

Who are California's SANDWICH GENERATION CAREGIVERS?

The demand for sandwich generation caregivers—those caring for their children and elderly parents at the same time—is expected to grow rapidly in the coming decades. Although caregiving provides personal gratification to many, it comes at a well-documented cost, impacting caregivers' physical and emotional health, relationships, finances and jobs.



CALIFORNIA PARTNERSHIP FOR
LONG-TERM CARE

Read the full *Sandwich Generation Caregivers Issue Brief* from the California Partnership from Long-Term Care and University of California, Berkeley at www.RUReadyCA.org.

Providing care to an elderly individual includes a wide range of tasks:



Assisting with bathing and dressing



Driving to and from doctor appointments



Managing medications and nursing procedures



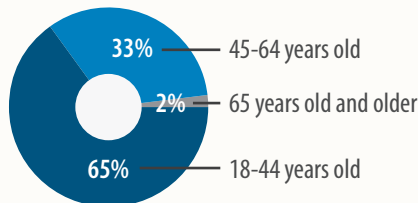
2 million Californians (approximately 10 percent of the population) provide care for elderly parents or relatives, while also taking care of children

California's typical sandwich generation caregiver:

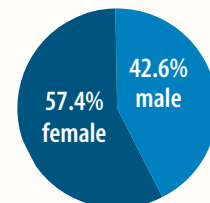


- Middle-aged woman
- Relatively well-educated
- Employed full time
- Income below California median

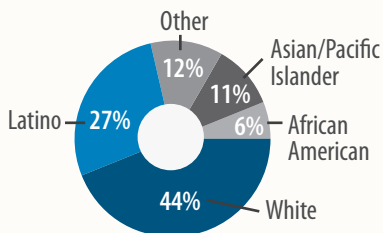
AGE



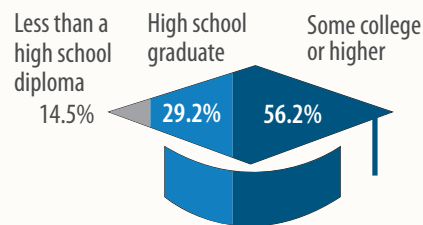
GENDER



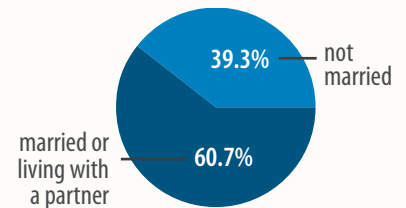
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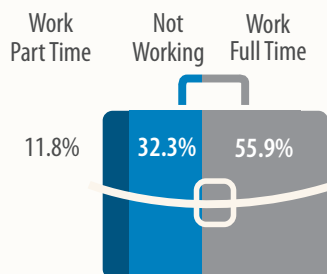
EDUCATION



MARITAL STATUS



EMPLOYMENT



INCOME

