



Feeling Sandwiched? Tools for Navigating Family Caregiving

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Sandwich Generation

- Generation simultaneously caring for children and parents.
- Complicated by:
 - Adults living longer
 - Adult children dependent longer
 - Having children later in life
 - “Double Sandwich”
 - “Triple Sandwich” “Club Sandwich”
- Women more heavily represented

De Lorenzo, A, Lattke, LS, Zedda, E, Rabaglietti, E. (2023). Resources and transversal competencies: A mini-review of the impact of Covid019 on the Italian sandwich generation. Health Promotion Perspectives,13(3) 192-197.



Caregiver, a.k.a., Unpaid Assistant By the Numbers



2023

- 23% US adults are in the sandwich generation
- 18% of 25-34 y/o adults live with parents

Pew Research, 2023

2022

- 54% adults in 40's had parent 65+ and financially dependent child

Pew Research, 2022

2015

- 70% worked for pay
- 25%: "Substantial" financial difficulties
- 50%: "Substantial" emotional difficulties

National Study of Caregiving, 2015

2013

- Women more likely to give time; men more likely to give money

Panel Study of Income Dynamics, 2013



Benefits

Challenges

Opportunity to show
you care, feel
connected

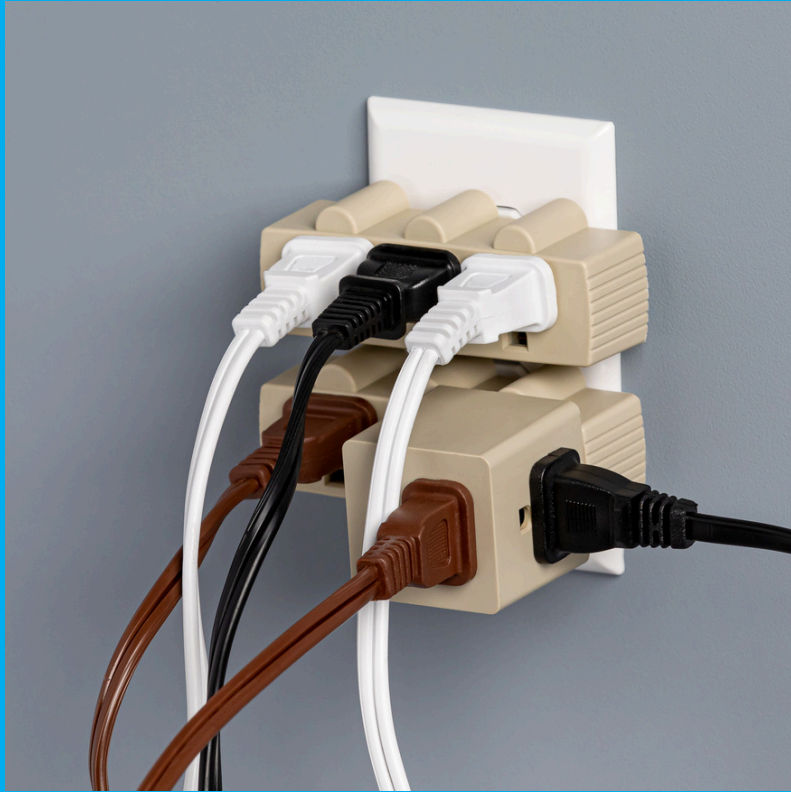
Opportunity to grow

Lack of resources
leads to emotional and
physical exhaustion

Opportunity to re-
experience unpleasant
family dynamics

Common Caregiver Experiences

- Guilt
- Sadness/grief
- Depression
- Isolation (maybe less so in communities of color)
- Fatigue/exhaustion
- Chronic illness
- Self- neglect
- Absenteeism
- Missed advancement opportunities
- Financial stress



Role Overload

Lei, LL, Leggett, AN, Maust, DT (2022). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71, 799-809.

01 Exhaustion

02 Too Many Things to Do for Too Many Others

03 No Time for Self

04 Care Needs Frequently Change



Role Benefit

Lei, LL, Leggett, AN, Maust, DT (2022). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71, 799-809.

01 Self-Confidence/Efficacy

02 New Skills

03 Closer Relationships

04 Satisfaction with Role



Role Conflict

- What does it mean to have a personal identity?
- How do you resolve conflicting role demands?
- Is it selfish to have your own wants/needs?

01 Adult Child

- What did we learn about responsibilities?
- Realistic expectations

02 Parent

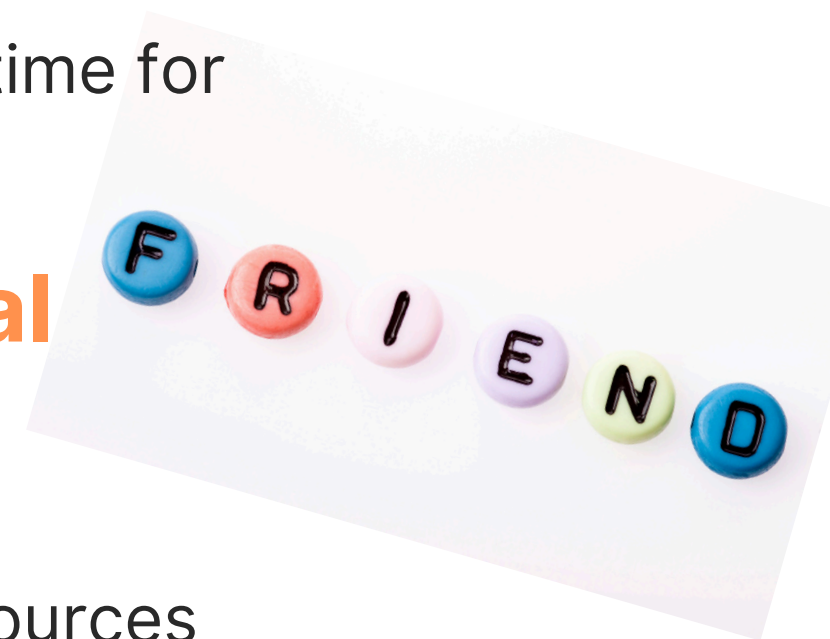
- What does being a good parent look like?
- Where does responsibility end?

03 Partner

- Is there any time for connection?

04 Professional

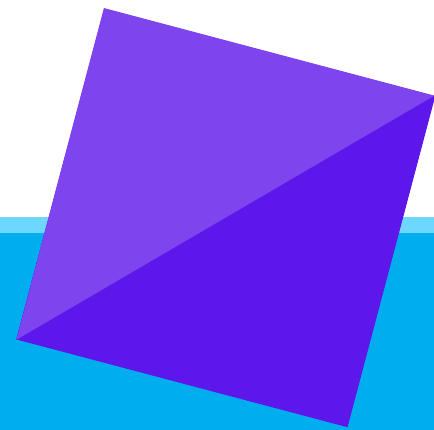
- Work hours
- Flexibility
- Support/Resources



Psychoneuroimmunology

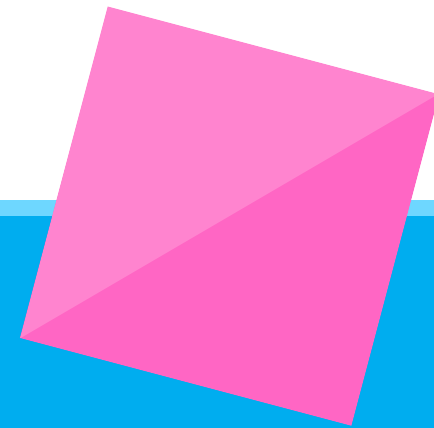
- People who provide care for a spouse with dementia get influenza and pneumonia more often, have slower wound healing, and have greater incidence of heart disease, diabetes, cancers, and mental health disorders.
- They also have more infections overall, more falls, and more broken bones.
- People who care for a spouse with dementia often have impaired nutritional status and do not see a healthcare provider regularly.
- Core pathways: inflammation, grief, lack of connection to others

Mindset



- Perspective
- Self-Awareness
- Self-Talk

Boundaries



- Acknowledging realities
- Intentional choices
- Say “no” or else

Self-Prioritization



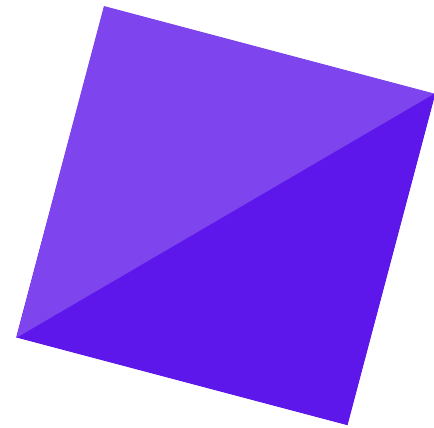
- Representation
- Refueling

Resources



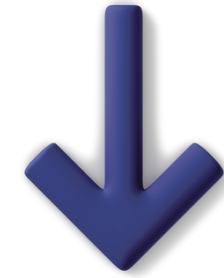
- Reminder you aren't alone
- Utilizing supports

Mindset

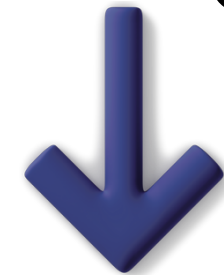


- Perspective
- Self-Awareness
- Self-Talk

Beliefs



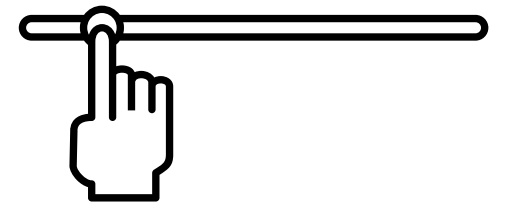
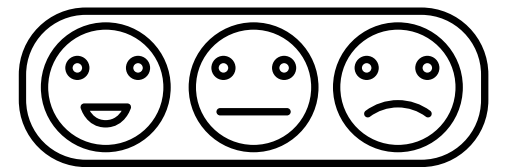
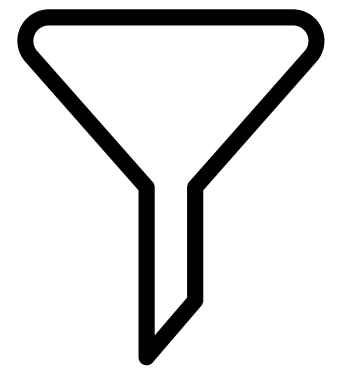
Thoughts



Feelings



Behaviors



Boundaries



- Acknowledging realities
- Intentional choices
- Say "no" or else

- Like skin
- Early life plays a role
- Giving ourselves permission to choose what makes the most sense
- If you don't set boundaries, you won't be able to help anyone.
- We have to set boundaries with ourselves too.



Heart

- Emotional self
- Not always rationale



Body

- Physical self
- We tend to ignore until we can't

Head

- Rational self
- Can also be super judgmental



Self- Prioritization



- Representation
- Refueling

- Permission to have and represent your own interests and needs
- See yourself and have some compassion for your own humanity
- It is in everyone's best interest that you are well.

Factors that Play A Big Role

History & Family

- What has the relationship been like?
- What past experiences shape the present?
- What are the family dynamics?

Support & Bandwidth

- What does your support system look like, and are you willing to leverage it?
- What is your bandwidth? Ratio of resources to demands?



Self-Compassion

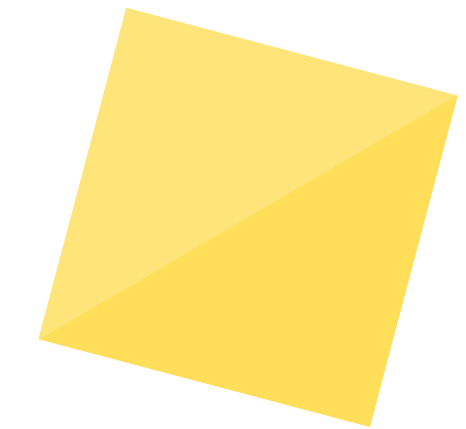
Everyone is on their own life journey.

I am not the cause of this person's suffering,
Nor is it entirely within my power to make it go away,
Even if I wish I could.

Moments like this are difficult to bear.
Yet I may still try to help if I can.

- Naming it
- Acknowledging pain
- Allowing emotions
- Being kind
- Owning intention

Resources



Studies indicate that resources are used infrequently to support older adult caregiving.

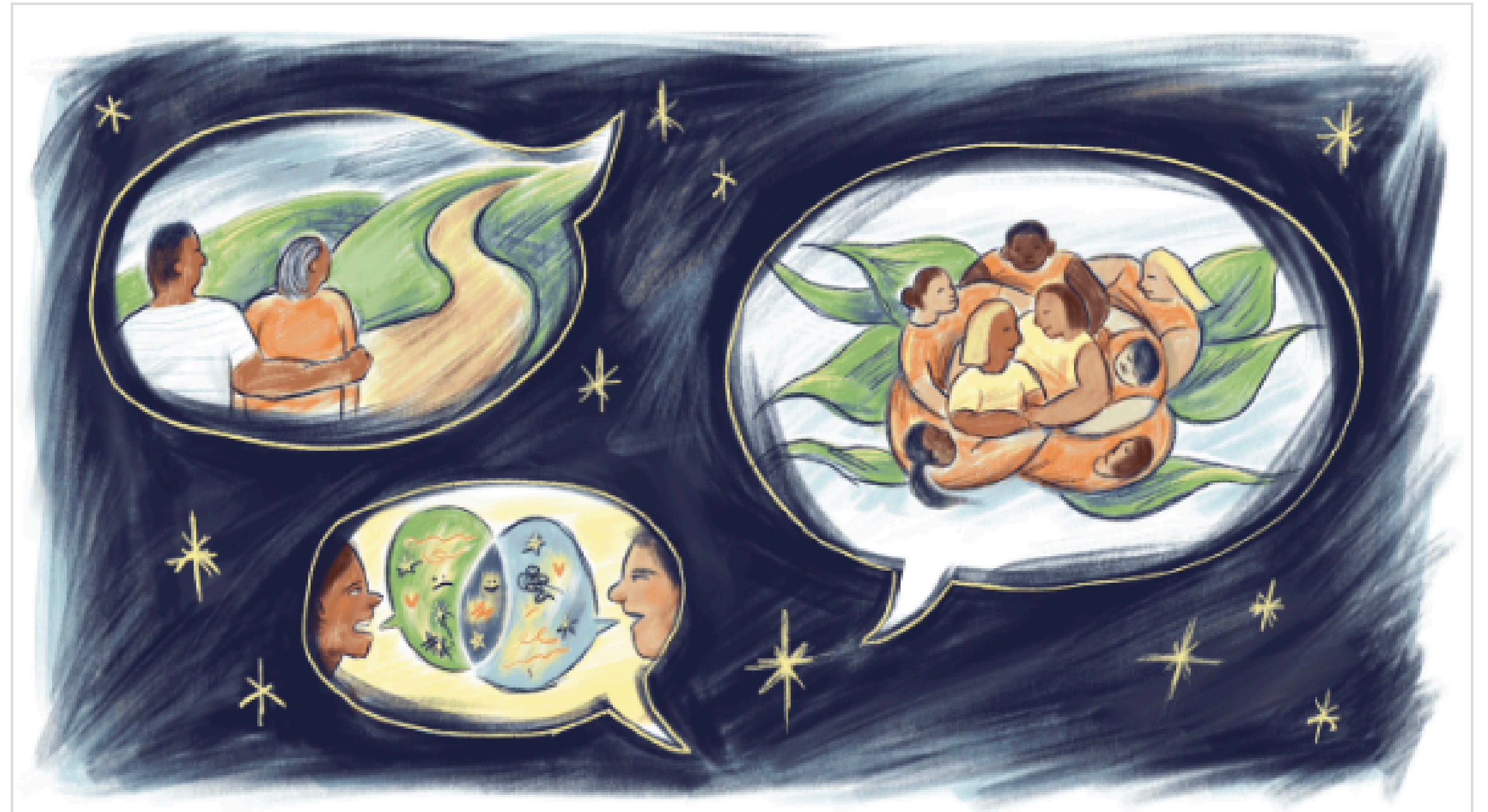
- Reminder you aren't alone
- Utilize supports

**Life is different
now.**

**How can you
adjust?**

Community.

You are not alone.



**A caregiver's survival guide: Advice from people who've
been there**

Family caregivers offer their wit, wisdom and survival tips for the hardest unpaid job in America.

 NPR / Oct 18



Michigan Medicine Resources

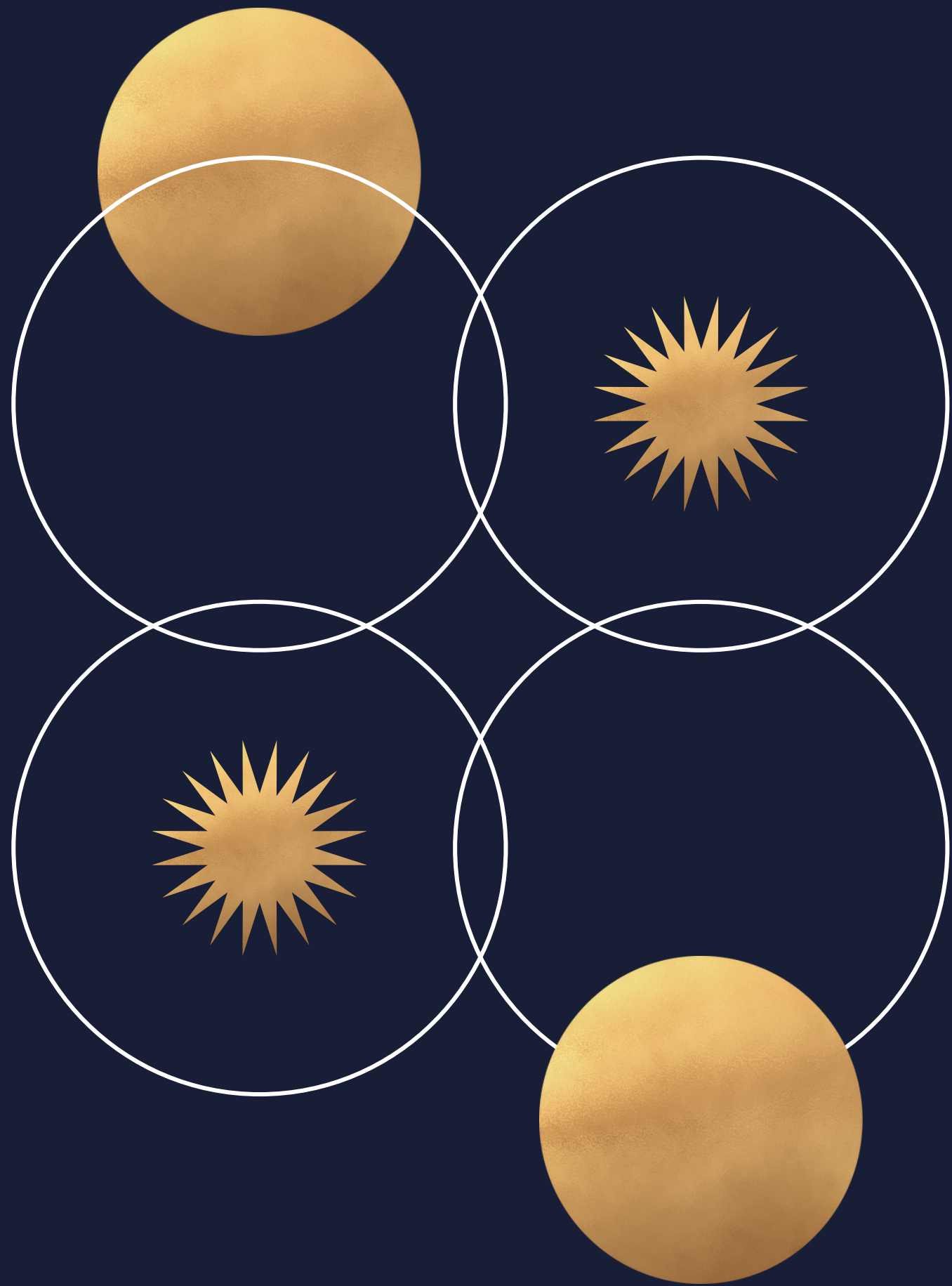
**OCWR: Office of
Counseling and
Workplace Resilience**

Call 734-763-5409 or email
counseling@med.umich.edu

University of Michigan Resources

**FASSCO: Faculty &
Staff Counseling and
Consultation Office**

Call 734-936-8660 or email
fascco@umich.edu



COMPASS Network

Compassionate Peers and
Stress Support



PeerSupport@med.umich.edu
[Compass.med.umich.edu](https://compass.med.umich.edu)

Resources

**Area Agency on Aging
(4AMI)/Ageways**

Eldercare.gov

**Aging and Disability Resource
Center**

**Turner Senior Resource Center
Programs**

AARP Family Caregiving Guides

UM Work-Related Benefits:

EAP: OCWR, FASCCO, CAPS

HR Benefits (PTO & Flex Time)

Dependent Care Accounts

Group Discounts

Back-up Care (BrightHorizons)

Child and Family Care

Turner Senior Resource Center

2401 Plymouth Rd Suite C, Ann Arbor MI 48103
Located between Key Bank and the Islamic
Center- Traverwood

[Website](#)



Turner Senior Resource Center Programs

[Turner Senior Wellness Program](#) -The Turner Senior Wellness Program (TSWP), a program of U-M Health Department of Community Health Services, is a vital learning, health and wellness program enhancing **quality of life for older adults and their families**. Programs are provided in-person at the Turner Senior Resource Center, as well as virtually/hybrid. The program offers an array of high-quality, low-cost programs and resources. Some of the programs include:

- Exercise
- Lunch Program
- Healthy Living Presentations on health topics
- Medicaid/Medicare Assistance
- Social groups/gaming groups
- Computer mentorship/workshops

TSWP staff/volunteers are responsible for the management of the resources at the Turner Senior Resource Center and also handle incoming phone calls, and walk in's. TSWP also has an Advisory Council of volunteers who meet monthly and assist with program development, fundraising, etc.



Turner Senior Resource Center Programs (2)

[Osher Lifelong Learning Institute](#) (OLLI) -OLLI members are a diverse group drawn from Ann Arbor and surrounding communities. Membership is intended for all enthusiastic learners over age 50, approaching or living in retirement, regardless of previous education. OLLI-UM is dedicated to challenging minds and stimulating the spirit to maintain healthy bodies. OLLI has approximately 1000 members.

[Silver Club Memory Programs](#)- Silver Club Memory Programs promises a safe, stimulating environment for older adults with mild to moderate memory loss to participate in activities (music, art, fitness and more!), share stories, and have fun. Established in 1998, the Silver Club's unique approach offers caregivers the opportunity to recharge while their loved one enjoys participating in music programs, creating art, socializing with friends, and engaging in other stimulating activities. Silver Club also has a Caregiver Support program called the Washtenaw Support Network for Caregivers.

[Turner African American Services Council](#)- The mission of the Turner African American Services Council (TAASC) is to serve as a liaison between the community and local health care providers by creating partnerships to increase and enhance access to wellness, health education, and health care for diverse and underserved older adults. Annual events include Senior Fun Day and MLK event.

Questions?