



The Sandwich Generation

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If you're like many other caregivers, you're feeling pressured by the demands of doing everything at once—caring for your elderly relative at the same time you're trying to raise your young children. If so, you are part of the "Sandwich Generation," a term that refers to working adults who care for both young and old family members. Increasingly, employers are recognizing the pressures faced by the Sandwich Generation.

Here are a few tips for dealing with the pressures of being a member of the Sandwich Generation:

Don't Try to Do It All

You are not superman or superwoman; don't expect too much from yourself. Although you want to do the best that you can for both your children and your elder, it is completely natural that you place your own children and immediate family first on your list of priorities. Don't compromise your role as a parent for the sake of your role as a caregiver for your elder. And don't be afraid to ask for help: look to home health services, nursing care, homemakers, home-delivered meals and other services to help you take care of your elder while also taking care of your own family.

Investigate Childcare/Adultcare Options

There are a wide variety of childcare/adultcare options that can help ease the strain on you; find out what is available in your community. Check with

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your local childcare resource network for referrals and information about home-based daycares, larger daycare centers or nannies.

Flextime and Other Alternative Work Arrangements

In an effort to recruit and maintain quality employees, more employers are becoming open to telecommuting and alternative work hours. You may want to discuss your situation with your boss or human resources department to see if there is a way to arrange your work responsibilities around the mounting responsibilities you face at home.



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WHO MADE THE GRADE**

CarePatrol is a Free Senior Referral Service to help you find Quality Assisted Living, Nursing Home, Alzheimer's & Dementia Care, In Home Care Services as well as other Senior related services.

CarePatrol knows that finding assisted living or other care for your loved one can be a stressful and difficult time in your life. The last thing you should have to worry about is if the assisted living home or community you choose will be a safe and reliable place.

After many hours of research, CarePatrol has created a proprietary algorithm that assigns a letter grade to each and every assisted living home and assisted living community based on their latest state survey.