

# LifeSolutions Corner – April 2008

*“I work full-time and also take care of my children, my parents, and a new grandchild. I love my family, but sometimes I feel pretty overwhelmed. Can LifeSolutions help?”*

Yes we can. LifeSolutions works with many members of the “the sandwich generation”; those like you who are caregivers for both older and younger relatives. And, this group is growing.

Many people find caregiving very rewarding. At the same time, it is often a challenge to take care of yourself and stay in touch with friends and partners while meeting the diverse needs of parents and children.

The EAP offers information, can suggest resources in your area that may be helpful, and provides support by phone, on the website, and/or in person. We help people find answers that work for them to questions like these below, and we can assist you as well.

- How do I make time for myself when I have so much to do?
- My mother just moved in with us, and she and my husband/my children aren't getting along. The tension in the house is driving me crazy. What can I do?
- My parents want to stay in their own home, but they have gotten frail and forgetful. I worry about them a lot. What support services (housekeeping, transportation to medical appointments, day programs, etc.) might be available for them? What do I do if they refuse to accept help from anyone but me?
- I need to frequently take time off to get my children and my parents to the doctors. I'm worried that taking so much time off will affect my job. What can I do?
- I wonder if I could work four longer days instead of five 8 hour days. How could I explore this as an option?
- I am angry that I am the primary caregiver for both my children and my parents, even though I have siblings nearby that I think should help out. Then I feel guilty for being angry.
- My husband/wife resents the amount of time I spend taking care of my parents and my children. I don't want my marriage to fall apart, but I'm so exhausted that it's hard to make time for us as a couple. What can I do?

Perhaps some of these questions sound familiar—or you have others. We'll be glad to offer a listening ear, brainstorm with you, explore helpful resources and help you develop a plan of action. Call us at **1-800-647-3327**.

*We also invite you to visit us on the web at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com) or send us an e-mail with your questions at [ask@lifesolutionsforyou.com](mailto:ask@lifesolutionsforyou.com). Your question could be answered in a future LifeSolutions Corner!*