show engagement and sincerity.

EDUCATION OPPORTUNITIES



ZOOM SESSION:

THURS, JULY, 25th 7pm

THRIVING UNDER PRESSURE:

Unlocking the Secrets to Stress Resilience with Parenting and in a Caregiver Role



Stress Evaluation Program

- 20 min call gets 20% off
- **Energy Leadership Index™ Assessment**
 - which shows your E-Factor – a measure that has been statistically correlated to satisfaction in 14 areas of life.

The more your E-Factor increases, the more satisfied you'll be, and the less stress you'll experience.

To schedule your Assessment and get 20% off ELI schedule quick call www.inbetweenseasons.com

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FINAL THOUGHTS

Navigating the unique challenges of the Sandwich Generation—caring for both aging parents and young children—requires a delicate balance of time, energy, and resources. Statistics highlight the growing prevalence and pressures faced by this group, with many juggling full-time jobs and caregiving responsibilities. Effective communication emerges as a critical tool in managing these demands, fostering better understanding and support among family members. By implementing clear, empathetic communication strategies and practical tips such as setting boundaries, delegating tasks, and prioritizing self-care, members of the Sandwich Generation can cultivate resilience and maintain their well-being. Embracing these approaches not only enhances the caregiving experience but also strengthens familial bonds, ensuring a more harmonious and supportive household.





In Between Seasons Coaching

Pete Barusic, PT, CWDS, ELI-MP
COR.E Dynamics Wellbeing Specialist
Energy Leadership Index Master Practitioner

CLIENT SHOWCASE

Debriefing after the Energy Leadership Index Assessment, helped me to realize why I was lethargic and not functioning around a project this year, which last year was just the opposite experience for me.

Talking about the catabolic and anabolic behaviors and rating how I use them has helped me with my wellbeing. I can see that further coaching can be a benefit in obtaining consistent and sustainability in my wellness.

Dr. Pamela Milosevich, DC
The Healing Center

For More Information
www.inbetweenseasons.com



“Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.”
– Rikki Rogers

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