

The Effects of Caregiving on HEALTH AND WELL-BEING

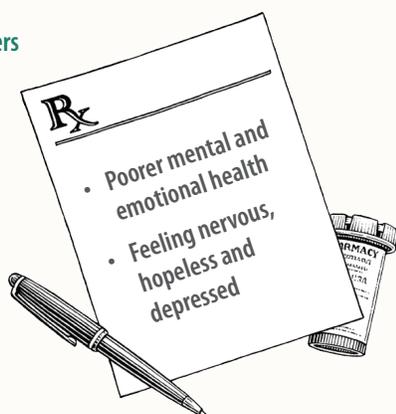
The demand for sandwich generation caregivers—those caring for their children and elderly parents at the same time—is expected to grow rapidly in the coming decades. Although caregiving provides personal gratification to many, it comes at a well-documented cost, impacting caregivers' physical and emotional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

Compared to non-caregivers or caregivers without children, sandwich generation caregivers are more likely to report:



Caregivers who are especially vulnerable to negative health effects of caregiving, include caregivers who:



Live with their care recipient



Provide care for more than 21 hours a week



Have provided care for five years or more

Sandwich generation caregivers are more likely to report their emotions interfere with their:



Work



Relationships

Sandwich generation caregivers are more likely to neglect their own health



- Delay getting medical care
- Delay filling prescriptions
- More likely to require emergency care

The prolonged stress of caring for a loved one for a lengthy period of time is also associated with:



Accelerated Aging



Earlier Death