

Stuck in the middle

The sandwich generation: Caregiving stressors and solutions



Stuck in the middle, feeling the stress

Many of us either have or will support and care for a loved one during our lifetime. Serving as a caregiver can be a great honor, but it can also present challenges.

According to a 2018 Securian Financial survey, 8 in 10 caregivers (79%) had a positive caregiving experience. It was either personally fulfilling or strengthened their family relationships.¹

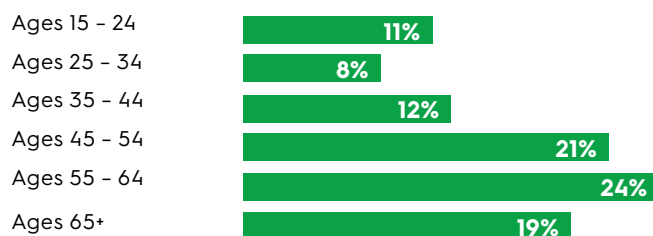
But caring for a family member is a life balancing act and can be stressful. And those “sandwiched” between providing care for their children and parents may feel stuck in the middle.

Nearly 44 million adults in the United States, about 20 percent of the adult population, provide care for aging or disabled family members.² And that number keeps growing. Caregivers span all ages and life stages.

Caregivers span the generations³

Percentage of the U.S. population in each category who provide eldercare. For example, 15 percent of all full-time workers in the U.S. are caregivers.

Share of each age group who are eldercare providers*



By putting loved ones first, the financial impact on caregivers can be especially challenging – and they may overlook the need to plan for their own future care. The good news is there are solutions.

Now you can anticipate and plan for your health care costs down the road, so you can protect your nest egg – and help your future caregivers feel less caught in the middle.

Share of each employment group who are eldercare providers



*Eldercare providers are those who care for someone with a condition related to aging.

¹ Securian Financial’s 2018 online caregiver survey conducted among 816 caregivers ages 18+, February 2018. For full results: securian.com/caregivingurvey.

² National Alliance for Caregiving (NAC) and American Association of Retired Persons (AARP) Public Policy Institute, “Caregiving in the U.S. 2015,” www.caregiving.org/caregiving2015/.

³ Bureau of Labor Statistics, American Time Use Survey *Get the data* Created with Datawrapper.

Here's what caregivers are saying

34%

Say supporting adult family members can get in the way of other savings goals

35%

Say it gets in the way of saving for retirement

30%

Feel "sandwiched" in caregiving for multiple generations of family members

28%

Say it takes up time when they should be at work

25%

Say it distracts them from their own lives

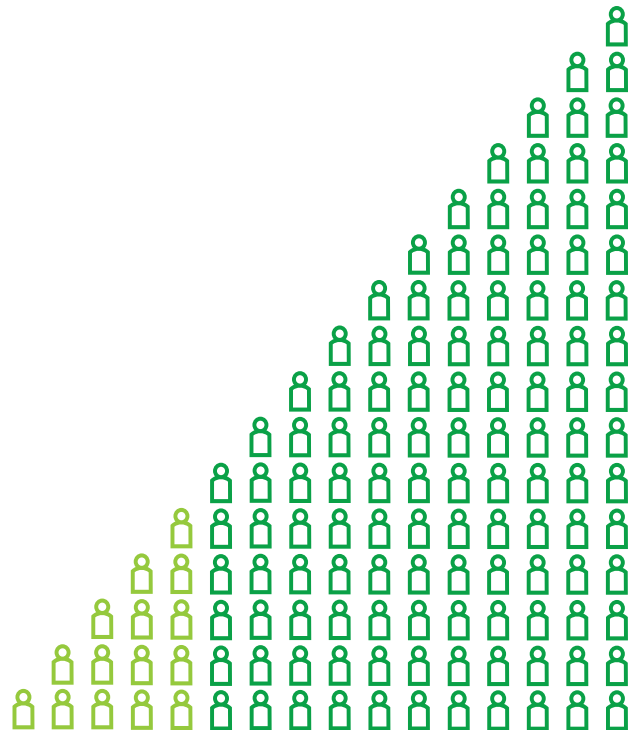
Based on a LIMRA Consumer Sentiment survey of 847 "head of household" consumers. The online survey conducted in the 4th quarter, 2015, by IPSOS. Published June 2016.

The growing risk of Alzheimer's

As Americans age, their risk of developing Alzheimer's disease or other chronic illnesses increases. Providing care to those suffering from this disease is expensive and poses a financial risk for families struggling to provide care for loved ones.

More than 5 million Americans are living with Alzheimer's Disease.

By 2050, this number could rise to 16 million.



What's the right care solution for you?

Now that you're aware of the challenges and potential financial risks, it may be time to put a care plan in place. When you're prepared for the future, you can enjoy today with more confidence.

Here are some options you could consider depending on your needs, budget and goals.

- Life insurance
 - Can provide a death benefit with an optional chronic illness or long-term care rider to help pay for future care expenses
- Life/Long-term care hybrid products
- Individual long-term care insurance
- Retirement planning strategies
- Paying for care out of pocket
- Relying on family members



Factors that may impact the sandwich generation

- Young children
- Aging parents living at a distance
- Caring for parents with dementia
- Pressures to prepare for their own retirement
- Need to put themselves first but have little time to do so

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Contact a financial professional today

Together, we can identify the best options for you and your family.



Caregivers are daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners and friends.

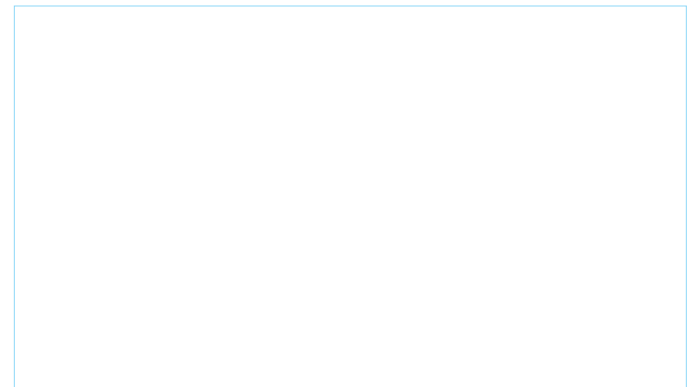
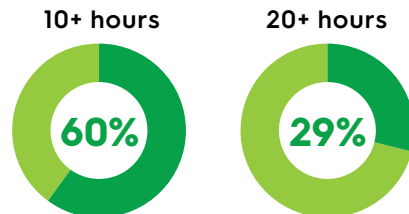


Caregiving can be a part-time job

Caring for a loved one often requires a large time commitment. According to a 2018 Securian Financial survey, 50 percent of caregivers who were also employed said their caregiving role affected their job performance. In fact, 41 percent reported they had to take time off work.¹ Hiring supportive care can help ease the burden, but finding affordable, quality care can be difficult.



Hours/week caregivers spend caring:¹



Insurance policy guarantees are subject to the financial strength and claims-paying ability of the issuing insurance company.

Please keep in mind that the primary reason to purchase a life insurance product is the death benefit.

Life insurance products contain fees, such as mortality and expense charges, and may contain restrictions, such as surrender periods.

Additional agreements may be available. Agreements may be subject to additional costs and restrictions. Agreements may not be available in all states or may exist under a different name in various states and may not be available in combination with other agreements.

The accumulation value, surrender value, loan value, and death benefit will be reduced by a long-term care or chronic illness benefit payment. Please consult a tax advisor regarding long-term care benefit payments, chronic illness benefit payments, or when taking a loan or withdrawal from a life insurance contract.

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