



CARING

The Sandwich Generation– We’ve all heard the term but what does it mean?

The Sandwich generation refers to a generation of people who are caring for their aging parents while supporting their own children.

Caregiving has become a social issue as well as a critical workplace issue that impacts many businesses. Currently 20% of employees are caregivers for their parents and at the same time may be raising children – the so-called “*Sandwich Generation*”. Research has shown that providing support to caregivers in the form of education about resources and referral sources can go a long way to improving health, morale and productivity.

Caregivers often experience high levels of stress as they are pulled in many directions trying to balance work, home and caregiving responsibilities– Care For Life can help!

Traditional: Those sandwiched between aging parents who need care and/or help and their own children.

Club Sandwich: those in their 50s and 60s sandwiched between aging parents, adult children and grandchildren, or those in their 30s and 40s, with young children, aging parents and grandparents.

Open Faced Sandwich: anyone else involved in elder care.



Contact Us

Give us a call for more information about our services or to arrange an in-home assessment.

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Tips for Family Caregivers

As a caregiver in your family, you don't have much time to spare. On those occasions when you get a moment, you may feel mentally, physically, and emotionally drained. Effective time management will allow you to handle the stress of caregiving while leading a full life. If you've been feeling like there simply isn't enough time in the day, use these tips to give yourself some breathing room.

1. Create a To Do List—Keeps you organized and productive

-prioritize it into several columns.— tasks that need to be completed, what you'd like to get done and long term

-The tasks you don't complete then get transferred to your to-do list for the following day. Keep your list simple and flexible.

- Leave room for unexpected events and

- complete your most difficult work first, so you can accomplish it when you're at your best.

2. Declutter —Keeps you organized and more productive

• . Start by cleaning, throwing out clutter, and finding a place for everything.

• Take a few minutes at the end of each day to return everything to its place. This enables you to start each day fresh.

3. Accept Help

when someone else offers to prepare a hot meal or take over care responsibilities for an afternoon, accept the offer . Even if it's just for a short period of time, that's offers an opportunity to complete another task or squeeze in some exercise.

4. Focus on Your Well-Being—schedule time away

When caring for someone else, most of us have a tendency to put our own well-being on a back burner.

- Recognize that you can only be a quality caregiver if you're healthy.

-Make your doctor's appointments for the year and keep them!

-Make time for your self

-Eat regular, healthy meals

-Exercise to stay fit and reduce stress

5. Know Your Limitations—Be realistic about the type of help you can and can't provide.

-Don't risk your health and safety or that of your loved one by trying to do too much or tasks you aren't physically equipped or trained to do safely. .

-Be realistic about your time limitations

Knowing your limitations and knowing when to say "no" benefits the one you're caring for as much it does you.

THERE ARE ONLY FOUR KINDS
OF PEOPLE IN THE WORLD.

THOSE WHO HAVE BEEN CAREGIVERS.

THOSE WHO ARE CURRENTLY
CAREGIVERS.

THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED CAREGIVER.

Rosalyn Carter

