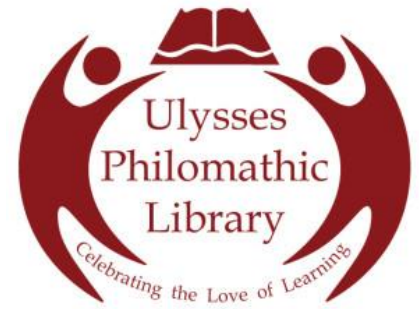


A Library Guide to the Sandwich Generations

Books for intergenerational and “skip-a-generation” families



Eldercare 101: a practical guide to later life planning, care, and wellbeing

362.6 Saavedra

Feeling the squeeze of multi-generational home demands, children of aging parents are struggling to learn innovative eldercare management strategies and often find themselves overwhelmed by the many facets of caregiving. Whether they are proactively planning ahead or need to have fast answers, this comprehensive, technology-rich resource presents steppingstones for the Sandwich Generation as they navigate caring for aging parents, grandparents, friends, and other family members.

The Conversation: a Revolutionary Plan for End-of-Life Care

362.175 Volandes

Physician Volandes offers this book stressing the importance of conversations between doctors, families, and patients in establishing end-of-life care. Appendices offer readers guidance and resources in beginning their own end-of-life conversations from the perspective of a potential patient, family member, or legal proxy.

The Conscious Caregiver

362.14 Abbit

Conscious Caregiver teaches you how to navigate caring for your loved one, whether it's full-time in-house caregiving or hiring support from outside services. With information on how to talk to your loved ones about the situation, handle the emotional stress, stay financially secure, and take the time to care for yourself, this guide can help you care for your loved one and yourself at the same time.

Grandparents as Parents: A Survival Guide for Raising a Second Family

649.1 De Toledo

This book covers the personal and social aspects of raising grandchildren, including taking immediate action, lifestyle changes, effects on spouses and other children, dealing with problems from adult children and troubled grandchildren, school issues, addiction and drug-exposed children and finding, starting, and sustaining support groups.

When Your Adult Child Breaks Your Heart

616.89 Young

Some parents open their homes, their pocketbooks, their hearts, and their futures to their adult children. This book offers practical advice and coping strategies for parents dealing with troubling behavior in their adult children, addressing such topics as drug abuse, suicide, depression, and mental illness.

All in the Family: A Practical Guide to Successful Multigenerational Living

306.8 Niederhaus

Many families are creating multigenerational households to consolidate resources and save money. This book covers the financial and emotional benefits of living together, proximity and privacy, designing and remodeling your home to accommodate adult children or elderly parents, overcoming cultural stigmas, financial and legal planning, and making cohabitation agreements.

Under One Roof Again

646.7 Newman

From money matters to boundaries, *Under One Roof Again* addresses the inevitable and complicated issues that arise when formerly parent-child relationships become adult-adult ones. Social psychologist Susan Newman provides solid advice for avoiding the snags and building stronger family ties when family members rejoin each other for long or short time periods.

Hive: The Simple Guide to Multigenerational Living

306 Cini

This tale of heartache, heroism, and hope is one family's multi-generational experience, which encompasses kids in their teens, parents in their forties, grandparents in their seventies, and a ninety-plus year-old great-grandmother. While mastering the use of technology and new family systems, they also demonstrate the humor, tolerance, and patience that makes intergenerational living buzz.

Other books are available in the Ulysses Philomathic Library collection and by request from other Finger Lakes Library Branches. Please ask at the desk for assistance and suggestions.