

July 2010 *LifeSolutions* Corner

“Help! I’m working full-time and taking care of my teenage kids and my elderly dad who has Alzheimer’s. I’m angry, frustrated and exhausted ... It’s all on me. I feel guilty that I’m not doing enough for anyone, and I’m lonely. I’ve lost touch with friends. What can *LifeSolutions* do for me?”

You’ve come to the right place. There are a variety of ways *LifeSolutions* can help. First, it may help to know that you’re not alone. You are one of 22 million Americans who are in the “sandwich generation” — managing the demands of raising children and taking care of aging parents — while working full-time. Just when you thought life might be easier with more time to focus on your interests, everyone wants a piece of you.

Second, we will help you reinforce hope by adding yourself in the “care picture” with your kids and father. It’s just like the flight attendant says on the airplane — **“Put your oxygen mask on first**, before helping others.” Taking care of yourself is the only way you will not burn out in the process of taking care of your family. And part of taking care of yourself is learning about the resources that are available to you and using them.

Third, we provide resources through the options listed below.

- ◆ Schedule an appointment with one of our counselors (an in-person or telephone session) for support for yourself in managing the stress and developing a plan to take care of yourself.
- ◆ Request resources for things like adult day care, assisted living facilities, or in-home services for your father. He will get his needs met and you will be provided some respite from your caregiver responsibilities. That’s what the *WorkLife* personalized searches are for. Call the number below to get connected.
- ◆ Use the *LifeSolutions*’ website which has a wealth of information, including online training for caregiving and managing the teenage years, as well as many articles, resource links, webinars, and self-search tools on elder care and parenting issues.

While being a caregiver has many rewards and is something you’re committed to, it can be stressful over time. *LifeSolutions*, your EAP, is here to partner with you to make the caregiving experience not just one you survive, but one in which you can thrive!

Call us today at 1.800.647.3327 or go online to www.lifesolutionsforyou.com. Click on the *WorkLife* portal and enter your company code. On the left-hand side, scroll down to Aging and click on the Caregivers link.

Source: Workplace Options. *Sandwich generation: Caregivers in the middle*. Raleigh, NC. (Reviewed 2008).

