



suffering the squeeze of the ‘sandwich generation’?

Does your typical workday include racing home to the day care centre before closing time as well as spending time caring for, or worrying about your aged or ill parents? Welcome to the ‘Sandwich Generation’ where you feel squeezed at both ends with very little time for ‘self’ in the middle.

A growing proportion of families, women in particular, are suffering from the combined effects of an ageing population where parents live longer, teenagers are staying at home longer and second marriages that bring a whole bunch of new complexities into our lives.

‘I find I have to balance my work, my mother, my two kids, my husband, meals, housework, shopping and walk the dogs. I’m squeezing 30 hours into every day.’ Alicia, teacher, aged 42 years, Brisbane.

strategies to help ease the squeeze

1. Never forget your own priorities in life – try to balance your needs with those for whom you are caring for.
2. Take care of your relationship with your partner – you’ll need his or her support, comfort and shared views on the important issues you face together.
3. Manage your parents’ needs – and address their expectations and assumptions about a mutually agreeable level of care.
4. Manage your children’s needs – be clear about the expectations you have of them and ask for their support and help.
5. Seek the advice of experts – making the right choices will be your key to success and allows you to share your concerns with knowledgeable professionals.
6. Financial issues can magnify stress unnecessarily – good financial management can have many benefits and may be an essential strategy for coping with major and sometimes costly transitions like moving your parents to an aged care facility; or, supporting your kids into their own homes; or dealing with the complex money issues of blended families.

Making the right choices now will assist your parents, your family, and you, to meet the challenges of the future together.

For more information on making the right financial choices for you talk to your financial adviser, or visit www.ipac.com.au/lifedirections.