

# Snapshot of California's SANDWICH GENERATION CAREGIVERS

*The Impact of Caring for Children and Elderly Parents on Health, Finances and Employment*

The demand for sandwich generation caregivers—those caring for their children and elderly parents at the same time—is expected to grow rapidly in the coming decades. Although caregiving provides personal gratification to many, it comes at a well-documented cost, impacting caregivers' physical and emotional health, relationships, finances and jobs. Read the full Sandwich Generation Caregivers Issue Brief at [www.RUReadyCA.org](http://www.RUReadyCA.org).



CALIFORNIA PARTNERSHIP FOR  
LONG-TERM CARE

## Who are California's Sandwich Generation Caregivers?

- More than 80 percent of long-term care is still provided by family and friends who give care without compensation
- Nearly two million Californians (approx 10 percent of CA's total population) provided care for elderly parents or relative while also taking care of children in their household in 2009
- The typical sandwich generation caregiver in California:
  - » middle-aged woman (average age 39)
  - » well-educated, having obtained at least some college education
  - » employed full time
  - » income is below the California median
- 93 percent of caregivers are not paid for the time they spend providing care
- 27 percent of caregivers in the country reported a moderate to high degree of financial hardship from caregiving in 2009
- Sandwich caregivers in California are more frequent to report not being able to afford to eat balanced meals and goes hungry due to lack of money

