

What kind of Sandwich are You?

Are you still raising your family and now your parents need help? You're part of the Sandwich generation - a generation of people who care for their aging parents while supporting their own children. According to the Pew Research Center, about 1 of every 7 middle aged Americans is both raising a child and caring for a parent. An AARP analysis of U.S. Census data shows a 25 percent increase in the number of living arrangements with multiple generations under one roof. Boomers, those born between 1946-1964, are increasingly a part of the sandwich generation.



But as a member of the sandwich generation - is everyone the same type of sandwich? Elder Care Authority Carol Abaya, M.A. categorized the different types of Boomer Sandwiches:

- **Traditional:** those sandwiched between aging parents who need care and/or help and their own children.
- **Club Sandwich:** a particularly complicated and layered sandwich as it is those in their 50's or 60's sandwiched between aging parents, adult children and grandchildren. It can also be those in their 30's and 40's, with young children, aging parents and grandparents.
- **Open Faced:** anyone else involved in elder care.

AllCare Living Services can help the members of the sandwich generation - any type of sandwich - for All Ages. All Stages. Since 1998, Kelly Williams, Owner of AllCare Living Services and her team have provided "Certified In-Home Care with A Heart."

The "Traditional Sandwich Boomer," cares for aging parents while still helping

their own children, perhaps getting their children through college or established financially. AllCare Living Services can provide additional support to the aging parent throughout the day - providing personal care assistance, medication monitoring, meal planning, even transportation for errands, thus enabling the "Traditional Sandwich Boomer" to continue their career, meeting financial obligations while caring for their families.

The "Club Sandwich Boomer" is sandwiched between caring for their aging parents and now having their adult children with their young children moving home - a multi generational living arrangement. AllCare's Certified Caregivers currently take care of clients from 3 to 98! "All Stages, All Ages". We can meet your family's specialized needs - for the young and not so young! It may just require a couple of hours of care a day until a family member arrives home. Perhaps the "Club Sandwich Boomer" can go to a movie, dinner or even take a vacation. Whatever the need, AllCare will develop a plan to meet it.



Boomers who are an "Open Faced Sandwich" generation are "empty nesters" with children grown and living on their own. Yet, their elderly parents need help with activities of daily living so they can remain in their residence of choice. They need help reviewing their medications to avoid confusion and possibly over-medicating themselves. AllCare Living Services' Medication Management system includes weekly set up and review by a licensed nurse. Sometimes, these elderly family members are capable of taking care of their daily needs, but need help with transportation to a medical

procedure that may require mild sedation. AllCare Living Services provides a Concierge Service with a Certified Caregiver that includes transportation to and from a hospital or doctor's office, waiting during the procedure, and following the procedure, stopping for medications or supplies. Once home, the Certified Caregiver makes sure the client is settled in, giving the Boomer peace of mind that their loved one is cared for in a safe and professional manner.

Regardless of the type of sandwich, Boomers face the ever-increasing epidemic of having a loved one with dementia or Alzheimer's. AllCare Living Services has dementia and Alzheimer's specialists who are Certified in the care of those with this special type of challenge. AllCare Living Services also offers FREE Dementia Dialogue courses throughout the tri-county area to help those who are caring for a loved one that has dementia or Alzheimer's. AllCare Living Services caregivers are Certified and regulated through Medicaid and each Certified Caregiver is fully insured, bonded and covered by workers' compensation.

Since 1998, family-owned and operated, AllCare Living Services has been providing "Certified In-Home Care with a Heart" in the Lowcountry and surrounding areas. They are also a presenting sponsor for the newly launched radio program, "Let's Talk Boomers," on News-Talk Radio 94.3 WSC every Saturday at 11 am. For a free home assessment or to just get more information, simply call AllCare Living Services at 832-9888 or visit AllCareLivingServices.com.

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