As an occupational therapist and part of the Sandwich Generation, I found, The Sandwich Generations’ Guide to Eldercare to be well written, informative, insightful and a useful guide. I highly recommend it as a must read for the Sandwich Generation as well as health care practitioners. Read more. One person found this helpful.Â I also liked the personal storiesâ€“they normalize the challenges faced by both elders and caregivers, while offering hope. Read it even before you need it. Generation S: the sandwiched generation.

Personal Â– Oct 27, 2020. by Pat Wig, Copeman. After taking many years off to raise three children, my attention now turns back to my career and to supporting my 86-year-old mother with advanced dementia and my 83-year-old mother-in-law who is gradually losing her independence.Â While eldercare is not unique to our generation, it is now more often done by families with two full-time workers who are caring for a generation with a much greater life expectancy than those before them. Meanwhile, our children are leaving home at a later age and have a tendency to return. Caring for multiple generations at once can impact several aspects of your life: work performance, physical health, sleep, social life, downtime, and stress. Xii, 207 pages ; 23 cm. Includes index. You Are Not Alone: The Graying of America and the Role of the Sandwich Generation in Providing Eldercare -- Is it Time?: Determining When It's Time to Take Over the Care of Your Loved One -- Making a Plan: Practical, Legal, Health Care, and Financial Essentials -- Balancing Your Loved One's Wishes with Practical Reality: In-Home Care, Assisted Living or Skilled Nursing Facility, or Hospice Care -- Stress, Guilt, Anger, Burnout, and More: Dealing with the Impact of Eldercare. On the Caregiver and the Entire Family -- Alzheimer's Disease, Dementia, and Sun