



Caring for Aging Parents While Balancing Family Life: Tips for the Sandwich Generation

Caring for a parent is one of the most meaningful acts of love, but it can also be one of the most demanding. Many adult children find themselves part of the “sandwich generation”—caring for aging parents while also raising children or supporting their own families. This balancing act can be stressful, but there are ways to ease the strain and find support.

Tips for Family Caregivers:

1. **Ask for Help Early.** Don't wait until you feel overwhelmed. Share responsibilities with siblings, relatives, or friends, and accept help when it's offered.
2. **Prioritize Self-Care.** Taking care of yourself isn't selfish—it's essential. Make time for rest, healthy meals, exercise, and moments of joy.
3. **Stay Organized.** Keep a calendar of medical appointments, medications, and important documents. This helps reduce stress and avoids last-minute crises.
4. **Set Realistic Expectations.** You can't do everything. Recognize your limits and focus on what matters most for your parent's well-being.
5. **Stay Connected.** Caregiving can feel isolating. Reach out to friends, support groups, or community organizations for encouragement and advice.

How The Senior Hub Can Help:

The Senior Hub's **Caregiver Support Program** is here to walk beside you. We provide:

- **Respite care** to give you a much-needed break.
- **Resources and referrals** to help you navigate community services.
- **Support groups and education** so you don't have to face caregiving challenges alone.

You don't have to do this by yourself. With the right support, caring for your parent can be less stressful and more rewarding—for both of you.

To learn more about the Caregiver Support Program or to connect with resources, contact aging services staff at **The Senior Hub at 740-681-5050 x 113.**