

Take-Home Tips and Resources

By using the following tips and resources, you will be more prepared and have more choices, allowing for clearer thinking. If you never need this type of planning, then you will probably have less stress, and more money to put toward other goals.

It starts with planning and organizing. Use these tips to help you get started. You will want to get a grip on your own finances and then gather the facts regarding your parents and kids—what are the needs and what are the resources? Have productive conversations with your parents and your kids. Garnering support, and taking good care of yourself in the process, will serve you well and allow you to be there for your family on both sides of the sandwich.

Six Tips for Better Potential Outcomes for the Sandwich Generation:

1. Get support
2. Start saving
3. Research resources for elder-care and student financial aid
4. Remember your well-being: health, financial, emotional
5. Get help from a financial planner
6. Keep a resource list of helpful websites

Helpful Websites:

Family Caregiver Alliance	www.caregiver.org
National Council on Aging	www.benefitscheckup.org
Department of Labor, Family Medical Leave Act	www.dol.gov
State Health Insurance Assistance Program	www.shiptalk.org
Administration on Aging	www.aoa.gov
Student Guide to Financial Aid	www.finaid.org
American Association of Retired Persons	www.aarp.org

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