

14. A Few Words about the Sandwich Generation

Members of your adult education class might be experiencing the stresses of being in the Sandwich Generation. While caring for their children and/or working, they may also be caring for aging parents. Here are some facts about this generation:

- Women provide almost 80% of eldercare in the United States, and at least 64% of these women are working.
- Eldercare tends to be a longer term responsibility than infant care. (“Sandwich Generation’s Caregiving Duties Expand,” 2002)
- Multigenerational caregiving is more common among African Americans.
- Sandwich generation caregivers report lower self-perceived levels of health than other caregivers. (Cameron & Sechrist, 2002)

If you have sandwich generation caregivers among your learners, some health topics which might be interesting to them are:

- How to locate and apply for home health care assistance in your area.
- How to find other support services for caregivers.
- How to find financial assistance for purchasing prescription drugs.
- Medication safety.
- Health concerns of aging.
- Stress management and self-care for the caregiver.
- How to build a support system.

References

Cameron, A., & Sechrist, J. (2002, October 5). Defining a new generation of caregivers: Racial differences among the sandwich generation. *The Gerontologist*, 25.

Sandwich generation’s caregiving duties expand. (July 2002). *Essential Assistant*, 15(7), 2.