

Navigating the Sandwich Generation: Building Resilience as Caregivers

Caregiving is a rewarding yet demanding role that can often leave caregivers feeling overwhelmed and exhausted. It is even more challenging if you are part of the sandwich generation, juggling the responsibilities of caring for your aging parents while supporting your own children.

Join us for an insightful session designed to help caregivers build resilience and sustain themselves while providing essential care to their loved ones.

During this session, you will explore the multifaceted challenges caregivers face and gain practical strategies to foster resilience. From managing stress and maintaining health to balancing multiple responsibilities, this webinar is designed to equip you with the tools you need to thrive in your caregiving role.

Learning Objectives

- Understand the sandwich generation
- Identifying the common challenges faced by a caregiver
- Application: Practical tips and strategies for cultivating a resilient mindset within oneself as a caregiver

Content Outline

Exploring the Dynamics of the Sandwich Generation

- What is the Sandwich Generation?
- Caregiving for Children, Ageing Parents, and the Self
- Caregiving Needs: Physical, Practical, Emotional

Identifying Common Stressors and Challenges of Caregiving

- Common Challenges of Caregivers
- Caregiving Emotional Responses
- Stages of Caregiver Burnout

Empowering Caregivers with Strategies to Build Resilience

- External Support and Internal Work to build Resilience as Caregivers
- 4Ps to Effective Task Management
- Get Support and Self-care

What's Good about being in a Sandwich Generation?