

# 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

## Time and Money

- Female sandwich generation caregivers work an average of 2.5 hours less per week in their formal jobs than female non-caregivers, but provide an average 25.5 hours of informal care per week to an elderly family member
- Male sandwich generation caregivers work two hours more per week in their formal jobs than male non-caregivers and provide an additional 15.9 hours of care per week to an elderly family member
- Three out of four sandwich generation caregivers (76 percent) provide care for at least three months, with 40 percent reporting they provided care for two years or longer
- One-third (34%) of care recipients live with their sandwich generation caregiver, and these caregivers spend an average of 35 hours per week providing care – almost as much as a full-time job
- Caregivers whose care recipient lives with them spend more of their own money on caregiving than caregivers who don't live with the ones they care for
- Over half (54 percent) of caregiving recipients in California do not receive support from the state via Medi-Cal for their long-term care needs
- Nearly half (47 percent) of California voters who are likely to need paid long-term care services in the next five years say they will not be able to afford one month of care and the majority (75 percent) report they cannot afford more than three months of nursing home care

