

# Sandwich generation stats



Image source: goodlifefamilymag.com

## Demographics

- Mostly middle-aged adults, with 71% of members between the ages of 40 and 59, who are responsible for caring for both their aging parents and their own children.<sup>1</sup>
- Nearly [one in four](#) US adults are part of the sandwich generation.
- Men and women are equally likely to be part of the sandwich generation, but Hispanics are more likely than whites or blacks.<sup>1</sup>
- Sandwich generation caregivers are [twice as likely](#) to report financial difficulty than other caregivers.

## Child care costs

- The average middle-income family with two children will spend an average of [\\$1,522](#) per month to raise a child up to age 17.<sup>2</sup>
- The average [cost of attendance](#) for a student living on campus at an in-state public 4-year institution is \$27,146 per year, and \$58,628 per year to attend a private, nonprofit university.
- College tuition inflation has averaged [3.6% annually](#).

## Parental care costs

- The estimated [monthly cost](#) of caring for an elderly parent in the US:
  - **In-home health aide or caretaker:** \$4,957-\$5,148 per month
  - **Assisted living facility or adult day care:** \$1,690-\$4,500 per month
  - **Nursing home facility:** \$7,908-\$9,034 per month, depending on room privacy
- Only [one in ten](#) adults (11%) say they have a private long-term care insurance policy, including 14% of those ages 65 and older.

1. Source: [Pew Research Center](#) 2. Can be considerably higher depending on [where you raise a child](#) and to what age you support the child.

# What's next?

- Answer these questions:
  - Are you a member of the sandwich generation?*
  - How many children do you have and how much do you plan to pay for higher education?*
  - What happens if your parent(s)\* requires long-term care not covered by their insurance?*
- Talk with your parent(s)\* about their current and future financial needs, so you can plan for your future.
- Consider the implications of worst-case scenarios for child and parental care costs on your budget, financial plans, and life goals.