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HelpNet webinar

THE SANDWICH GENERATION: MULTI-GENERATIONAL CAREGIVING

Are you taking care of your children and your parents? Many middle-aged people find themselves stuck caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion.

This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burn out as a caregiver and how to keep your own family running smoothly.

AVAILABLE ON DEMAND STARTING MARCH 1

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