

## **1.13 Health Literacy Significance for Special Populations: Sandwich Generation Learners**

Members of your class may be experiencing the stress of being in the *sandwich generation*, that is, the generation which is caring for young children and aging parents at the same time. As more of the population ages, more learners will be caring for children and parents at the same time.

- Most in-family caregivers of the elderly and adult disabled in the U.S. are working women in their 40s.
- Tolls of being a sandwich generation caregiver can be financial and emotional. Sometimes stresses of caregiving can lead to depression.

### **Possible Topics for Health Literacy Education**

- Caregiving challenges
- How to locate caregiver support services
- Medication safety
- Health concerns of aging
- Communicating with health care providers
- Asking questions of health care providers
- Managing health care information (e.g., maintaining health history and medication list)
- Asking for second opinions
- Stress management
- Community agencies that provide support to the aging and families, e.g., area agencies on aging
- Aging and end-of-life health care concepts like geriatric care specialists, care managers, cardiopulmonary resuscitation (CPR), Do Not Resuscitate orders (DNR), living wills, health care power of attorney, and hospice care



## Resources

### [ARCH National Respite Network and Resource Center](#)

This site includes a respite service locator, for finding “planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers.”

### [Family Caregiver Alliance](#)

This site provides helpful fact sheets for caregivers in English, Chinese, Korean, Spanish, and Vietnamese.

### [The Parent Trap: Adult Children Care for Elderly Parents](#)

This 2012 story by Kaiser Health News staff writer Marilyn Werber Serafini gives useful insight on sandwich generation challenges.

### [MedlinePlus: Caregivers](#)

### [MedlinePlus: Stress](#)

### [N4A: National Association of Area Agencies on Aging](#)

This site includes useful information on aging and a tool to locate your area agency.

