RESEARCHinfographic

Caught in the Middle: The Sandwich Generation Needs Help



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The nature of caregiving is changing. Our parents are living longer – and so will we. On the other side, our children are staying dependent – and often staying at home – longer.

MANY SUPPORT THEIR ADULT CHILDREN



households include adult children living with their parent(s)

> support adult children who don't still live at home

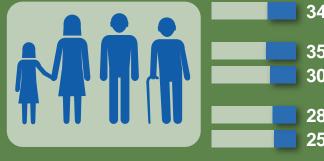
MANY SUPPORT OR HELP THEIR PARENTS / IN-LAWS

29%

provide regular assistance or care

have parents / in-laws living with them

SUPPORTING ADULT FAMILY MEMBERS GETS IN THE WAY FINANCIALLY AND PERSONALLY



- **34%:** Supporting adult family members can get in the way of other savings goals
- **35%:** It gets in the way of saving for retirement
- **30%:** Feel "sandwiched" in caregiving for multiple generations of family members
- **28%:** It takes up time when they should be at work
- **25%:** It distracts them from their own lives

FOR THE INDUSTRY, THIS MEANS ...

The increasing industry focus on improving financial wellness overall offers an opportunity to help. Financial wellness programs – and benefits strategies – can include services and tools to help today's workers manage their multi-generational financial obligations.

Based on a LIMRA Consumer Sentiment survey of 847 "head of household" consumers. The online survey was conducted in the 4th quarter, 2015, by IPSOS.