



THE HIDDEN HEALTH RISK OF THE

# SANDWICH GENERATION

## THE REALITY

Nearly 1 in 4 adults in their 40s and 50s are caring for both children & aging parents. (Source: Pew Research Center)

*Caregiver burnout is not weakness. It's overload.*

### CAREGIVERS ARE MORE LIKELY TO REPORT...

- Chronic stress
- Sleep disruption
- Financial strain
- Missed medical appointments for themselves

### WARNING SIGNS A FAMILY IS STRUGGLING...

- Short tempers
- Missed medications
- Increased falls
- Forgotten appointments
- "We're fine"... but visibly overwhelmed

*Burnout quietly increases risk for everyone involved.*

### PROFESSIONAL HOME CARE CAN...

- ✓ Assist with daily tasks & routines.
- ✓ Monitor medication compliance.
- ✓ Provide transportation.
- ✓ Offer respite for family caregivers.
- ✓ Create structured care plans.



Relief isn't abandonment. It's sustainability. Call today and let us carry part of the weight.



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