

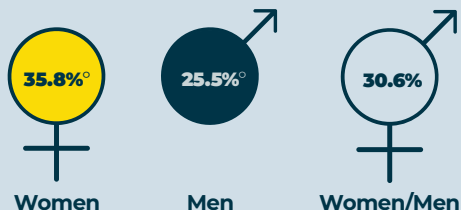
Between Work, Children and Aging Parents: The Challenges of “Sandwich Generation” Caregivers

These data have been compiled by the Institut de la statistique du Québec, based on the Statistics Canada General Social Survey (2018) and presented in the report, *Who are Quebec's caregivers and what kinds of support do they provide? An age- and gender-based analysis* (Quebec Observatory on Caregiving, 2023).

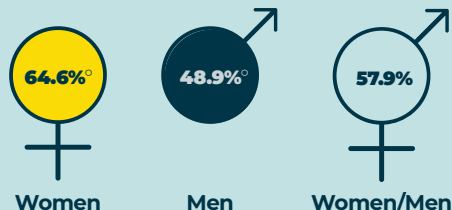
In Quebec, caregivers in the “sandwich generation” are middle-aged adults who must juggle the demands of **work, childcare and caregiving**.

→ CAREGIVING

The majority of caregivers are aged between **45 and 64**.

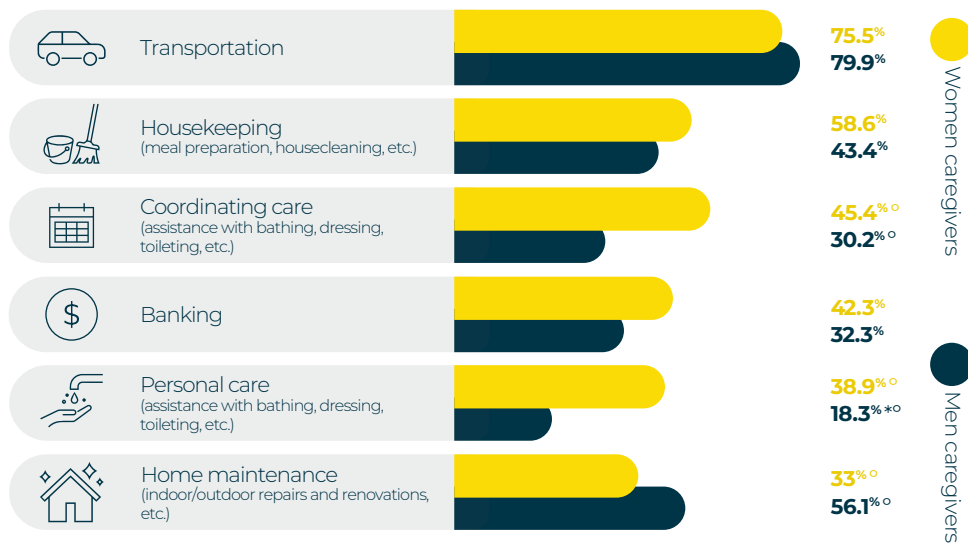


Caregivers aged between 45 and 64, and particularly if they are women, are more liable **to provide care to one or both parents** than caregivers in other age groups.



CAREGIVING ACTIVITIES

Caregivers aged between 45 and 64, and particularly if they are women, perform the widest range of caregiving activities compared to other age groups.



^{*}For this result, the coefficient of variation is between 15% and 25%. The result should therefore be interpreted with caution.

^oRepresents a significant difference between men and women.

→ FAMILY

In Quebec, in 2018,

39.6%

of families who still had children living at home reported at least

one parent aged between **45 and 64**¹.

→ EMPLOYMENT

Close to **6 out of 10 caregivers**

were employed (57%)



Among caregivers aged between **45 and 54**

more than **8 out of 10** were employed (83%)



How does caregiving impact the lives of people in the “sandwich generation”?

People in this age range must often contend with multiple responsibilities: working, raising a family and caring for aging parents. The weight of these combined responsibilities can have serious repercussions on their **emotional, physical and/or financial health**².

It is vital to seek help if you are feeling stressed.

Do you feel overwhelmed?

Call 811 (Info-Santé/Info-Social) or contact the Caregiver Support Helpline (Appui proches aidants)

Like more information?

Visit the [Québec Observatory on Caregiving online](#)



To cite this document

Girard-Marcil, C and Reiss, M. (2023). *Between Work, Children and Aging Parents: The Challenges of “Sandwich Generation” Caregivers*. Québec Observatory on Caregiving, Academic Affairs and Research Ethics, CIUSSS West-Central Montreal.

¹ Statistics Canada. 2018. Table 11-10-0011-01 *Census families by age of older partner or parent and number of children*.

² Gagnon, M. et Beaudry, C. (2019). *Le bras de fer de la conciliation vie professionnelle-responsabilités de soins des aidantes en emploi : entre équilibre et décrochage*. *Enfances, Familles, Générations*, (32). <https://doi.org/10.7202/1064513ar>

Designer **Thibaud Marque**