

# STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

## Tips for Managing 'Sandwich' Caregiving Responsibilities

The "sandwich generation" refers to middle-aged adults who care for both their aging parents and their children. According to the Pew Research Center, almost half of adults aged 40 to 59 find themselves part of this growing group, balancing caregiving roles for two generations.

Caring for two generations simultaneously can be overwhelming. A recent study reported that 31 percent of sandwich generation caregivers feel constantly pressed for time. Balancing caregiving with a career is particularly challenging, as caregivers spend around 30 hours a week on caregiving duties, often at the expense of their professional responsibilities.

Here are some practical steps to help ease the burden of sandwich caregiving:

### DELEGATE TASKS

Don't try to do everything on your own. Ask siblings or extended family to help with caregiving duties or take advantage of community resources for seniors.

### COMMUNICATE WITH YOUR EMPLOYER

Many caregivers are eligible for job-protected leave under the Family and Medical Leave Act (FMLA). You may be able to arrange a flexible working schedule that can help you balance caregiving and professional responsibilities.

### STAY ORGANIZED

Keeping track of both your children's and your parents' needs can be overwhelming. Utilize caregiving apps to coordinate tasks and stay on top of doctor's appointments and medication schedules.

### PRIORITIZE SELF-CARE

Caregivers often sacrifice their well-being for others. It's essential to make time for self-care activities like exercise, reading, or catching up with friends to avoid burnout.



Explore additional resources from the UAB Employee Assistance & Counseling Center, through its partnership with Senior Care Authority, at [go.uab.edu/seniorcare](https://go.uab.edu/seniorcare).

— Adapted from Caregiver Action Network