

Sandwich Generation Workshop Handouts

Balancing Care for Parents, Children, and Yourself

What Is the Sandwich Generation?

The sandwich generation refers to middle-aged individuals who are pressured to support both aging parents and growing children. The sandwich generation is named so because they are effectively "sandwiched" between the obligation to care for their aging parents—who may be ill, unable to perform various tasks, or in need of financial support—and children, who require financial, physical, and emotional support.

Reflection Worksheet: Taking Stock

Part A: My Current Situation

- What responsibilities do I carry for my parents?
- What responsibilities do I carry for my children?
- What responsibilities do I carry for myself?

Part B: My Feelings

Circle any words that resonate:

[Exhausted] [Hopeful] [Overwhelmed] [Blessed] [Lonely] [Grateful] [Frustrated]
[Determined]

Part C: My Supports

- Who helps me?
- Where do I find encouragement?
- What resources have I used or could I use?

Stress & Renewal Practices

- 5-minute breathing break
- "Mini-Sabbath": 1 hour of rest with no caregiving duties
- Journaling prompt: What went well today, even if small?
- Prayer/Meditation: "God, grant me strength for today and peace for tonight."

Scripture & Inspirational Readings

Galatians 6:2 – "Bear one another's burdens, and in this way you will fulfill the law of Christ."

Isaiah 40:31 – "But those who hope in the Lord will renew their strength."

Quote: "Almost everything will work again if you unplug it for a few minutes, including you." Anne Lamott

Action Plan Worksheet

This week, I will...

1. Delegate or ask for help with: _____
2. Do something that restores me: _____
3. Take one small step toward balance: _____

Resource List Template

Local Area Agency on Aging: _____

Caregiver support groups: _____

Respite care services: _____

Counseling/therapy options: _____

Financial planning/elder care specialists: _____

KEY TAKEAWAYS

The trends of increasing lifespans and having children at an older age have contributed to the sandwich generation phenomenon, as it has more societal acceptance for adult children to live at home or return home as with boomerang kids.

The sandwich generation refers to middle-aged adults (often in their 40s and 50s) who are caring for both elderly parents and their own children.

There are nonprofits and government programs, designed to offer advice to both the elderly and their adult children.

The adult children of sandwich generation parents should be encouraged to contribute financially and become independent.

Some members of the sandwich generation find themselves putting off retirement to offer financial support to aging parents and adult children/grandchildren.

Estate and financial planning can help provide support for aging parents and their caregivers.