

Helping You Manage “The Sandwich Generation” Situation

Have you heard the term “sandwich generation?” It refers to the growing population of those of you who take care of small children-- either your own or your grandchildren-- and also aging parents or grandparents. You may have unique and special needs while taking care of these loved ones.

First Sun has a wide range of services to assist you with family care needs. These demands can feel overwhelming. If you need resource information about childcare for the kids while you’re at work, we’ve got help for your “younger” generation.

As your children grow older, there are consultation services available on school services. From elementary school through middle school, high school and into college, our providers are available to assist you with information to help you research the educational resources in your area. College resource assistance is available to you as you continue your education as well.

For your “older” generation, adult care resources can be explored. It’s important that “Mom or Dad” be well cared for while you’re at work.

Our dedicated consultants are available **24 hours everyday** to address your needs. Appointments can normally be scheduled within **two working days**. **After-hours** and **weekend** sessions can be arranged, if needed. Crisis calls are always handled immediately. Services are **confidential** to the extent permitted by law.



To access these services call First Sun EAP at **1-800-968-8143** or in Greater Columbia **(803) 376-2668**.

For more information on this topic as well as the other benefits you receive from First Sun EAP, please see our website at: www.firstsuneap.com.