

Sandwich Generation® – Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones

Presented by ComPsych® Corporation



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Agenda

- Discuss the importance of balancing your personal life with your elderly parents' needs
- Learn techniques to manage the stress associated with being a part of The Sandwich Generation
- Become aware of care giving methods to ease the stress of caring for your elderly parents

What's The Sandwich Generation[®] ?

Traditional:

Caring for aging parents and young children

Club Sandwich:

Either caring for aging parents, adult children & grandchildren or aging parents, young children and grandparents

Open Faced:

Anyone involved in at least one level of elder care

(The Sandwich Generation[®] courtesy Carol Abaya Associates)

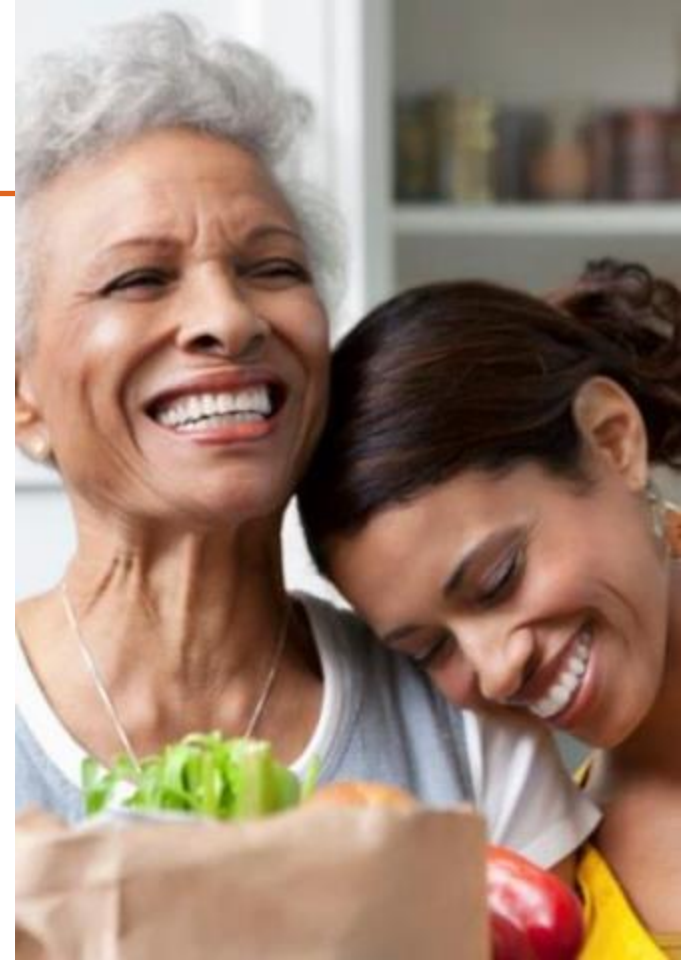
Statistics

- 47% of adults (40-50s) are caring for both an aging parent and a child
- 15% are financially supporting an aging parent as well as a child
- Sandwich Generation happiness levels
 - 31% are very happy
 - 52% are pretty happy
- Non-Sandwich Generation happiness levels
 - 28% are very happy
 - 51% are pretty happy



3 Main Considerations

1. Empower your parents
2. Share control
3. Get help



Challenges Exercise

- What challenges have you experienced in trying to balance your personal life with the needs of your aging parent or loved one?
- What emotions have you experienced when trying to deal with these challenges?
- What techniques have you used to deal with these challenges?

What is Caregiver Stress?

If you have any of the following symptoms, caregiving may be putting too much strain on you:

- Sleeping problems-sleeping too much or too little.
- Change in eating habits-resulting in weight gain or loss.
- Feeling tired or without energy most of the time.
- Loss of interest in activities you used to enjoy such as going out with friends, walking, or reading.
- Easily irritated, angered, or saddened.
- Frequent headaches, stomach aches, or other physical problems.

Stress Coping Techniques

- Try to find time for yourself
- Organize as much as you can
- Deal constructively with negative feelings
- Take care of your health (physical and financial)

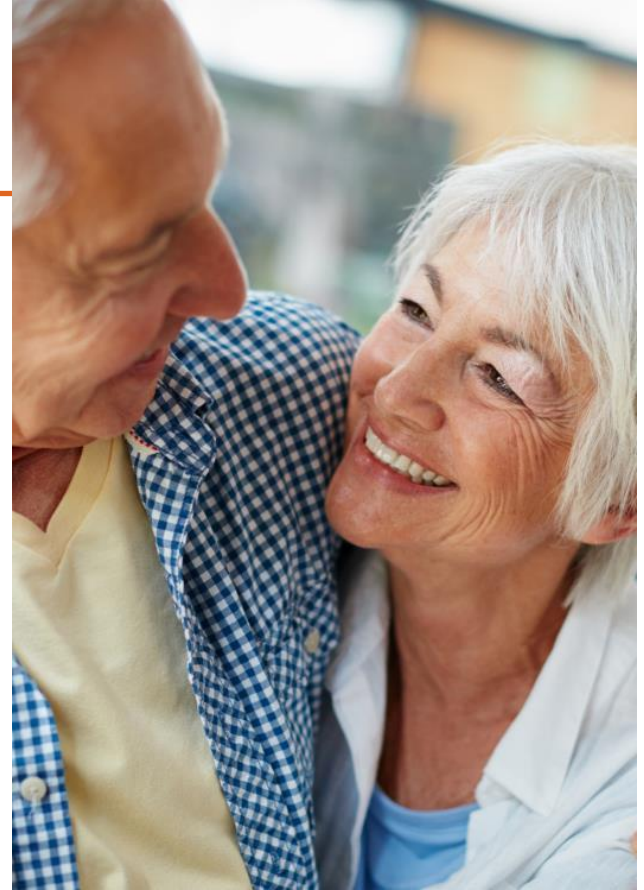


Senior Care Responsibilities

- Buys groceries, cooks, cleans house or does laundry for someone who needs special help doing these things
- Helps a family member get dressed, take a shower and take medicine
- Makes medical appointments and drives to the doctor and drugstore
- Talks with the doctors, care managers and others to understand what needs to be done
- Spends time at work handling a crisis or making plans to help a family member who is sick
- Is the designated "on-call" family member for problems
- Assists with legal and financial matters

Asking for Help

- Involve parents in decisions about their care
- In most cases, parents should retain decision making power and be a central part of all discussions
- Make a list of what needs to be done and plan how to do it
- Determine who to involve – hold a family conference
- Not helping



Caregiving Resources

Area Agency on Aging
(www.eldercare.gov)

Geriatric Care Management
(www.aginglifecare.org)

Senior Centers

Adult Day Care

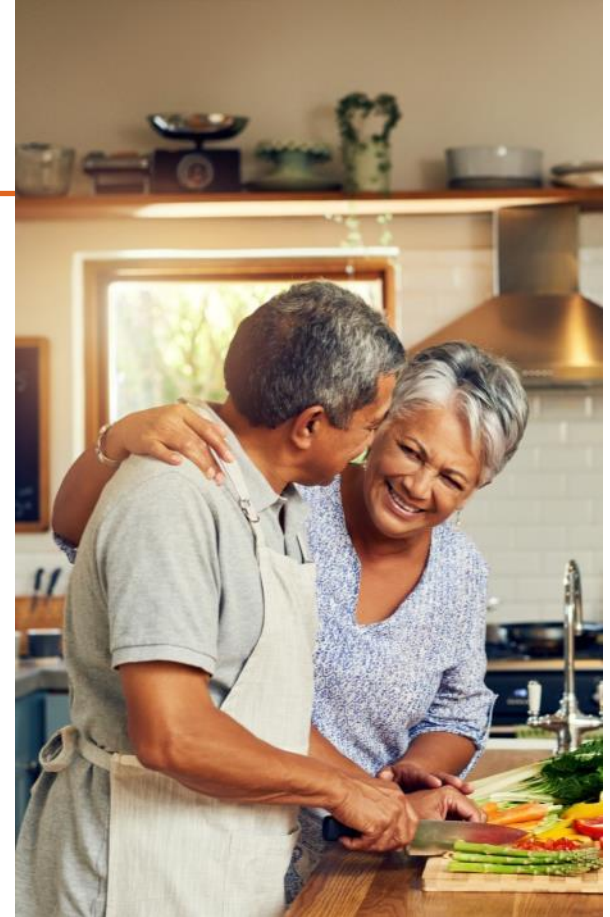
Home Health Care

Caregiver Support Groups



Care Giving Methods

- Treat your elderly parents with respect
- Interpret anger as communication of fears
- Respect privacy
- Promote self-care
- Give choices, when possible



Care Giving Methods - Continued

- Talk distinctly and directly
- Give clear directions
- Explain and demonstrate new procedures
- Ask for one response at a time
- Clearly end conversations
- Give praise



Burnout Checklist

- ✓ I am keeping in touch with relatives and friends
- ✓ I ask for help and try to be specific so friends and family know what to expect
- ✓ I am eating properly and getting enough rest
- ✓ I am finding support through friends and groups
- ✓ I have researched and located care options in my area



Taking Care of Yourself

- Know what resources are available
- Get help
- Take care of yourself
- Manage your stress level
- Accept changes as they occur
- Do legal and financial planning
- Be realistic
- Give yourself credit, not guilt

Be **KIND** to yourself!

Thank You for Attending

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expert information and valuable resources,
when you need it the most.

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