

Lunch and Learn Webinar

Sponsored by the NIH Child Care Board & ORS/Division of Amenities and Transportation Services



Multigenerational Caregiving: Strategies for Caregiver Resiliency

Tuesday, September 29, 2015

1:00 p.m. to 2:00 p.m.

Online Only

According to 2013 data from the Pew Research Center, nearly half of adults in the sandwich generation have a parent 65 or older and are either raising a young child or financially supporting an adult child. Furthermore, close to 15 percent of them are providing financial support to both an aging parent and a child.

In this webinar, presented by Amy Goyer, nationally known caregiving expert and author of AARP's *Juggling Life, Work and Caregiving*, we will discover:

- The emotional and financial impact of being a member of the sandwich generation
- Strategies to establish life/work balance
- Tips for caregiver resiliency

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If you missed this webinar or you would like to view any of the previous webinars/seminars covering a variety of caregiving & parenting issues/concerns ranging from birth to teenage years, and elder/adult dependent care issues, please visit the NIH Child Care Program Website at <http://childcare.ors.nih.gov>



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<http://childcare.ors.nih.gov>

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