

## The Sandwich Generation (Key)

If you are living in a sandwich generation household, how do you balance your family, career and caring for an older adult? Describe in detail the burdens and responsibilities of middle-aged individuals.

Write the definition of sandwich generation on the top bun. Add the supporting details in the middle sections and the conclusion on the bottom bun.

Definition:

Persons who are caring for people in the two (or three) generations around them, such as caring for elderly parents and children or grandchildren

Financial burdens:

Clothing, food, shelter, utilities, medical supplies, prescription medicine and possible loss of income due to care required

Family Responsibilities:

24/7 around the clock care, preparation of meals, grocery shopping, care of clothing maintenance, finances are affected, living spaces are crowded, lack of privacy, need for patience and understanding of situation

Providing Care and Emotional Support:

Talk to other family members for assistance, contact support groups in the community and there are agencies which can provided care and support

Conclusion:

Answers will vary