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Caught in Between: Supporting Parents and Children

Mandy Ritter: If you're supporting both aging parents and growing children, you're part of what's often called the sandwich generation. According to a study by Pew Research Center, about 23% of adults in the United States are part of the sandwich generation. It's a role that can bring meaning, but also real emotional, financial, and logistical pressure

Alongside caregiving responsibilities, career demands, and long-term planning, many are navigating tough conversations about health, finances, and independence, often feeling pulled in every direction at once. The good news? There are ways to make this more manageable. Start by organizing what you can. Create a clear view of finances, including caregiving costs, insurance coverage, and long-term needs.

Even small steps can reduce uncertainty. Then focus on your communication. Talk openly with family about expectations, roles, and financial realities so decisions aren't made in a crisis. Look for support, whether that's workplace benefits, community programs, or professional advice. Delegating and sharing responsibilities can ease the burden.

And don't forget yourself. Building in flexibility financially and emotionally can help you stay resilient during a demanding season of life. Being caught in the in-between isn't easy, but with planning, communication, and support, it's possible to care for others while still protecting your own future.

And while this season can feel overwhelming, it can also be a meaningful time of connection and an opportunity to take steps toward a more secure future for those you care about.

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