



## Episode 19, “The Sandwich Generation: Parenting Kids While Caring for Aging Parents”

### Resources for Beginners:

- Unsure of [what to do and how to begin](#) caring for an aging parent? Check out the numerous resources on AARP’s website!
- Check out the [Family & Children’s Association’s caregiver support program](#)
- [Tips for surviving the sandwich generation](#) from the University of Rochester Medical Center
- The Alzheimer’s Association [24/7 Helpline](#) 1-800-272-3900
- Want [more insight](#) into some tips and stories? Listen to this podcast mentioned in this episode!

### Aging Parents & Young Children:

- Read this article from the Alzheimer’s Association on [how to talk to kids about Alzheimer’s](#) and Dementia.
- [Unsure how to approach the topic of Alzheimer’s with your child?](#) Check out this article from the Alzheimer’s Association of America.
- Need help [explaining what memory loss and/or dementia is](#) to your children? Read this article from the Alzheimer’s Society of Canada.

### Self-Care for Caregivers:

- Unsure [how to take care of yourself](#) while caring for others? Check out these tips from University of California San Francisco.
- Need a guide on [how to avoid burnout](#) while caring for family? Read this guide from Harvard Health Publishing!
- [How do you put yourself first](#) while taking care of aging family members? Check out these tips from the National Institute of Aging.

## **Time Stamps:**

Introduction - 0:01

Services offered by FCA - 00:50

The importance of a diagnosis - 2:40

Asking for help and the importance of assistance – 5:40

Talking to your children – 12:58

Importance of socialization – 17:10

Fitting yourself in without feeling guilty – 19:25

Other resources and support systems to stop crisis/burnout – 25:01

What to do when your aging parent is resistant to help – 30:30

Navigating triggers – 37:35

Handling moments when both parent and child need attention – 42:40

Closing – 44:50