



Caught in the Middle: How to Cope as a Sandwich Generation

March 8th | 12:00pm - 1:00pm | On-Site Seminar

LOCATION: 114 Mt. Auburn Street, Room 406

ABOUT THIS EVENT

Are you juggling the care of your parents and kids while trying to focus on your job too? If so, you are probably in the caregiving sandwich and you're not alone. Nearly half of adults ages 40-59 are caring for both an aging parent and child and most are also in the workforce. Is there a way for sandwich generation caregivers to manage it all without feeling guilty and depleted?

This seminar will address:

- Caregiving strategies to help manage daily challenges
- Supports to help at both home and at work
- Ways to take care of yourself

ABOUT THE SPEAKER



Jill McNamara
LICSW

Jill McNamara is the Manager of the Adult & Senior Care team at Care.com. She has her Masters in Social Work, is a Licensed Independent Clinical Social Worker and a Certified Advanced Social Work Case Manager. Jill has worked with adults with mental and physical disabilities and provided in-home counseling in and around the Boston area to families facing an array of complex challenges. Since 2011 Jill has worked at Care.com supporting families and expanding the company's adult and senior care services nationally.

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