



# The Sandwich Generation: Simultaneously Caring For Children & Aging Parents

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# Sandwich Generation Caregivers

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November 17, 2021



# 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

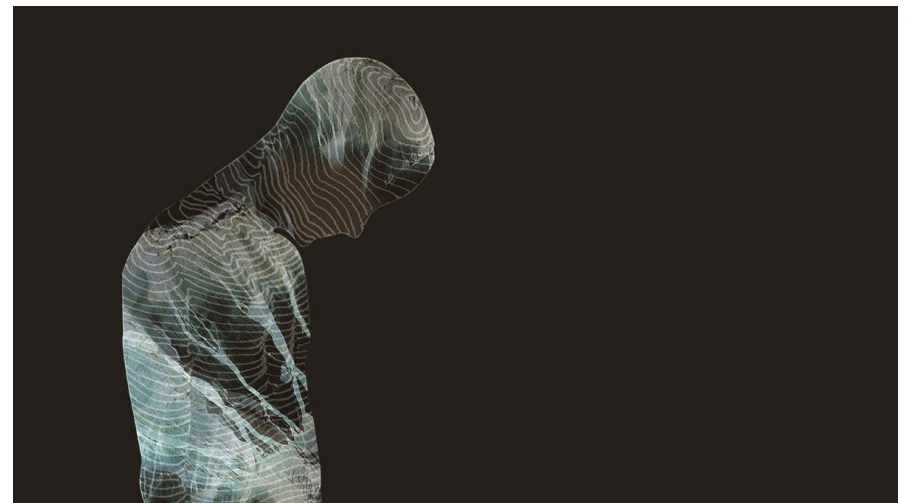
“I should....”

- 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

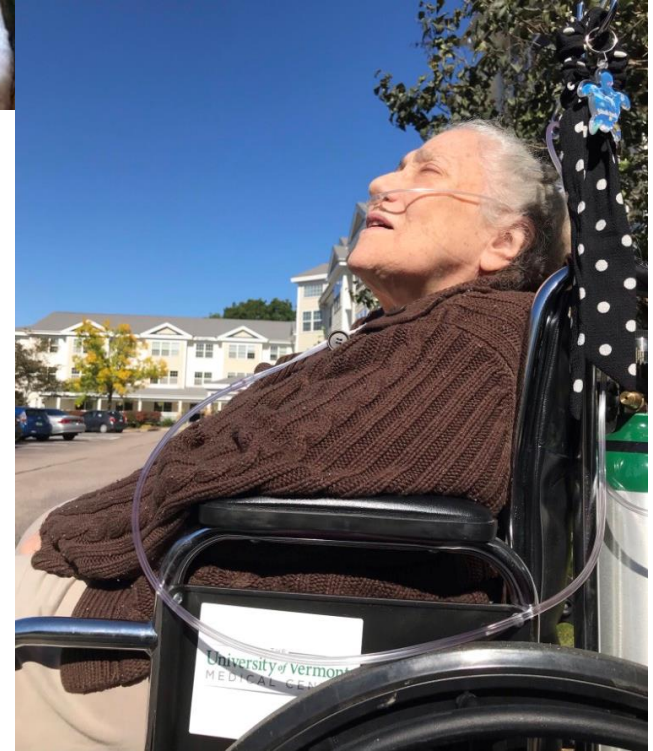


BREATHE WITH THE SHAPE

*“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/>*



# Q & A

