

Navigating the Sandwich Generation: Building Resilience as Caregivers

Key Takeaways

1

Understanding the Sandwich Generation



Grandparents

Need financial support, assistance with daily tasks, and emotional support from children



Sandwich Generation

Supporting both their ageing parents and children in all aspects



Children

Need financial, emotional and physical support from parents as they transition into early adulthood

2

Strategies for Building Resilience as Caregivers



Task management & prioritisation

Planning, People, Perform, Pace



Get support

You don't need to do it all yourself, reach out for help



Check in with self

Carve out time each day to ask yourself how you're doing



Self-care

Spend some me-time to recharge your batteries



Self-compassion

Giving yourself the same kindness and care you'd give a good friend

From Insight to Action: Put Your Skills to Work Today!

Boost your resilience as a caregiver through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



Building a Self-Care Plan

Start prioritising yourself by developing a self-care plan. Take care of yourself, before you take care of your loved ones.

1:1 Coaching

Discuss with your coach on incorporating mindfulness practices into your physical activities

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.



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My Caregiving Plan

Needs	Morning	Afternoon	Evening
Personal Care			
Meals & Medication			
Exercise & Leisure Activities			
Doctor's Appointments			
Chores			
Self-Care			
Others			

Source: Agency for Integrated Care