

The Sandwich Generation

SupportLinc Employee
Assistance Program (EAP)

Sunbelt Rentals



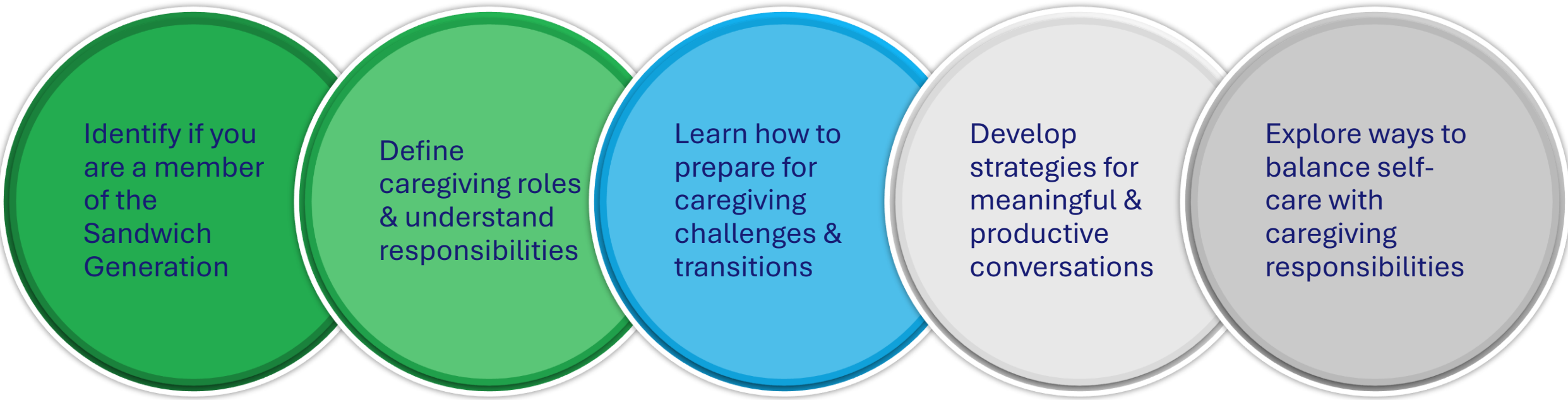
Disclaimer

This training session is designed to provide general guidance, strategies, and coping skills for personal and professional well-being. The content shared reflects the insights and expertise of the presenter and is intended for informational purposes only. While the session offers valuable tools and perspectives, it may not fully apply to every individual's unique situation. For personalized support, we encourage you to consult with a licensed professional. Each session is structured to have time at the end for decompression and review. This time is intended for reflection and to process the information covered. At the conclusion of the session, you will find reflective questions designed to foster deeper thinking and encourage practical application of key concepts.

CuraLinc Healthcare and the training department are not responsible for any actions taken solely based on this presentation. Participants are encouraged to use their discretion and seek professional advice when needed.

Objectives

This training is designed to help you:



Identify if you
are a member
of the
Sandwich
Generation

Define
caregiving roles
& understand
responsibilities

Learn how to
prepare for
caregiving
challenges &
transitions

Develop
strategies for
meaningful &
productive
conversations

Explore ways to
balance self-
care with
caregiving
responsibilities

Sandwich generation stats



Did you know...

What's your order?

1. The Classic Sandwich

Caring for **2** generations including aging loved ones & children.

2. The Club Sandwich

Caring for **3** generations including aging loved ones, young/ adult children & grandchildren/ grandparents.

3. The Open-Faced Sandwich

All other caregivers who are involved in caring for ageing loved one that may not fall into the above categories.



How to prepare

Caregiving is a life role you will may play at some point.

Consider having a professional assessment.

Know the difference between healthy and unhealthy changes.

Focus on safety & quality of life



Talking with loved ones

- ☐ Talk about fears and concerns... on both sides
- ☐ Share solutions
- ☐ Recognize the importance of independence
- ☐ Be patient, sensitive and creative
- ☐ Be prepared for ongoing conversations



Tips for
navigating
difficult
conversations

Consider help



Know your resources!

Some situations may require professional help. That is okay!

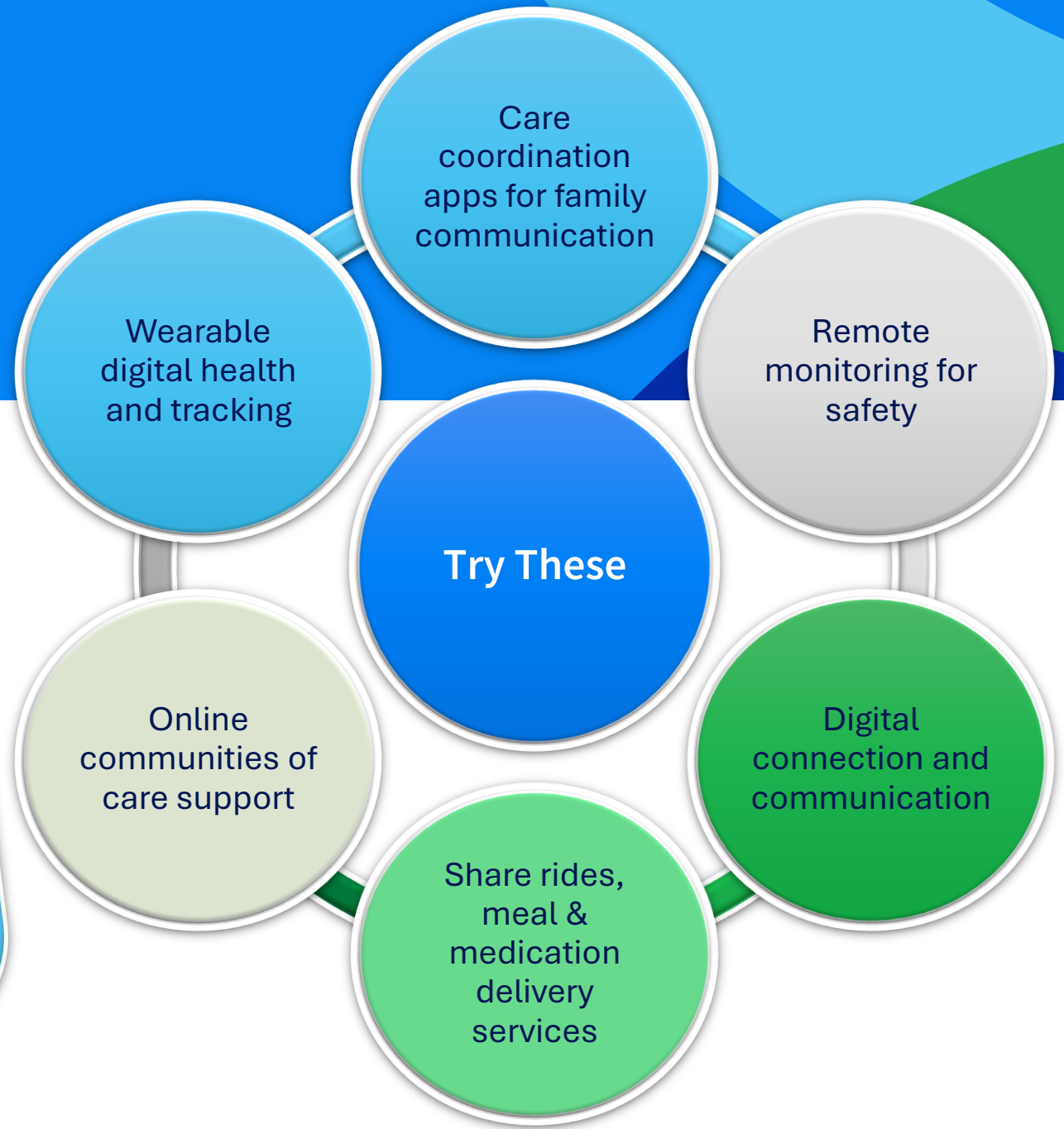
Discuss “*It Takes a Village*” strategies.

Look for solutions that support independence, safety & quality of life.

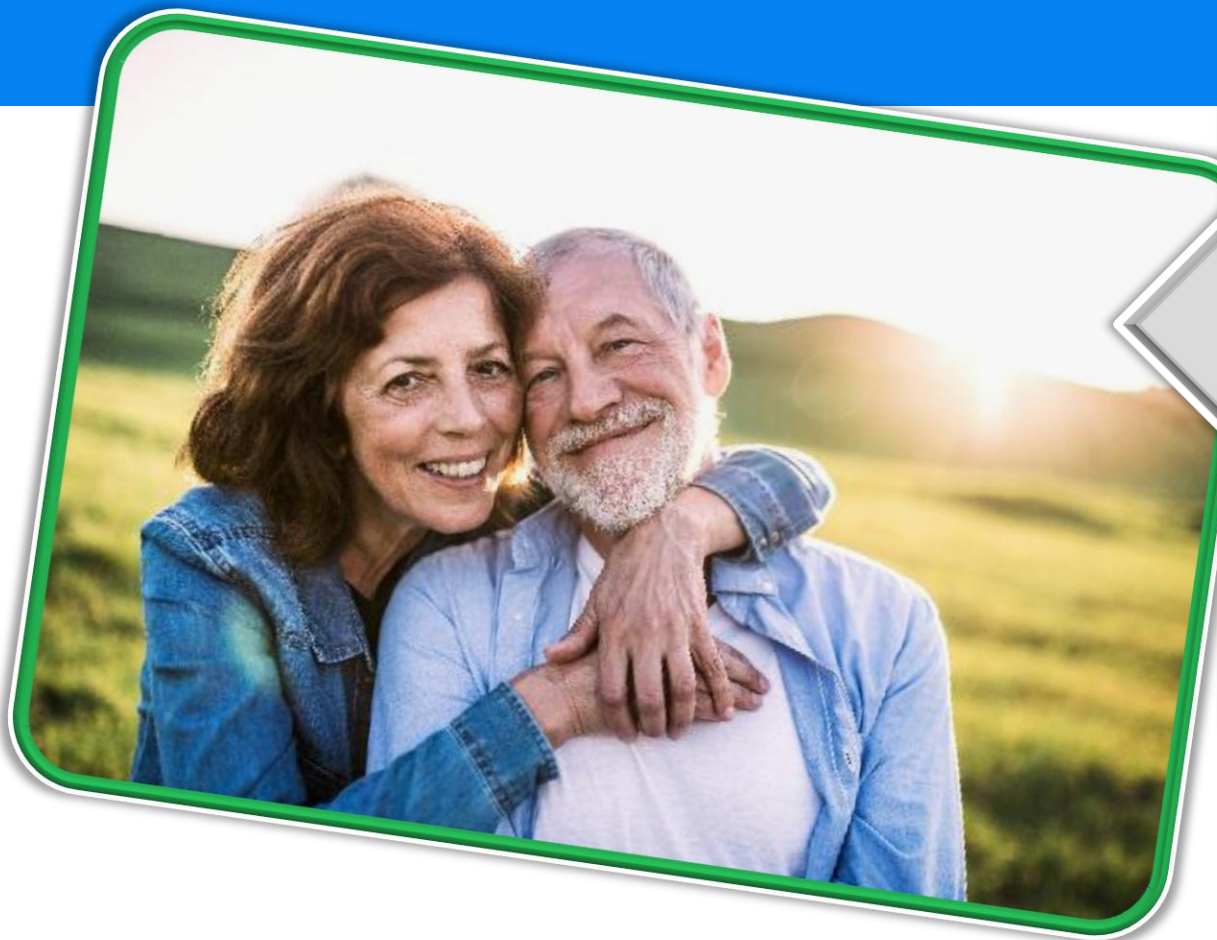
Understand the need for social interaction.

Learn about caregiver guilt & develop a care-care plan.

Using Technology To Your Advantage



Know Your Resources



Help is out there!

Start at work, talk with HR & contact EAP.

Talk to friends who have been caregivers.

Evolving care needs means evolving caregiving resources.

Caring for Children

- Balance the needs of children and aging parents with time management strategies.
- Foster open communication to help children understand caregiving dynamics.
- Incorporate children into caregiving tasks to build empathy and connection.
- Prioritize quality time with your children to maintain strong relationships.



Finding Your Silver Lining

Caregiving can enhance relationships.



Practice letting go & forgiveness.



Practice mindfulness.



Seek spiritual solace & feed your soul.



Give gratitude.

*Remember to enjoy the
small moments of joy
along the journey.*



Self-Care 101



Know your physical
& emotional limits.

Understand
caregiving is a
marathon not a
sprint.

Realize burn-out is
a **health issue** &
should be treated
as such.

Learn about respite
help & use it.

Seek support at
work.

Include “me time”
& preferred
activities.

Being a caregiver
means caring for
yourself as much
as for your loved
one.

What is your self-
care plan?

Recap & Key Takeaways





SupportLinc Toolkits



Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness. <https://mentalhealthtoolkit.tools>



Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. <http://mindfulness.tools/>



Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. <http://resiliency.tools/>



Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. <http://meditate.tools/>



Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. <http://sleepfitness.tools/>



Addiction Toolkit

Understand the types of addiction and get the support you need. <http://addictiontoolkit.tools/>



Additional Resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. <http://wellbeing.place/>



Grief and Loss Toolkit

Equip yourself with knowledge, support, and the right tools to discover a way to live with your grief and move forward. <http://griefandloss.tools/>

✓ No log in needed!

✓ Utilize yourselves

✓ Share with others



What is SupportLinc?

SupportLinc is an Employee Assistance Program (EAP) offered, at no additional cost to you, by your employer. It is a health benefit, separate from your medical insurance, that assists you with managing life's daily challenges.

SupportLinc counselors can refer you to professional counseling & community resources that will help you, and your eligible family members, resolve a broad range of personal and/or work-related concerns.

Work-life benefits



Legal consultation

- Free in-person or telephonic consultation



Financial consultation

- Guidance and consultation from financial planners and budget specialists



ID theft consultation

- Free consultation and tailored recovery action plan



Dependent care resources

Childcare referrals

- Daycare centers
- Home childcare
- Nannies
- Recreational programs

Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- “Meals on Wheels”
- Retirement communities



Convenience and concierge resources

Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities

Support that's here for you

Whether you're looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.



Help is always within reach

mysupportlinc.com | Group code: **sunbeltrentals**

1-888-881-LINC (5462)





Next steps

Intentional reflection

Small changes often matter the most. Like adjusting your perspective or trying one new strategy, these can have a meaningful & significant impact.



Know your resources!



Reflective questions

Which concepts are working in your life and why?

Who can be a support for you to make change?

What did you get out of today's presentation?

Which concepts are *not* working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

What can you do in the next 24 hours to apply these concepts?

What are your biggest barriers for change?