

Pressure and the sandwich generation

With people living longer, more adults are finding themselves feeling the pressure of being in the so-called sandwich generation. They want and need to care not only for their children, but also for their aging parents whose health may be failing.

Throw in these changes in society, and the challenges become more complicated: Children are living at home longer, many people live farther away from their parents than in previous generations, and more people expect to live at home, perhaps with some help.

Senior center employees say that they frequently deal with calls from people whose parents or children are out of state and who are trying to figure out the best decisions for their situation as they age. The senior center has the information to navigate some of the bureaucratic maze and make appropriate choices about health care and living situations.

A new series of talks by BoomerVenture, a special program for baby boomers, also will provide current and soon-to-be members of the sandwich generation with personal stories and possible solutions. The program starts June 3 and will continue each Tuesday within the Andover Senior Center building.

Being the meat in this generational sandwich has its challenges. It's good to know the town has the resources, knowledge and changing programs that can help people care for their families.

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