



Caring for kids and parents: How to thrive in the sandwich generation

More than 1 in 10 adults in the U.S. are caring for their children and an older adult at the same time.¹ These multigenerational caregivers spend more than two and a half hours each day doing it,¹ many of them balancing a job as well.

If you're juggling both roles, **Here4TN** and **WorkLife Services** can help.

Call today for support:

855-Here4TN (855-437-3486)
or visit **Here4TN.com**.

Call 24/7 to:

- Get confidential support from master's-level specialists, at no additional cost to you*
- Access five online or in-person counseling sessions per issue, per individual, per year at no cost to you
- Find childcare, educational resources and parenting support in your community
- Locate eldercare support in your community, including respite care and in-home caregivers**

Taking care of others can be stressful and exhausting

Be sure to take advantage of the support that's available. Caring for yourself is every bit as important as caring for the ones you love.



1. Livingston, Gretchen. More than one in ten U.S. parents are also caring for an adult. Pew Research Center. [pewresearch.org/fact-tank/2018/11/29/more-than-one-in-ten-u-s-parents-are-also-caring-for-an-adult/](https://www.pewresearch.org/fact-tank/2018/11/29/more-than-one-in-ten-u-s-parents-are-also-caring-for-an-adult/). November 29, 2018. Accessed December 21, 2022.

*Here4TN Employee Assistance Program (EAP) services are available to you and your family at no extra cost as part of your benefits. The five EAP visits per year, per issue are per individual. Members are ineligible for EAP visits while they are currently receiving Behavioral Health Services.

State and Higher Education: EAP services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: EAP services are available to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

**In-home caregiving support would be paid for out of pocket as it's not covered by most insurance companies.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.