

# Stuck in the middle

The sandwich generation:  
Caregiving stressors  
and solutions





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Stuck in the middle,  
feeling the stress

You are not alone

Factors that may impact the  
sandwich generation

What can you do now?

Plan for the future

Anticipate needs

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As our population ages, more people are becoming caregivers of their parents or other adults at the same time they are caring for their own children. Being in this “sandwich generation” is difficult, but you don’t have to just grin and bear it. Read on to learn more about the impact of caregiving and what you can do now and in the future to make it easier.

# Stuck in the middle, feeling the stress

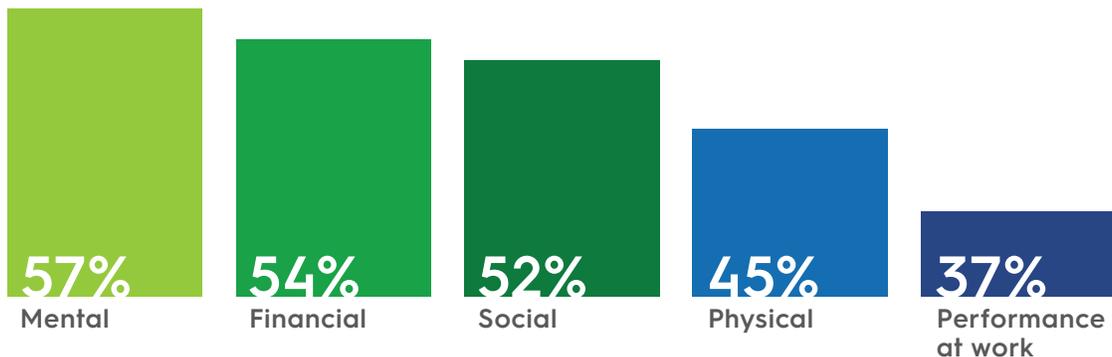
Many of us either have or will support and care for a loved one during our lifetime. Serving as a caregiver can be a great honor, but it can also present challenges.

While providing care for a family member can be personally fulfilling, it is a life balancing act that can also be stressful.

Nearly 48 million Americans provide care to an adult family member or friend. Because the U.S. Census Bureau expects the population of 65-plus adults to surpass children by 2030 (with that gap continuing to widen until 2100), it is expected that the stresses of family caregiving will be accentuated.<sup>1</sup>

## IMPACTED AREAS OF WELLNESS

Due to being a caregiver<sup>2</sup>



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# You are not alone

## Here's what caregivers are saying<sup>2</sup>

“Being a sole caregiver is mentally taxing, and when you're committed to taking care of someone, you don't always have time to help yourself.

– Millennial, Female

“The financial responsibility and making all the decisions on bills is lonely.

– Gen X, Female

“I find it challenging to see my loved one struggle to do things they normally did before. Seeing them deteriorate breaks me.

– Millennial, Male

“I have had to buy unexpected things that are not in my budget to make sure she has what she needs.

– Millennial, Male,  
Multiracial

“Being there to care for my mother as she did when I was young. It's the last thing I can do for her and her sacrifices to make sure we had a better life.

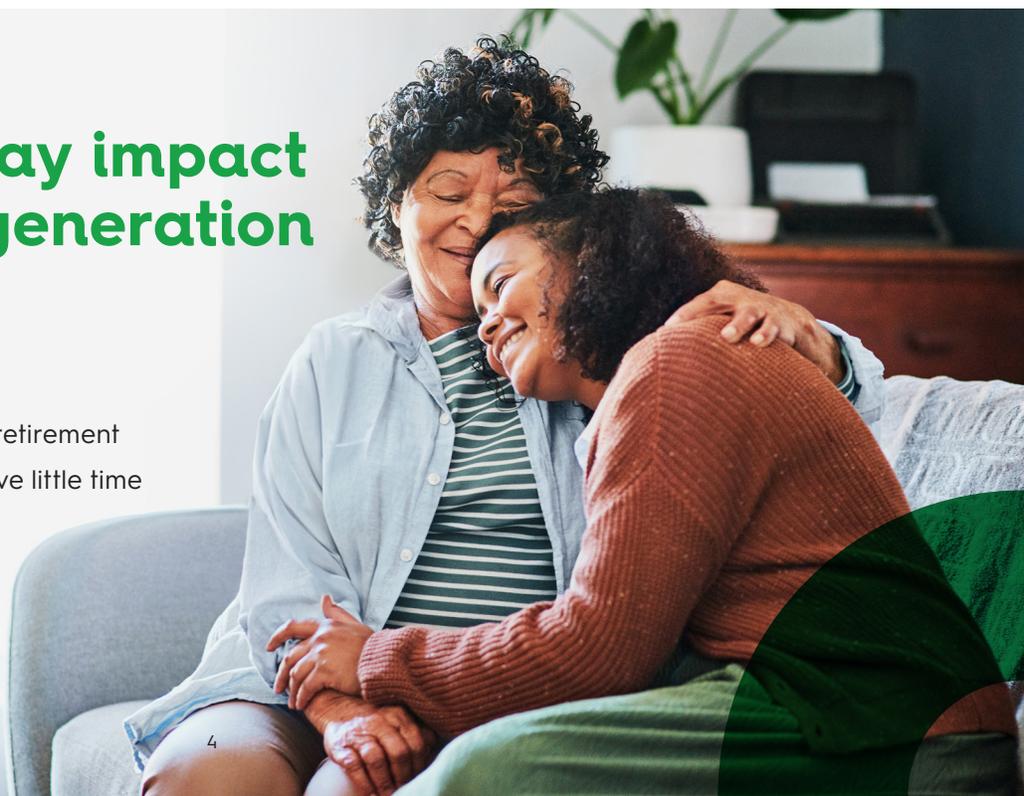
– Gen Z, Male,  
Hispanic/Latin-American

“I get to spend more time with my brother and learn more about him even though he can't verbally communicate.

– Millennial, Female, Black

## Factors that may impact the sandwich generation

- Young children
- Aging parents living at a distance
- Caring for parents with dementia
- Pressures to prepare for their own retirement
- Need to put themselves first but have little time to do so



# What can you do now?

## 1

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### **Take care of yourself**

This can be hard when you have so much on your plate. But try to prioritize yourself as much as you can by:

- Getting enough rest
- Eating well
- Incorporating movement into your daily routine
- Setting aside time for you – even if it's only a few minutes a day

## 2

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### **Seek out resources**

- Check with your employer about what benefits exist for caregivers. Make sure you understand the various types of paid or unpaid leave, employee assistance programs and anything else that may help you with your current situation.
- Research both local and national organizations that can help. You may qualify for assistance that you weren't aware of.

## 3

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### **Ask for help**

It's not the easiest thing to do but if you have other family members, community members or friends who are willing to help, it can give you a boost when things feel especially hard.



## Planning for the future

By putting loved ones first, the financial impact on caregivers can be especially challenging. You don't want to overlook the need to plan for your own future care. The good news is there are solutions.

By anticipating needs and planning for your own health care costs down the road, you can protect your nest egg – and help future caregivers feel less stuck in the middle.

# Anticipate needs

## The growing risk of Alzheimer's

As Americans age, their risk of developing Alzheimer's disease or other chronic illnesses increases. Providing care to those suffering from this disease is expensive and poses financial risk for families struggling to provide care for loved ones.

An estimated 6.9 million Americans aged 65 and older are living with Alzheimer's in 2024. By 2050 the number is projected to grow to nearly 13 million.<sup>3</sup>

## Cost of nursing home care

Seven out of 10 people will require long-term care in their lifetime.<sup>4</sup> The cost of that care varies based on the setting, location and level of care needed – but none of it is inexpensive.

Assisted living facilities can cost over \$5,000 a month while a private room at a nursing home could be almost double that amount.<sup>4</sup>

## What's the right solution for you?

The best approach to challenges and risk is to create a plan. When you're prepared for the future, you can enjoy today with more confidence.

Here are some options to consider depending on your needs, budget and goals:

- Life insurance
  - Can provide a death benefit with an optional chronic illness or long-term care rider to help pay for future care expenses
- Life/Long-term care hybrid products
- Individual long-term care insurance
- Annuity products
  - Can be used for accumulation or income needs and may also have options for chronic or terminal illness care
- Retirement planning strategies
- Paying for care out of pocket
- Relying on family members

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## Contact your financial professional today. Together, you can identify the best options for you and your family.

1. S&P Global and American Association of Retired Persons (AARP), Working while caregiving: It's complicated. Published May 16, 2024, <https://www.spglobal.com/en/research-insights/special-reports/working-while-caregiving>.
2. Securian Strategic Insights, Caregivers in the Workplace, April 2024 (survey conducted November 3-17, 2023).
3. 2024 Alzheimer's Disease Facts and Figures, Alzheimer's Association, <https://www.alz.org/alzheimers-dementia/facts-figures>.
4. Genworth Cost of Care Survey, December 2023, <https://www.genworth.com/aging-and-you/finances/cost-of-care>.

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