

Rules For Every “Sandwiched” Household:

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- ❖ Take care of yourselves and do what you need to do to stay healthy. This includes having some fun and living life to the fullest! Don't put your lives on hold.
- ❖ Don't neglect your primary relationship/marriage. Make time for one another.
- ❖ Be practical. You can only do what you can do. Don't overload yourselves either emotionally, physically or financially.
- ❖ If you have adult children returning home and/or grand-children coming to live with you, make sure all your expectations have been shared. Call on them to be responsible and share family tasks.
- ❖ If you decide to have an aging parent live with you, again, share all your expectations. Remember that your parent can and probably wants to have responsibilities in your household. Let them be involved, productive members of the family.
- ❖ Protect your privacy and time alone as a couple and as individuals.
- ❖ Realize that any unfulfilled dreams may cause problems in your marriage. Talk about these with one another. Seek professional help if this problem persists.
- ❖ Don't be afraid to ask for help from family members, (sibling, children, etc.) community and governmental resources. (See attached)
- ❖ Start talking now about the possibility of someday being part of the Sandwich Generation. How do you think you would handle it?

“Life can only be understood backwards; but it must be lived forward.”