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Abstract

Many Americans balance dual caregiving responsibilities for both children and aging family, dubbed the “sandwich genera- tion.” Between 1 out of8 and 1 out of11 households with an adult aged 30 or older is comprised ofdual-earner, sandwiched generation couples. There are psychological, physical, employment, and financial outcomes ofbalancing multiple caregiving duties. The literature shows positive benefits for caregivers too. A review ofliterature in the past 30 years, citing only U.S.- based studies is summarized in this paper. Policy, clinical, and research implications are included. It is possible that multi- generational caregiving responsibilities will continue to rise for the children ofbaby boomers as life expectancies continue to go up, people continue to have children later in life, and continue to support those children to older ages. Policy and clinical supports must be put into place to facilitate the highly necessary and valuable caregiving responsibilities of this population.

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