

The New Sandwich Generation

How COVID-19 is changing
caregiving in the U.S.

New York Life examined how COVID-19 has impacted members of the Sandwich Generation – adults who are caring for both a child and an aging relative. To better understand the effects of the pandemic on this group, Morning Consult conducted a poll of 1,000 U.S adults who indicated they are currently providing any type of financial, housing, or caregiving support to an aging relative, as well as a child with a chronic condition or child under the age of 35 from July 22, 2020 through August 5, 2020.



Key findings and topline results

1.

Increasingly younger, more female

The new 'Sandwich Generation' is largely made up of women (64%) and Millennials (39%). Financial stability, however, is varied as half of the Sandwich Generation (46%) have \$50k+ invested (e.g. stock market and mutual funds, IRAs, 401(k) accounts), while 23% don't have any financial investments. Due to Millennials' younger age relative to their Gen X and Baby Boomer predecessors, this group has the greatest opportunity to improve their financial, physical, and emotional outlook for the long-term by developing a sound financial strategy now.

Women



Millennials



2.

Caregiving cost is skyrocketing

The cost of caring for an aging relative is \$1,000/month on average. As a result of the pandemic, more than half (54%) of those in the Sandwich Generation report spending more each month caring for others – nearly one-in-four (23%) report spending at least \$200 more than usual.

\$1,000

Caring for an aging relative costs about \$1,000 per month.

3.

Caregivers dig deep to cover costs

On average, 7-in-10 (69%) say they're paying for this care out of their own daily budgets, while 27% work more hours or draw from emergency savings to cover costs. Sixteen percent (16%) took on an additional job, while 20% are sharing costs with a sibling and 18% are delaying payment of bills. As a result, 40% are directing less income each month toward their savings and one-third is putting less toward retirement, debt reduction, or caring for their personal wellbeing.



7 in 10

4.

Beyond finances, it's time and wellbeing

The Sandwich Generation spends an average of 18 hours per week caring for an aging relative during the pandemic. As a result, 40% of respondents report having less time for rest and relaxation, sleeping, physical exercise, or caring for their wellbeing.



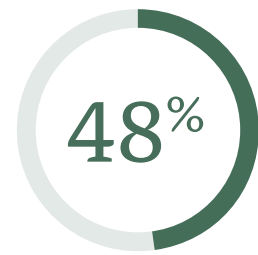
18
hours per week

Key findings and topline results

5.

In it for the long-haul without adequate financial preparation

Nearly half (48%) of the Sandwich Generation expects to be in a caretaking position for at least the next six years, but only 28% feel financially secure enough to provide caregiving for that duration. In fact, 22% feel they would need to adjust their financial strategy within the next 12 months to continue providing care. Notably, this includes younger caregivers with 26% of Millennial respondents indicating that they are more likely to update their financial strategy versus 19% of Gen Xers and just 15% of Baby Boomers.



nearly half

6.

Prepare with a financial professional

Forty-three percent (43%) of the Sandwich Generation who are financially prepared to provide care for 6-plus years are working with a financial professional. Of those working with a financial professional, 37% are putting money towards retirement. They are also half as likely to withdraw from emergency savings, take out a personal loan, take on an additional job, or delay a bill to fund future caregiving.



of those financially prepared to provide care for 6-plus years are working with a financial professional.

7.

Women's caregiving confidence:

Half of all women (50%) working with a financial professional feel like they can afford to provide 3+ years of care to their older and younger relatives before they need to adjust their financial strategy, compared with only 30% of women not working with financial advisors. Further, surveyed women not working with a financial professional (30%) are about twice as likely to feel uncertain about how long their financial strategy will allow them to afford providing care for their older and younger relatives, compared with just 16% of women working with financial advisors.



Full findings

Supplemental Charts – 1

Breakdown by gender

xdemGender

Gender	Frequency	Percentage
Male	359	36%
Female	641	64%

Breakdown by investments

xdemInvest

Investment Level	Frequency	Percentage
<\$50,000	465	46%
>\$50,000	268	27%
None	226	23%

Breakdown by age

demAgeGeneration

Generation	Frequency	Percentage
GenZers: 1997-2012	44	4%
Millennials: 1981-1996	388	39%
GenXers: 1965-1980	398	40%
Baby Boomers: 1946-1964	168	17%

Full findings

Supplemental Charts – 2

Personal funds spent to meet medical or other financial needs.

	Average Amount Spent per Month
Aging relative(s), such as a parent	\$ 973.29
Spouse or partner with a chronic condition	\$ 498.02
Child(ren) with a chronic condition	\$ 1,632.91
Child(ren) between the age of 18 and 24	\$ 501.61
Child(ren) between the age of 25 and 35	\$ 364.25

NYL11_6 (Dollars spent change as a result of the pandemic)

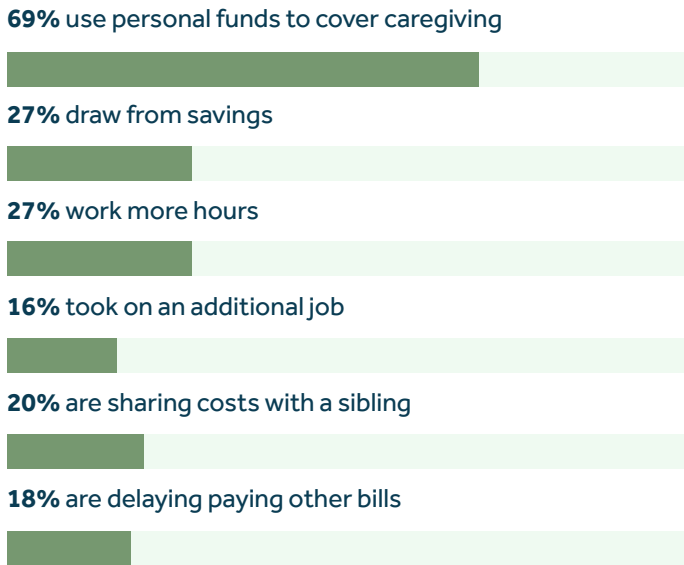
Dollar Amount	Frequency	Percentage
\$200+ more than usual	229	23%
\$10 - \$199 more than usual	307	31%
About the same as before	374	37%
\$10 - \$199 less than usual	44	4%
\$200+ less than usual	25	2%
Don't know / Not sure	21	2%

Full findings

Supplemental Charts – 3

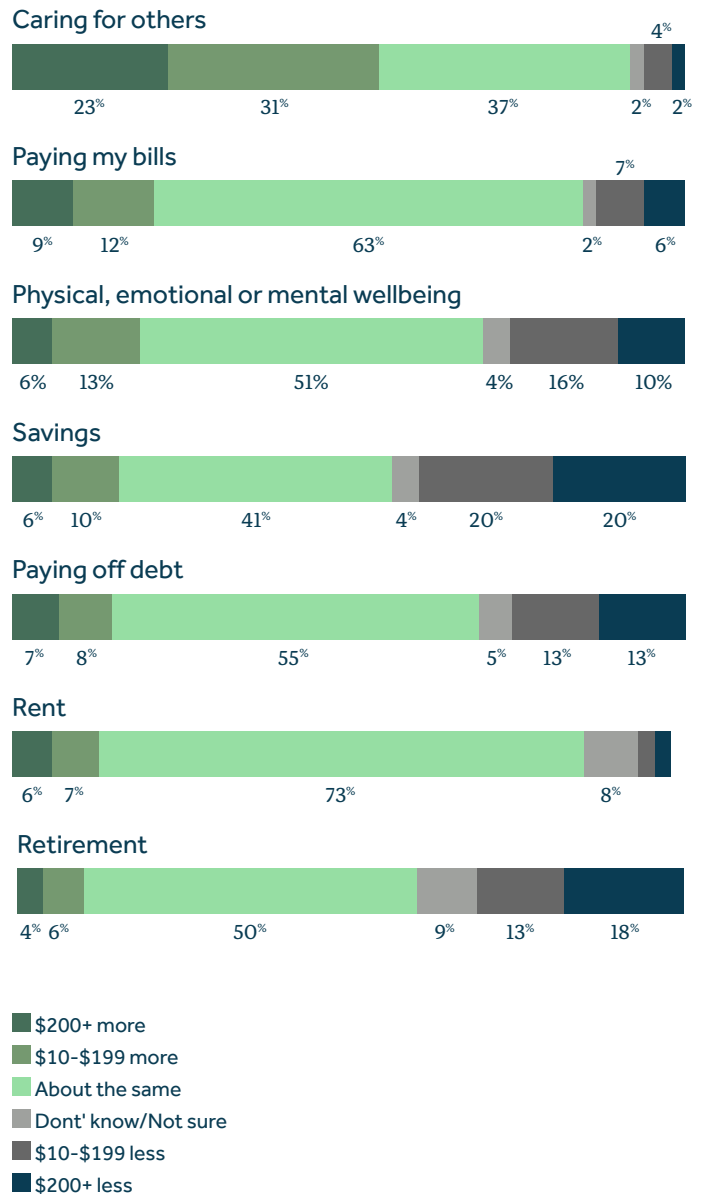
NYL8

Up until now, how have you paid for the costs of caring for the ageing relative(s) and child(ren)? Select all that apply.



NYL11

As a result of the COVID-19 pandemic and simultaneously caring for the aging relative(s) and child(ren) you mentioned, are you now spending more or less money per month doing each of the following? (among entire Sandwich Generation)



Full findings

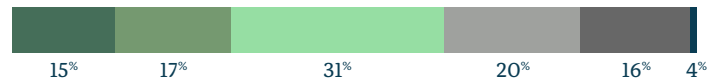
Supplemental Charts – 4

NYL10

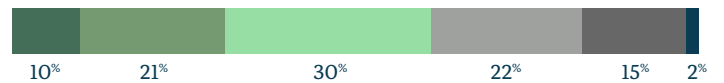
As a result of the COVID-19 pandemic and simultaneously caring for the aging relative(s) and child(ren) you mentioned, are you now spending more or less time each week doing the following?

- Much more time
- Somewhat more time
- About the same as before
- Somewhat less time
- Much less time
- Don't know/not sure

Time for caring for wellbeing



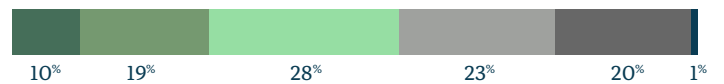
Time for physical exercise



Time for sleeping



Time for rest and relaxation



As a result of the COVID-19 pandemic and simultaneously caring for the aging relative(s) and child(ren) you mentioned, are you now spending more or less time each week doing the following?

	Sandwich Generation	Helping Aging Relative with ADL	Caring for Child <18	Caring for child 18-24	Caring for child 25-35	Caring for child w/ chronic condition
Rest and relaxation	43%	48%	42%	41%	45%	50%
Sleeping	39%	45%	39%	41%	41%	47%
Physical exercise	37%	39%	36%	39%	42%	39%
Caring for my physical, emotional, or mental wellbeing	36%	38%	36%	37%	36%	39%
Quality time with my loved ones	19%	19%	17%	23%	26%	20%
Preparing or eating healthy meals	13%	13%	13%	10%	10%	15%

Showing % agree spending less time

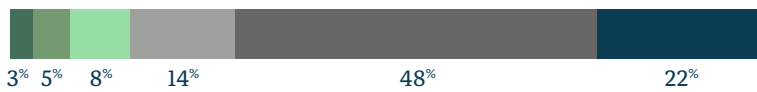
Note: ADL refers to Activities of Daily Living

Full findings

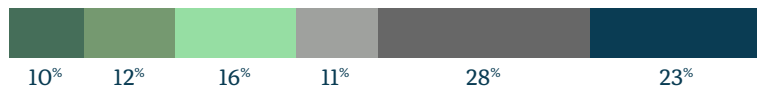
Supplemental Charts – 5

NYL1/NYL14

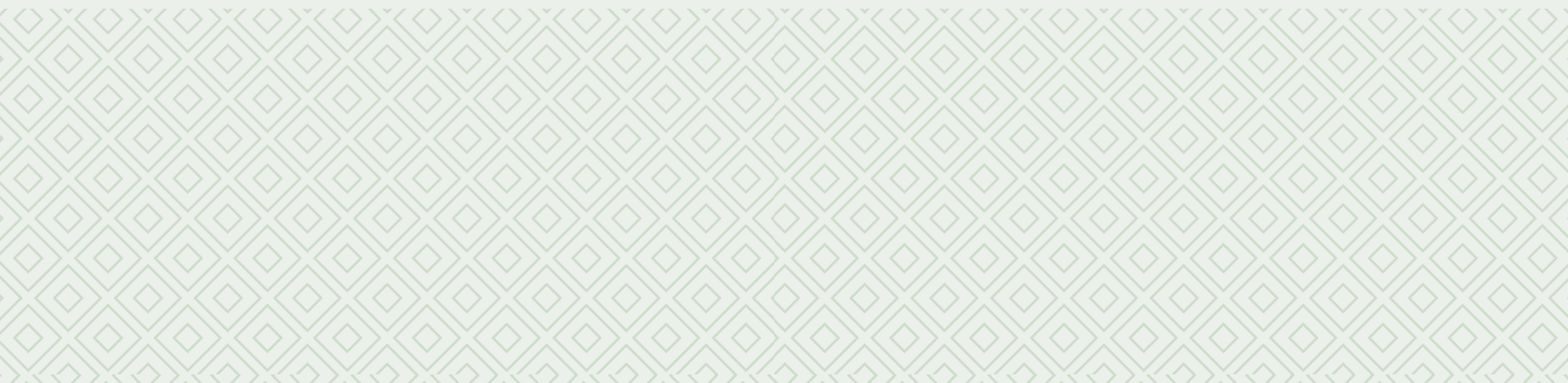
You mentioned you are currently providing care for the following individual(s). If you had to guess, about how long from now do you expect to care for the individuals?



If you were to continue to care for the aging relative(s) and child(ren) you mentioned in the same way for the foreseeable future, about how long would you be able to afford providing that care before you needed to adjust your financial strategy?



- 0-6 months
- 7-12 months
- 1-2 years
- 3-5 years
- 6 or more years
- Don't know/not sure



New York Life Insurance Company,
51 Madison Avenue, New York, NY 10010

SMRU #1878008 – Expiration date 10/30/2022