The Sandwich Generation: Simultaneously Caring For Children & Aging Parents

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What Does it Mean to be a Caregiver?

• Household chores

• Personal care

• Medical tasks
Family Dynamics

- Role reversal
- Juggling responsibilities
- Limited time
- Benefits vs burden on children
Guilt

“I should….”

• Be able to take care of my parent and my kids
• Not get frustrated/stay patient
• Be able to get all my work done

Guilt vs Regret
Ambiguous Loss

• What has changed?
• What has stayed the same?
• Both/and thinking
Building Resilience

“…the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”

- Embrace healthy thoughts
- Find purpose
- Build your connections
- Seek help
- Foster wellness
Embrace Healthy Thoughts

Change unhelpful self-talk
- Avoid overgeneralizing and thinking in “shoulds”
- Write down automatic thoughts

Talk to a therapist or counselor

Control what you can
Finding Purpose

• Has caregiving given you a sense of purpose or meaning in your life?

• Positive aspects of caregiving
  ○ New skills
  ○ Relationship to care recipient
  ○ Taking care of family
Building Connections

• Video chat with friends & family

• Online support groups
  – Facebook caregiver groups

• Community/senior center classes
Seek Help

- Care coordination tools
  - Lotsa Helping Hands
  - Cozi

- Employment support
  - Employee assistance programs
  - Family and Medical Leave and Paid Family Leave

- Counseling
  - Children’s school, youth programs
  - Insurance, community mental health, EAP

- Community Resources
  - Family Caregiver Alliance resources by state – [www.caregiver.org](http://www.caregiver.org)
  - Eldercare Locator - [eldercare.acl.gov](http://eldercare.acl.gov/)
Activities That Foster Wellness

- Exercise
- Play with a pet
- Gardening
- Reading
- Music
- Meditation

- Humor
- Relaxation exercises
- Journaling
- Yoga
- Spiritual practices
- Counseling
#DESTRESSMONDAY

BREATHE WITH THE SHAPE
“We are caregivers, Perfect in our imperfections.”

~Frances Kakugawa
January 4, 2020, Excerpt from Imperfections

https://franceskakugawa.wordpress.com/2020/01/04/first-poem-of-2020/