

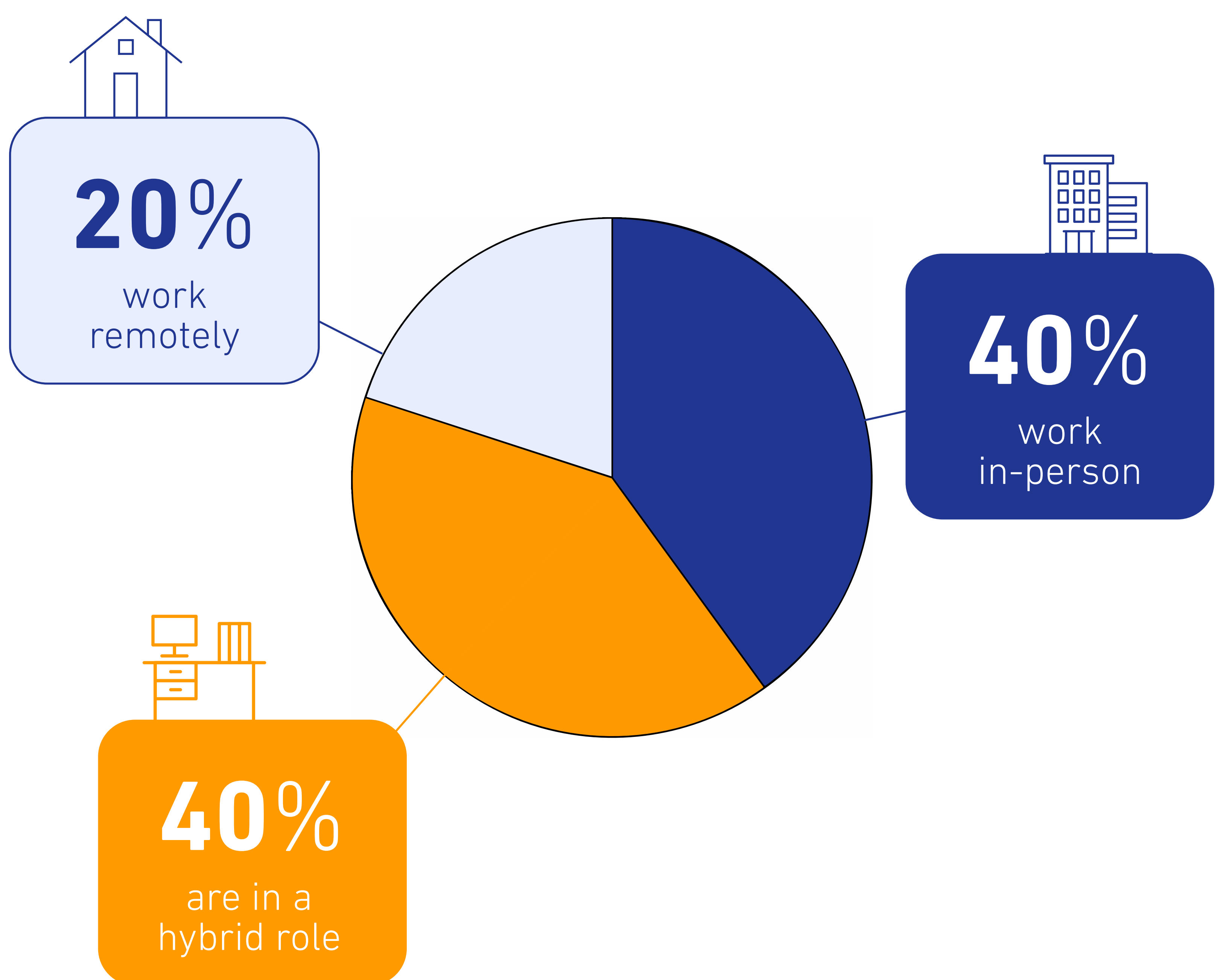
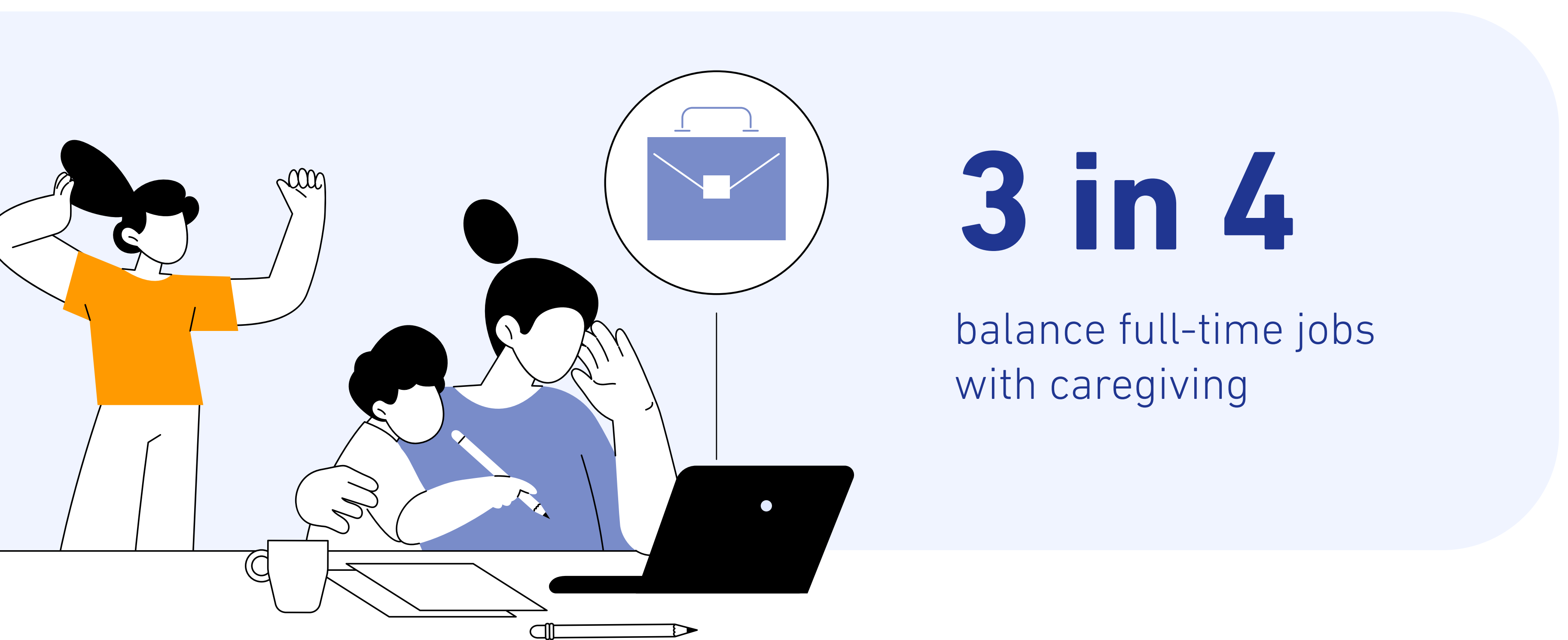


# The Sandwich Generation: Supporting Parents & Children

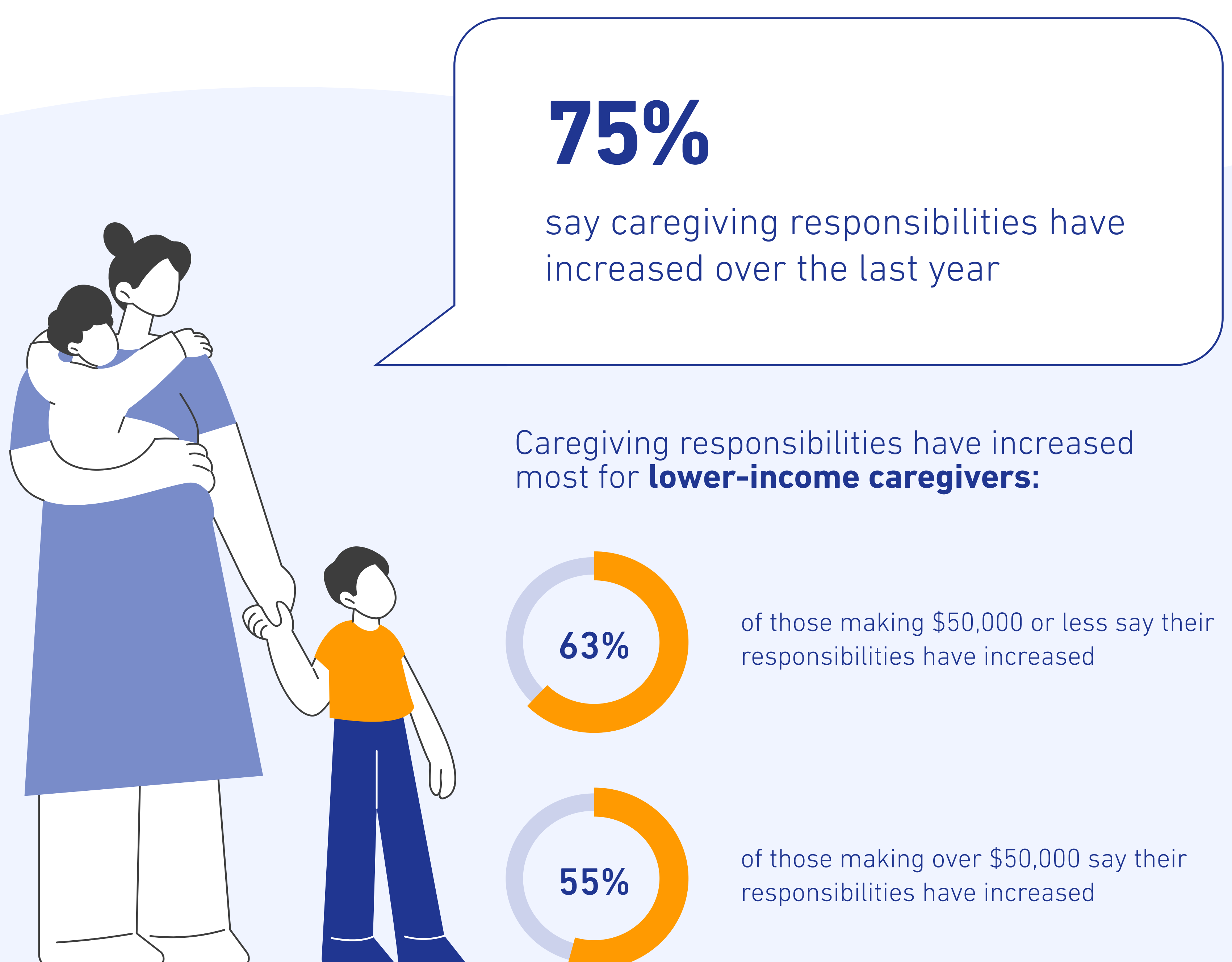
## The Challenge of Balancing Work and Caregiving

Among Sandwich Generation survey respondents:

### Juggling Work and Caregiving Responsibilities



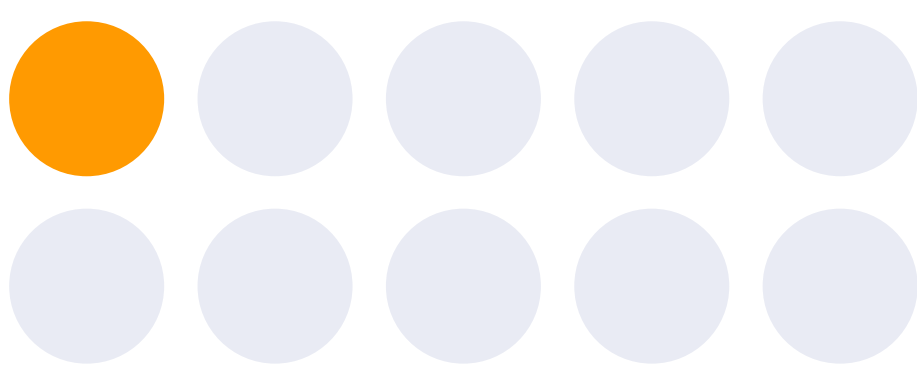
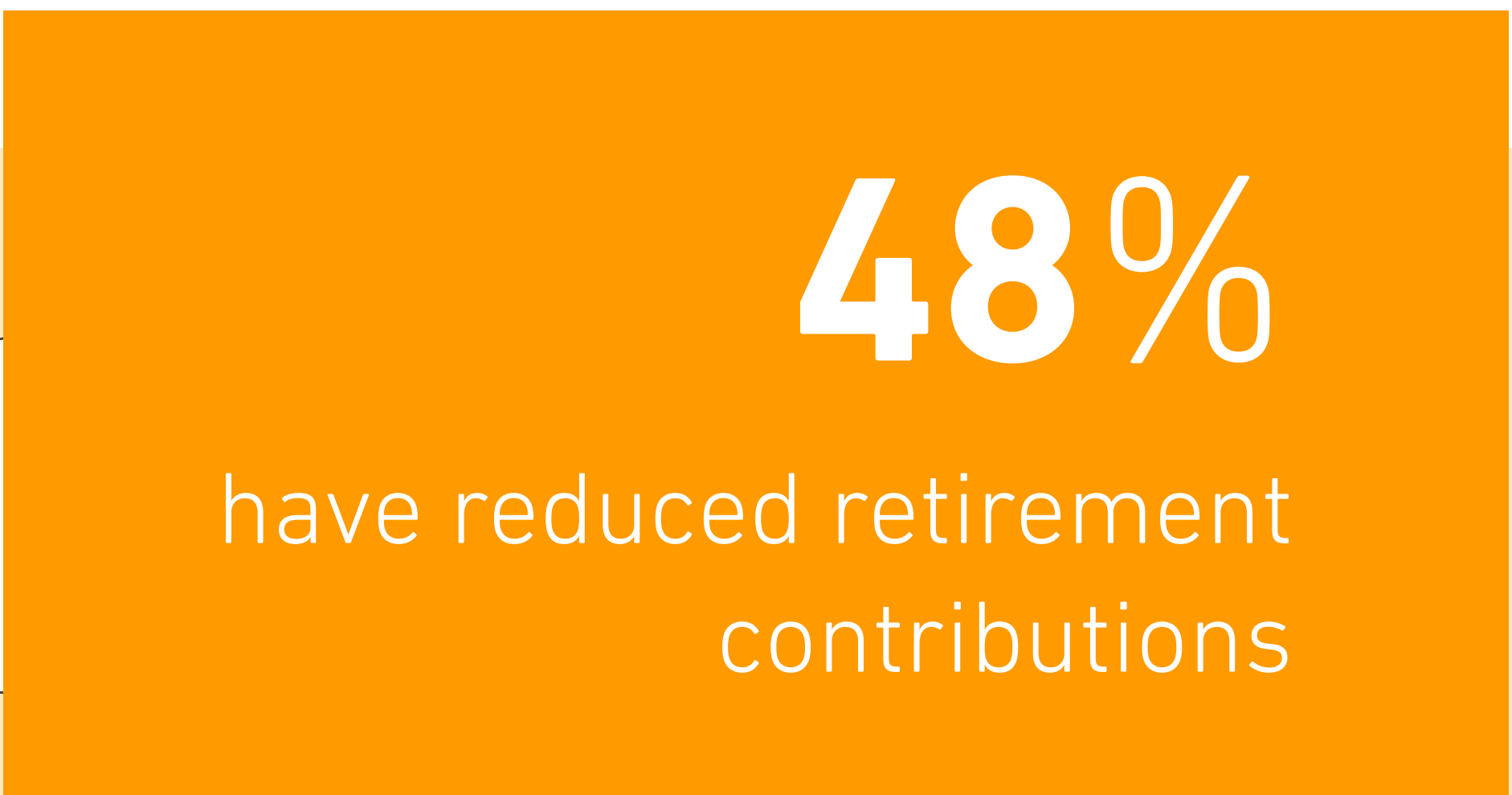
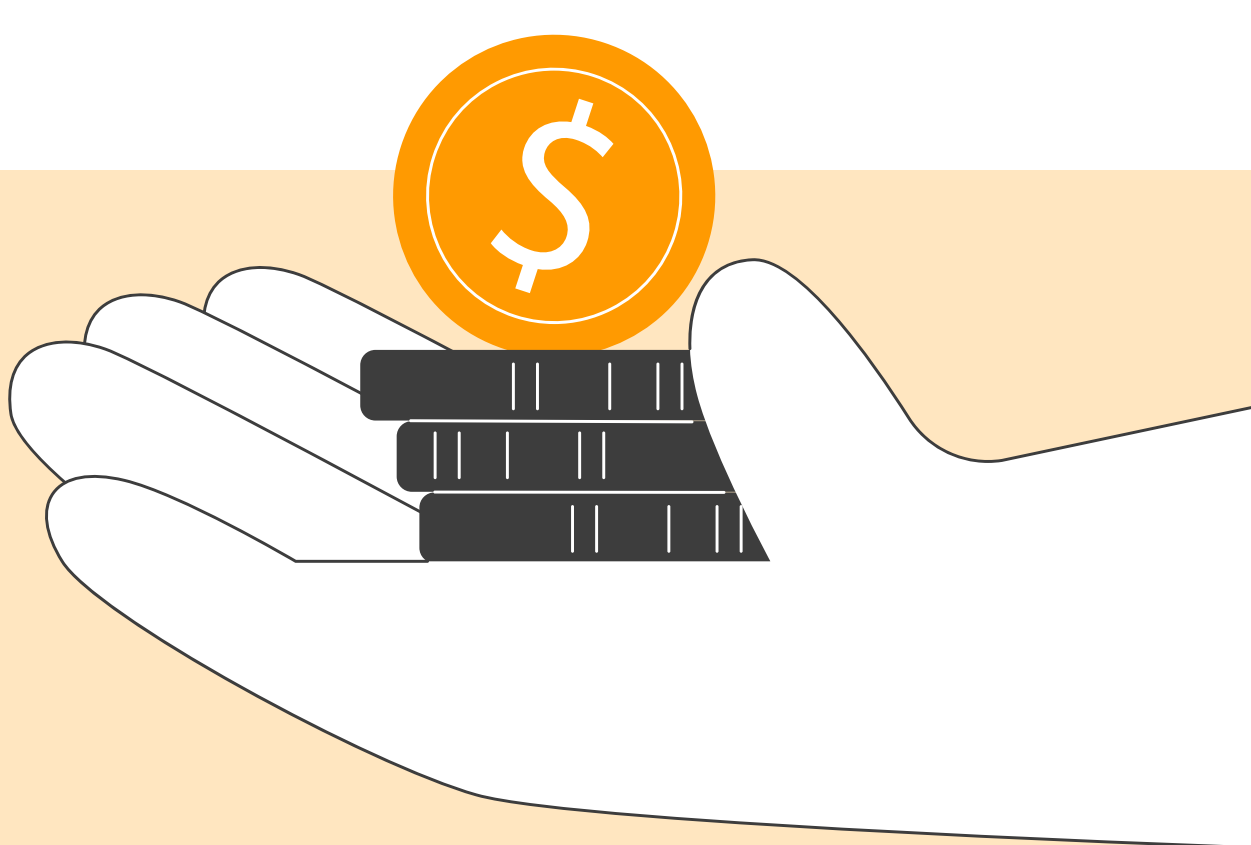
**24 Hours**  
Average caregiving  
hours per week



# The Financial Burden of Caring for Parents and Children

Among Sandwich Generation survey respondents:

## Coping with Caregiving Expenses

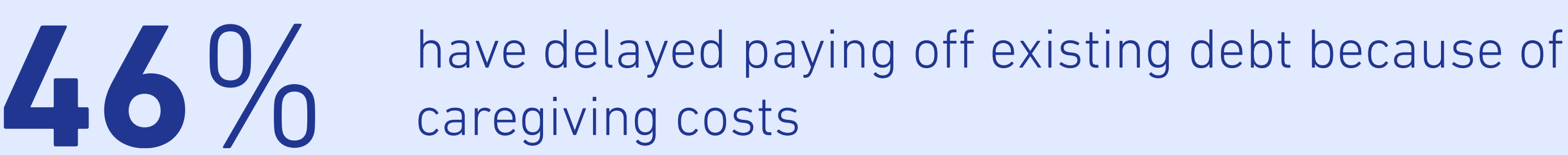
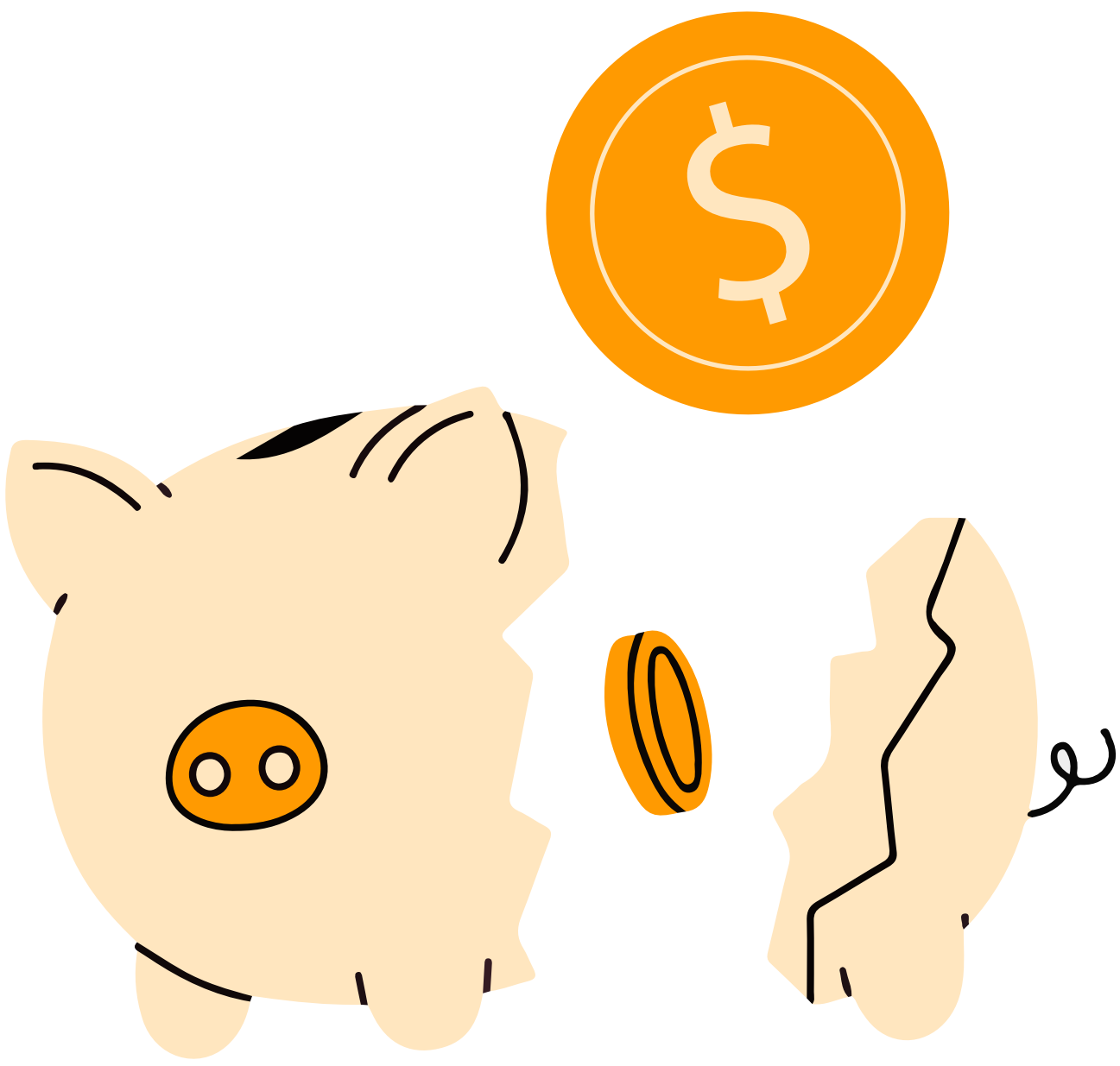


About 1 in 10 have **stopped** contributing to retirement entirely

# Debt and Savings Impact

Among Sandwich Generation survey respondents:

## Relying on Savings and Borrowed Money

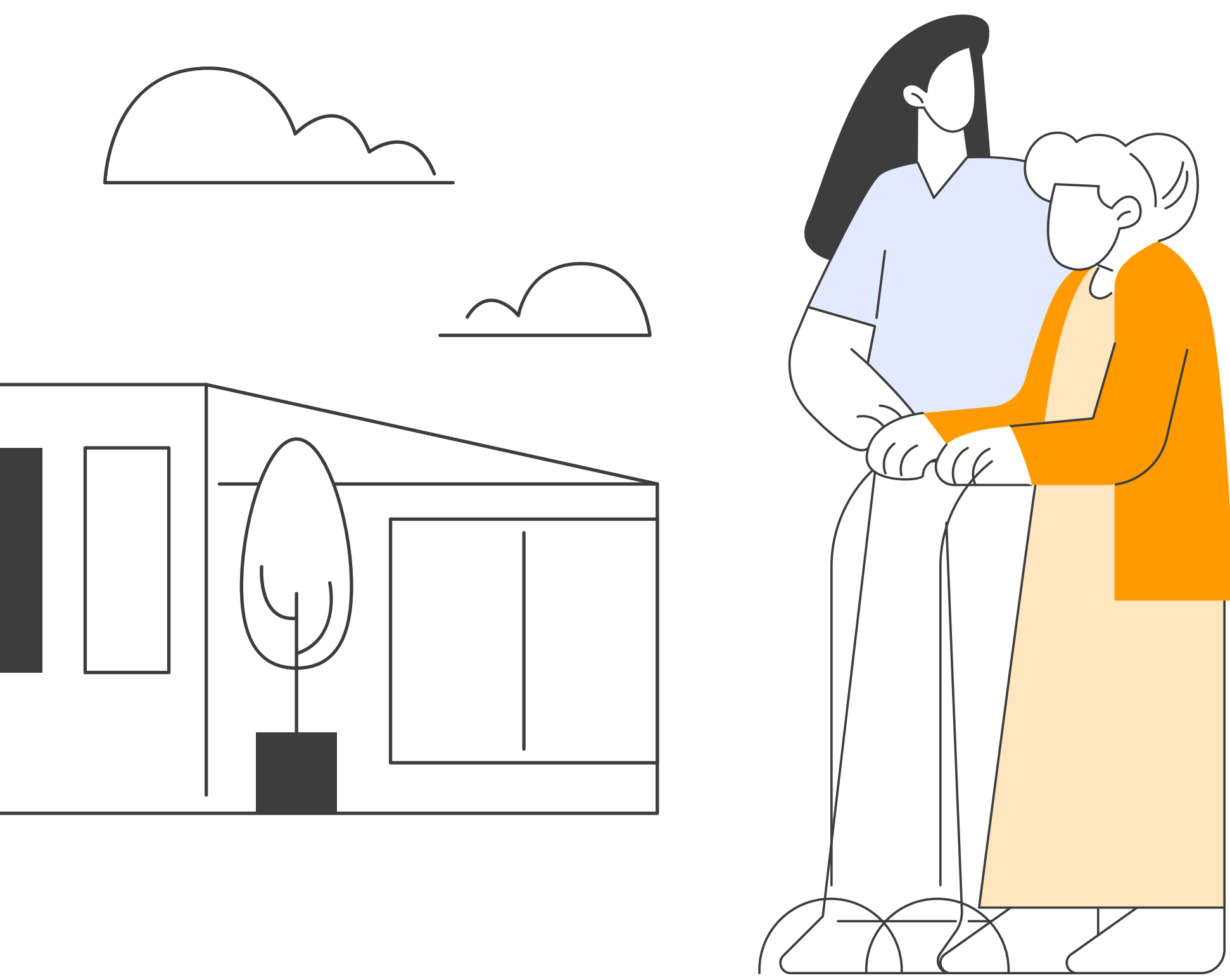




# Efforts to Cover Caregiving Costs

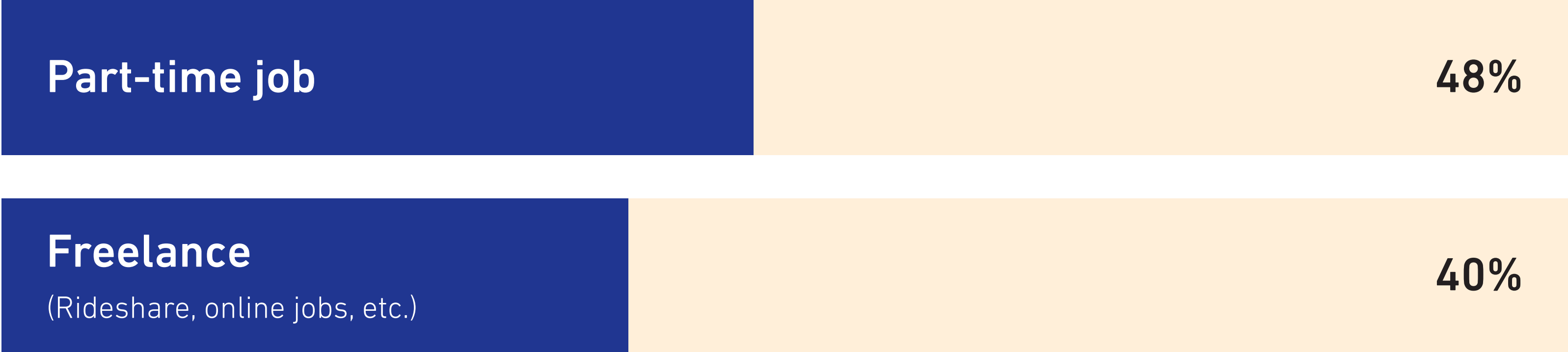
Among Sandwich Generation survey respondents:

## Taking Extra Work



More than  
**2 in 3**  
have taken **part-time, freelance, or gig work** to help afford caregiving

Additional sources of income:

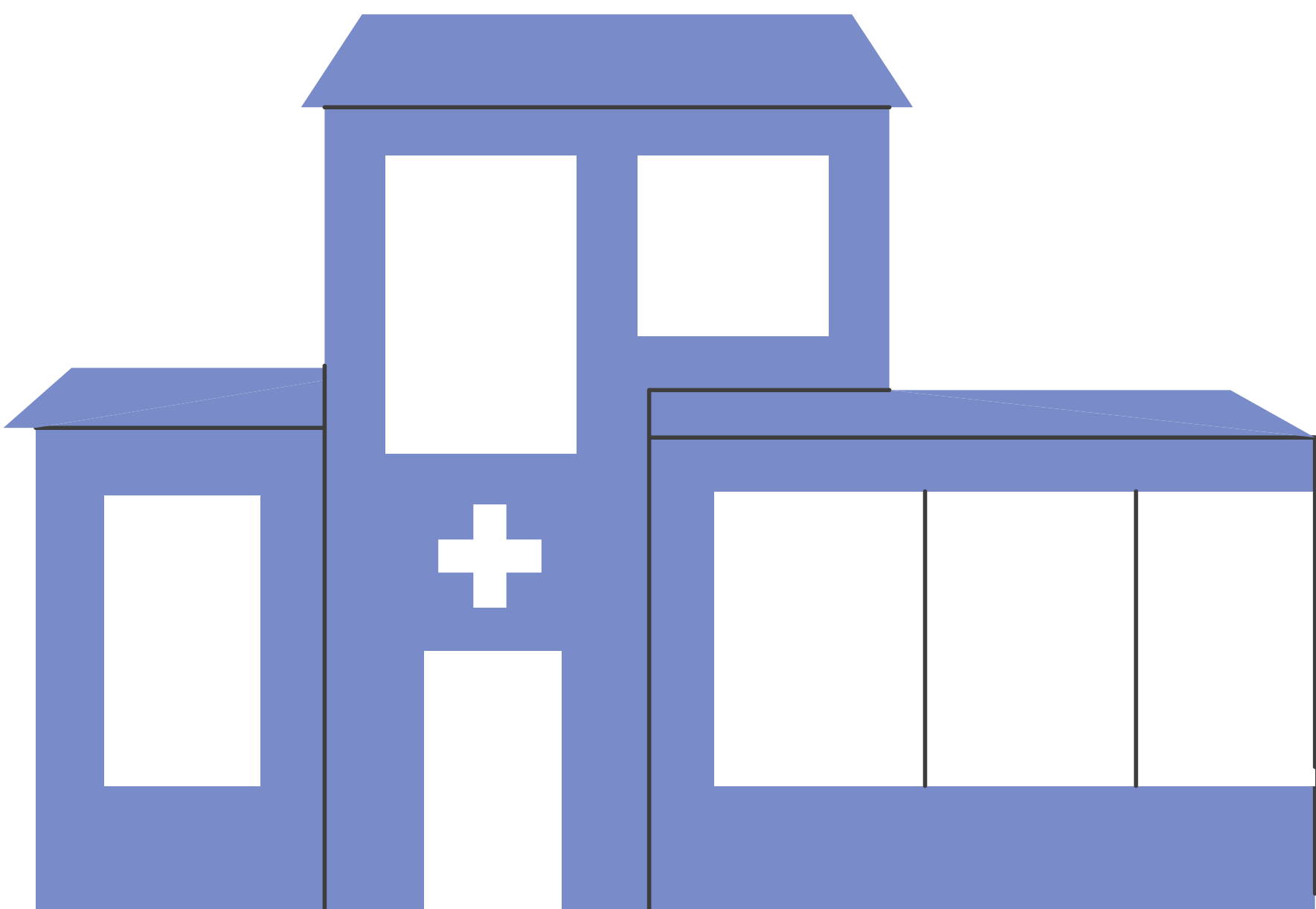


# How Donating Plasma Plays a Role

Among Sandwich Generation survey respondents:

## Earning Money for Your Time

**1 in 10**  
currently donate plasma as a way to supplement caregiving costs



Nearly  
**1 in 3**  
have considered **donating plasma** to support caregiving expenses

# The Career Cost of Caring for Parents and Children

Among Sandwich Generation survey respondents:

## Dealing with Career and Earnings Disruptions

65%

say caregiving has impacted their **career or work hours**

62%

have had to **reduce** work hours

20%

have taken a **leave of absence**

10%

have switched jobs for more **flexibility**

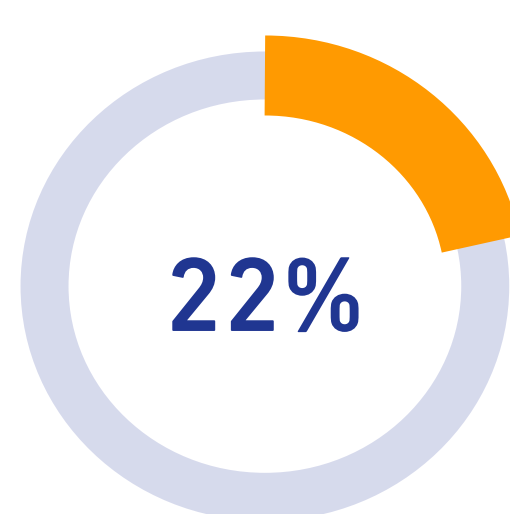


49%

say caregiving has **harmed** their ability to advance in their career

1 in 4

have had to **quit a job** entirely due to caregiving responsibilities



feel their employer is not supportive of their caregiving responsibilities

1 in 3

feel caregiving puts their **job security** at risk

# The Mental and Emotional Toll of Caring for Parents and Children

Among Sandwich Generation survey respondents:

## Fighting Stress and Burnout

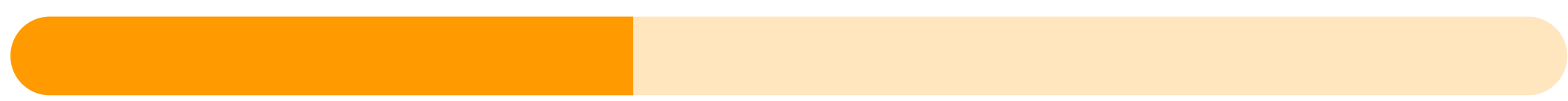
**69%** are stressed or burned out due to their caregiving responsibilities



**50%** experience weekly stress, and 1 in 3 experience it daily



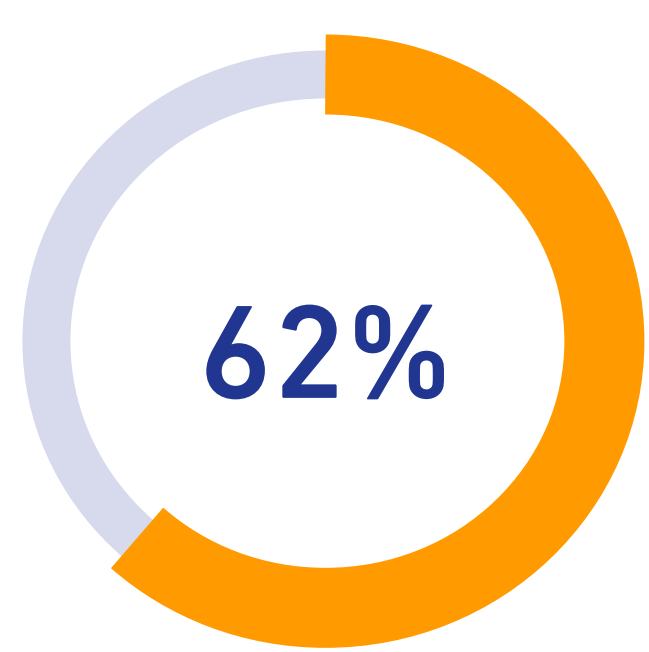
**40%** have sought professional help (therapy/counseling)



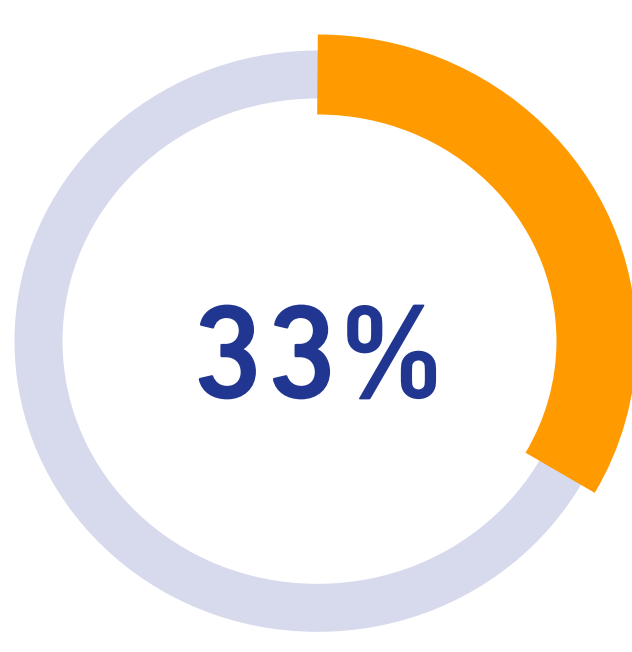
# The Need for Support Systems

Among Sandwich Generation survey respondents:

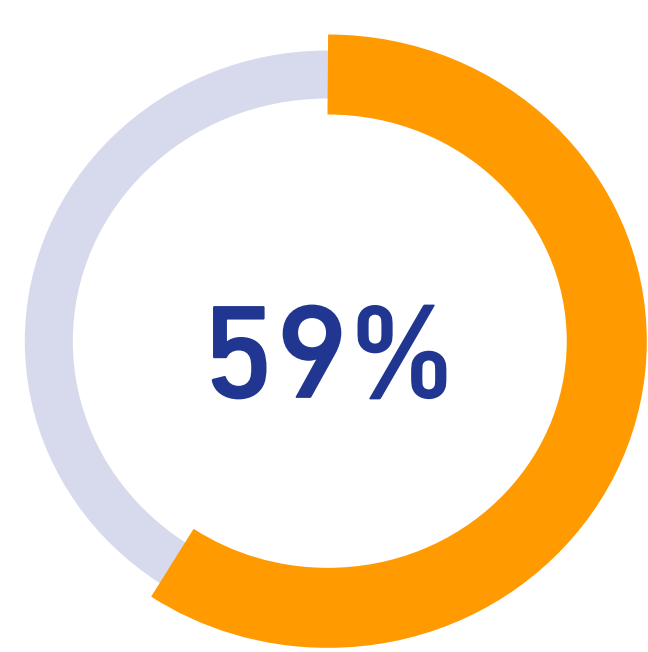
## Getting by with Limited Support



rely on external caregiving support (family, professional caregivers), while 38% do not



say they do not have enough support



feel society does not support caregivers adequately



To read the full report, visit [www.biolifeplasma.com/blog/sandwich-generation-survey](http://www.biolifeplasma.com/blog/sandwich-generation-survey)

**Methodology:** In February 2025, a nationwide survey of 2,036 respondents was conducted by a third-party, independent research firm on behalf of BioLife. Respondents were asked about their experiences providing care for children, aging parents, or both. Among respondents, 53.3% were female, 45.9% were male, and .8% were non-binary. The average age of respondents was 42. Income: Under \$25,000 (12.2%); \$25,000–\$49,999 (11.4%); \$50,000–\$74,999 (21.2%); \$75,000–\$99,999 (17.9%); \$100,000–\$149,999 (17.3%); \$150,000 or over (12.3%). Marital status: Married (61.7%), single (19.3%), in a relationship/not married (8.1%), divorced (8.4%), separated (1.5%), widowed (1.1%).

Total respondents: 2,036; Margin of error: +/- 3%; Country: United States (USA); Region: All Regions; Gender: All Genders; Age of respondents: 30–60