



FINANCE *of* AMERICA™

Finance of America: The “Sandwich” Generation Survey

December 2025

Survey Methodology

This survey by HarrisX was conducted online within the United States from November 29 – December 1, 2025, among 2,009 U.S. adults who are between 40 – 60 years old.

Respondents for this poll are recruited through opt-in, web-panel recruitment sampling. Recruitment occurs through a broad variety of professional, validated respondent panels to expand the sampling frame as wide as possible and minimize the impact of any given panel on recruiting methods.

Results were weighted by gender, age, race/ethnicity and income where necessary to align with actual demographic proportions amongst the 40-60 year old population. The margin of error for the sample is +/- 2.2 pts.



2,009

TOTAL ONLINE INTERVIEWS
of 40-60-Year-Olds

MOE: +/- 2.2%

Key Findings

- **A third of Americans aged 40-60 care for at least one parent and a child. At the same time a third report feeling “sandwiched” in terms of their caregiving obligations.**
- **Caring for parents might not take as many hours as caring for a child, but the emotional and physical toll is often the same or even more.**
- **The financial obligations required to care for parents drive a lot of the stress.**
- **Those who feel “sandwiched” are really struggling.** More than three-quarters of those who feel “sandwiched” are emotionally exhausted, physically exhausted, financially exhausted, and struggle with the fears of caring for a parent.
- **Open communication can go a long way to make families feel better.** These conversations make adults worry less, feel less overwhelmed, and allow their families to focus on what matters most.
- **The feeling of being sandwiched can impact many aspects of people’s lives.** A quarter of adults feel they have to choose between their career and caring for parents – over half among those who feel “sandwiched”. And 1 in 5 have delayed a life event because of caring for their parents.
- **There is a clear gender dynamic, men are more likely to feel pressure to provide financially, and women are more likely to feel the burden of emotional and physical caregiving.**



Household & Caregiving

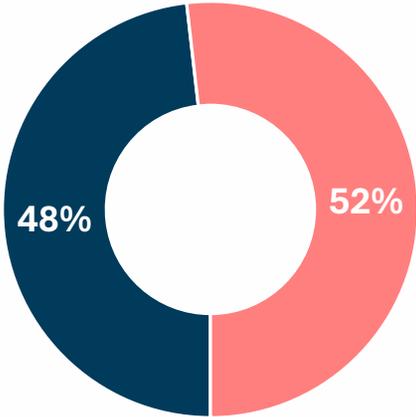
A third of 40–60-year-old adults are juggling care for both aging parents and their children.

Care for Parent/Child

Do you in some way (emotionally, physically, or financially) take care of at least one...?

Parent

Among 40-60-Year-Olds



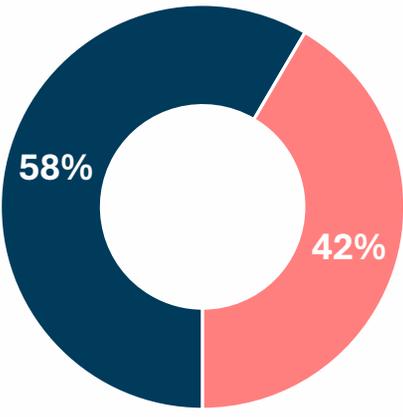
■ Yes ■ No

% Who Said Yes

Male	51%
Female	45%
Age 40-50	52%
Age 51-60	44%
Married/Living with partner	51%
Income \$75K+	52%
Care for Child	57%
Parents/In-Laws in Household	86%
Feel 'Sandwiched' Between Obligations to Family & Parents	75%

Child

Among 40-60-Year-Olds



■ Yes ■ No

% Who Said Yes

Male	62%
Female	55%
Age 40-50	68%
Age 51-60	48%
Married/Living with partner	67%
Income \$75K+	66%
Care for Parent	69%
Parents/In-Laws in Household	63%
Feel 'Sandwiched' Between Obligations to Family & Parents	69%

33% Care for both – a parent and a child

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

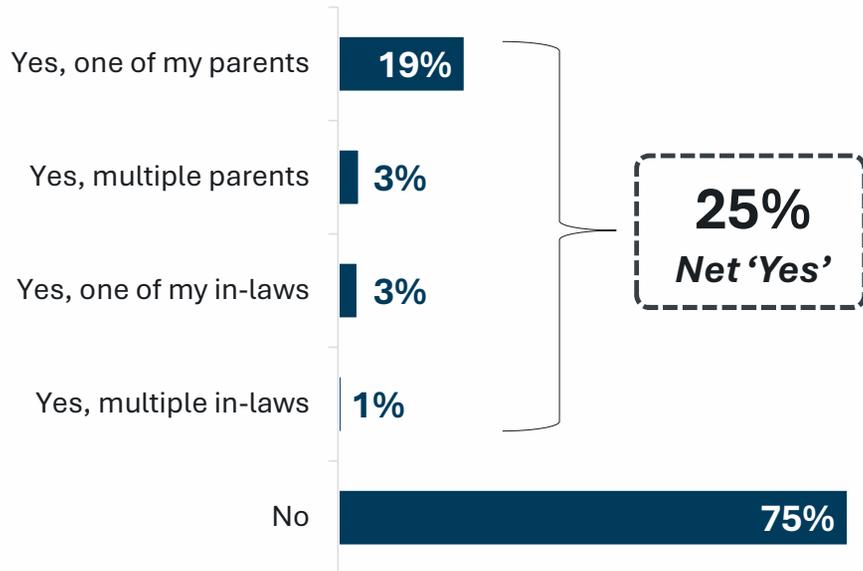
BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel 'Sandwiched' (n=599)

Almost half of Americans 40-60 either currently have a parent living with them (25%) or expect to have a parent living with them eventually (20% of full sample).

Living With Parents

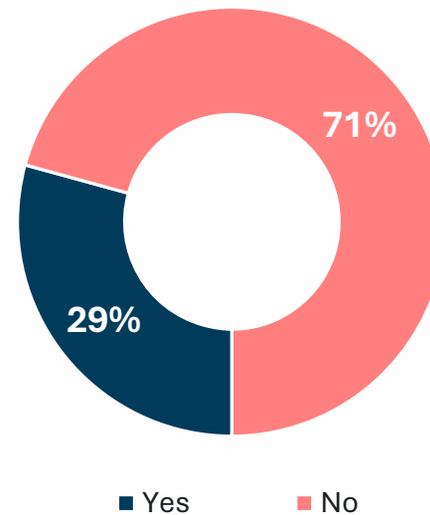
Are your parents currently living with you?

Among 40-60-Year-Olds



As your parents age, do you expect them to move in with you?

Among 40-60-Year-Olds Who **Don't** Have Parents Living With Them



% Who Said Yes

Male	32%
Female	27%
Age 40-50	38%
Age 51-60	21%
Married/Living with partner	31%
Income \$75K+	33%
2+ Children in Household	46%
Care for Child	35%
Care for Parent	50%
Care for Parent AND Child	55%
Feel 'Sandwiched' Between Obligations to Family & Parents	46%

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

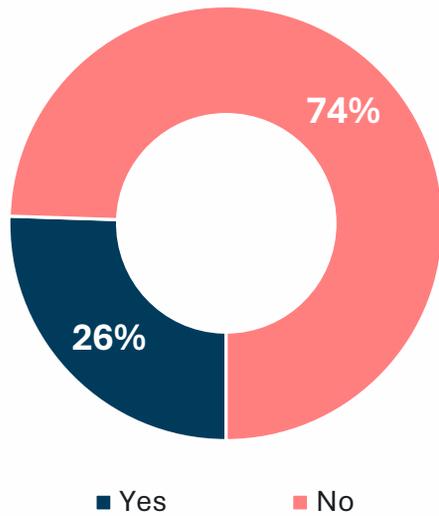
BASE: All (n=2,009); Do Not Have Parents Living With Them: All (n=1,503), Male (n=690), Female (n=813), Age 40-50 (n=798), Age 51-60 (n=705), Married/Living with Partner (n=949), Income \$75K+ (n=871), 2+ Children in Household (n=338), Care for Parent (n=489), Care for Child (n=792), Care for Parent AND Child (n=327), Feel 'Sandwiched' (n=340)

Nearly 3 in 10 say their parents have asked for help with expenses – men are more likely to report parents asking for financial help.

Parents & Expenses

Have your parents mentioned to you that they hadn't planned on "living this long"?

Among 40-60-Year Olds

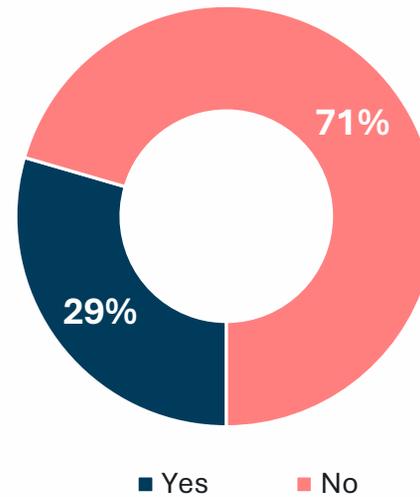


% Who Said Yes

Male	29%
Female	22%
Age 40-50	29%
Age 51-60	22%
Married/Living with partner	27%
Income \$75K+	26%
2+ Children in Household	31%
Care for Child	30%
Care for Parent	40%
Care for Parent AND Child	44%
Parents/In-Laws in Household	50%
Feel 'Sandwiched' Between Obligations to Family & Parents	47%

Have your parents asked for help with expenses?

Among 40-60-Year Olds



% Who Said Yes

Male	34%
Female	25%
Age 40-50	37%
Age 51-60	21%
Married/Living with partner	30%
Income \$75K+	31%
2+ Children in Household	40%
Care for Child	36%
Care for Parent	47%
Care for Parent AND Child	52%
Parents/In-Laws in Household	58%
Feel 'Sandwiched' Between Obligations to Family & Parents	51%

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel 'Sandwiched' (n=599)

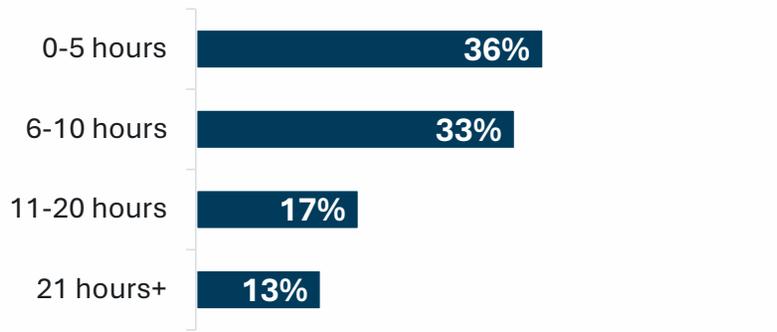
40-60-Year-Olds spend more time caring for children than for parents, with 1 in 2 parents spending more than 21 hours on their children weekly.

Hours Spent on Parent/ Child Caregiving

How many hours per week do you spend caring for a ...?

Parent

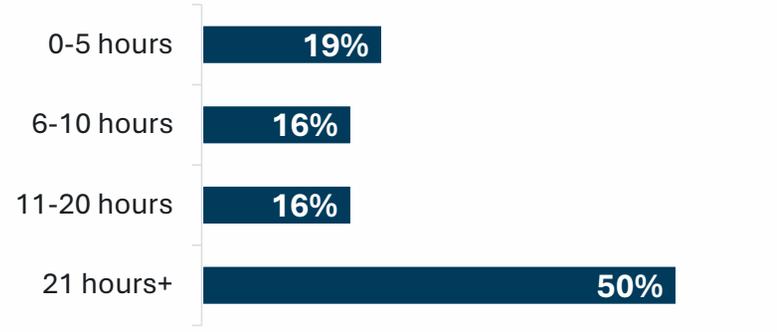
Among 40-60-Year-Olds Who Take Care of At Least One Parent



	0-5 hours	21+ hours
Income \$75K+	39%	10%
Parents/In-Laws in Household	15%	25%
Care for Parent AND Child	35%	11%
Feel 'Sandwiched' Between Obligations to Family & Parents	28%	15%

Child

Among 40-60-Year-Olds Who Take Care of At Least One Child



	0-5 hours	21+ hours
Income \$75K+	18%	49%
Parents/In-Laws in Household	12%	47%
Care for Parent AND Child	15%	47%
Feel 'Sandwiched' Between Obligations to Family & Parents	16%	48%

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

BASE: Take Care of Parent: All (n=910), Income \$75K+ (n=587), Parents/In-Laws in Household (n=421), Care for Parent AND Child (n=602), Feel 'Sandwiched' (n=442);
 Take Care of Child: All (n=1,091), Income \$75K+ (n=745), Parents/In-Laws in Household (n=299), Care for Parent AND Child (n=602), Feel 'Sandwiched' (n=395)

Emotional & Physical Impact



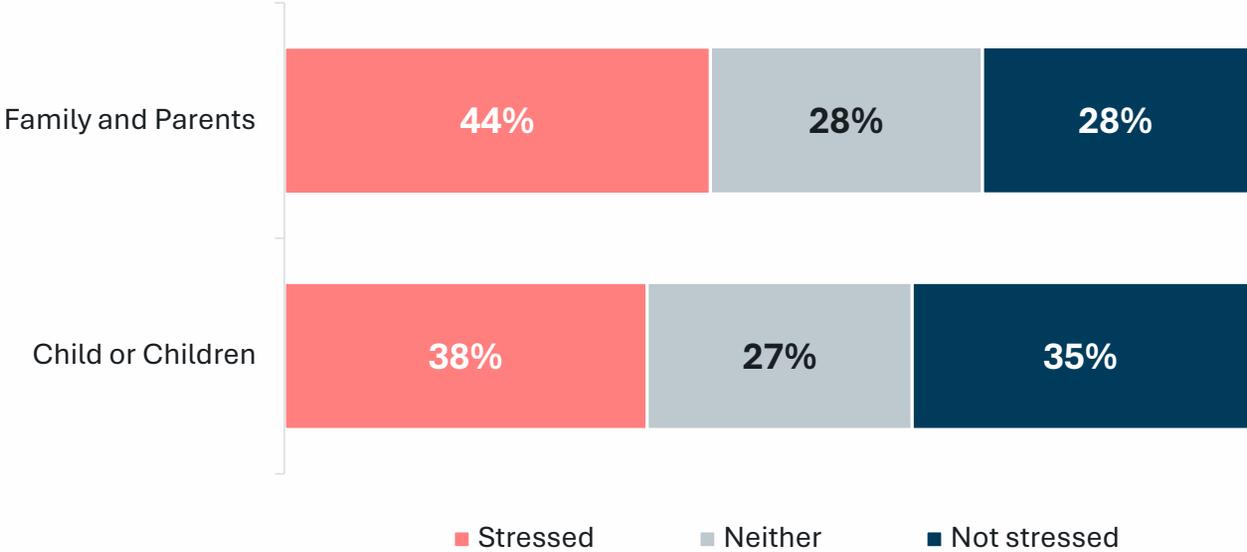
A third of 40-60-Year-Olds feel caught in the ‘sandwich’ generation this includes 36% of women. The financial obligations caused by caring for both parents and children can cause significant stress, particularly on women.

Stress from Financial Obligations

33%
feel “sandwiched” in terms of their obligations to family and parents

Male	29%
Female	36%
Age 40-50	35%
Age 51-60	30%
Married/Living with partner	35%
Income \$75K+	36%
2+ Children in Household	40%
Care for Child	38%
Care for Parent	51%
Care for Parent AND Child	54%
Parents/In-Laws in Household	56%

How would you rate your level of stress when it comes to meeting your financial obligations for your...?
Among 40-60-Year-Olds



% formatting indicates statistically significantly higher than the total
% formatting indicates statistically significantly lower than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506)

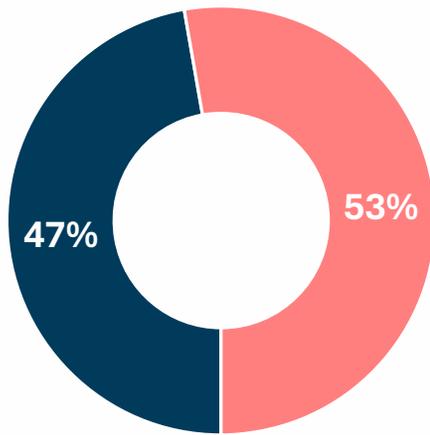
Emotional exhaustion is slightly higher when caring for parents than children and peaks among those who feel ‘sandwiched.’ Women report more emotional exhaustion than men.

Emotional Exhaustion From Caregiving Responsibilities

Do you sometimes feel emotionally exhausted with your caregiving responsibilities for your...?

Parents

Among 40-60-Year-Olds



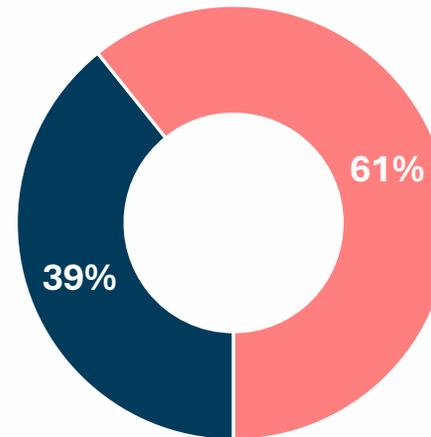
■ Yes ■ No

% Who Said Yes

Male	45%
Female	50%
Age 40-50	49%
Age 51-60	45%
Married/Living with partner	49%
Income \$75K+	49%
2+ Children in Household	59%
Care for Child	56%
Care for Parent	68%
Care for Parent AND Child	71%
Parents/In-Laws in Household	70%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	86%

Child or Children

Among 40-60-Year-Olds



■ Yes ■ No

% Who Said Yes

Male	38%
Female	41%
Age 40-50	45%
Age 51-60	33%
Married/Living with partner	44%
Income \$75K+	43%
2+ Children in Household	61%
Care for Child	58%
Care for Parent	48%
Care for Parent AND Child	62%
Parents/In-Laws in Household	50%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	64%

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel ‘Sandwiched’ (n=599)

Physical exhaustion is similar for parental and child caregiving overall – but among those feeling ‘sandwiched’ and those living with parents, exhaustion from parental caregiving is about 20 pts higher than childcare.

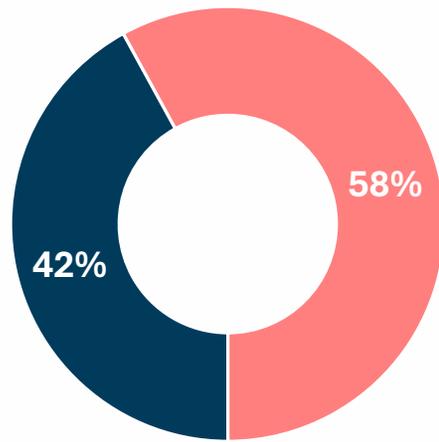
Physical Exhaustion From Caregiving Responsibilities

Do you sometimes feel physically exhausted with your caregiving responsibilities for your...?

Parents

Among 40-60-Year-Olds

% Who Said Yes



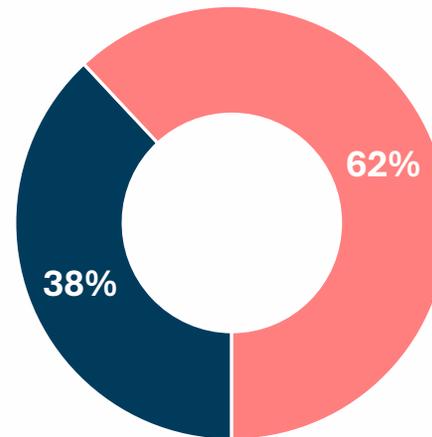
■ Yes ■ No

Male	40%
Female	44%
Age 40-50	44%
Age 51-60	40%
Married/Living with partner	43%
Income \$75K+	44%
2+ Children in Household	52%
Care for Child	50%
Care for Parent	63%
Care for Parent AND Child	65%
Parents/In-Laws in Household	68%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	80%

Child or Children

Among 40-60-Year-Olds

% Who Said Yes



■ Yes ■ No

Male	37%
Female	39%
Age 40-50	44%
Age 51-60	31%
Married/Living with partner	42%
Income \$75K+	41%
2+ Children in Household	63%
Care for Child	57%
Care for Parent	47%
Care for Parent AND Child	61%
Parents/In-Laws in Household	48%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	61%

% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel ‘Sandwiched’ (n=599)

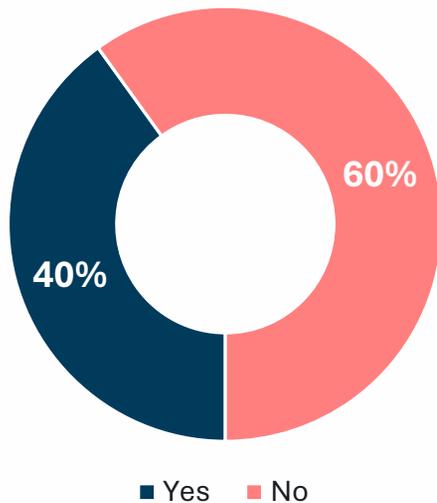
Women report more fears about caring for a parent than men, and 76% of those who feel “sandwiched” struggle with the emotions involved in caring for a parent. Health issues are the top concern when caring for aging parents.

Fears About Caring for Parents

Do you struggle with your fears and emotions associated with caring for a parent?

Among 40-60-Year-Olds

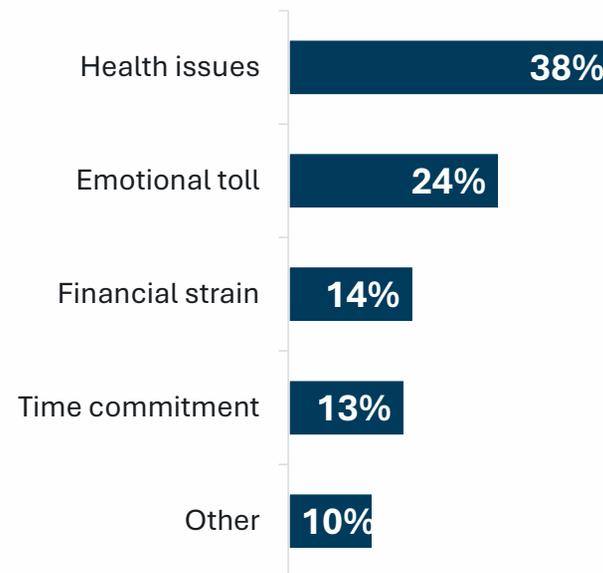
% Who Said Yes



Male	36%
Female	44%
Age 40-50	42%
Age 51-60	38%
Married/Living with partner	41%
Income \$75K+	43%
2+ Children in Household	45%
Care for Child	43%
Care for Parent	62%
Care for Parent AND Child	61%
Parents/In-Laws in Household	62%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	76%

What worries you most about caring for aging parents?

Among 40-60-Year-Olds



Men are more likely than 40-60-Year-Olds overall to worry about **health issues** (43%), while women are more likely to worry about the **emotional toll** (28%).

Those who feel sandwiched worry less about **health issues** (31%) but over-index on **emotional toll** (32%), **financial strain** (19%) and **time commitment** (17%) than 40-60-Year-Olds overall.

% formatting indicates statistically significantly **higher** than the total
% formatting indicates statistically significantly **lower** than the total

A photograph of two men sitting at a wooden table in a kitchen, reviewing documents. The man on the left is older with grey hair and a beard, wearing a plaid shirt. The man on the right is younger with dark curly hair and a beard, wearing a light blue polo shirt. They are both looking at papers on the table. A laptop is open on the table. The background shows kitchen cabinets and a doorway. The image has a blue overlay.

Financial Preparedness & Concerns

Around 2 in 5 have recently discussed their parents' financial needs for them and expect to cover the costs of an aging parent, men more than women are focused on financial issues. That said, most worry more about their own financial security.

Parents' Financial Security

40%

Expect to cover the costs of an aging parent

Male	45%
Female	34%
Age 40-50	48%
Age 51-60	30%
Married/Living with partner	43%
Income \$75K+	44%
2+ Children in Household	57%
Care for Child	48%
Care for Parent	58%
Care for Parent AND Child	65%
Parents/In-Laws in Household	66%
Feel 'Sandwiched' Between Obligations to Family & Parents	64%

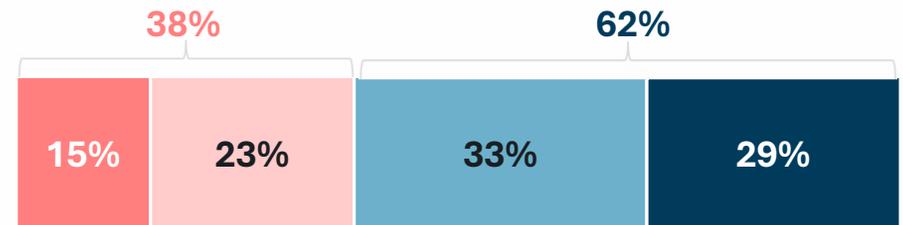
39%

Have discussed their parents' financial needs with them in the last year

Male	42%
Female	37%
Age 40-50	43%
Age 51-60	35%
Married/Living with partner	42%
Income \$75K+	44%
2+ Children in Household	46%
Care for Child	46%
Care for Parent	60%
Care for Parent AND Child	63%
Parents/In-Laws in Household	61%
Feel 'Sandwiched' Between Obligations to Family & Parents	63%

Do you worry more about your parents' financial security than your own?

Among 40-60-Year-Olds



- Yes, I worry much more about my parents
- Yes, I worry somewhat more about my parents
- No, I worry somewhat more about my own
- No, I worry much more about my own

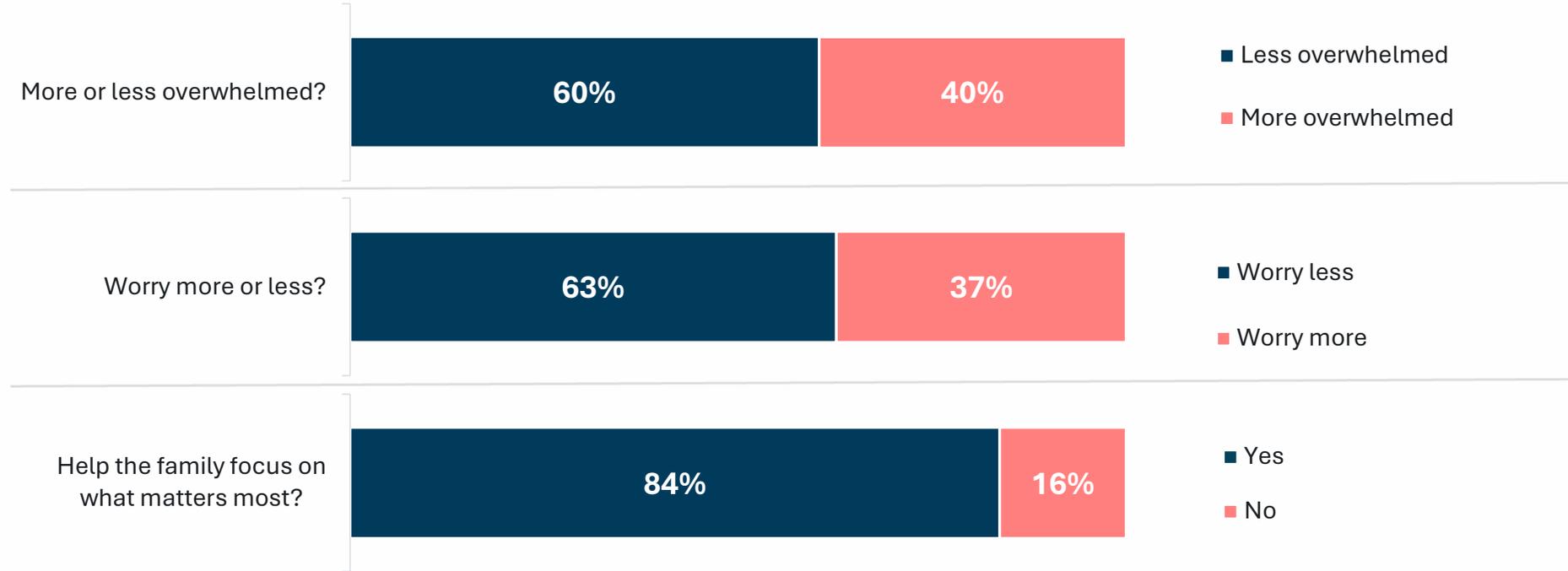
% formatting indicates statistically significantly higher than the total
% formatting indicates statistically significantly lower than the total

Most say a transparent conversation with their parents about their finances would make them less overwhelmed, less worried, and better able to focus on what matters most.

Impact of Conversations With Parents

Would an honest, transparent conversation with your parents about their finances and plans for their care, as they age, make you feel:

Among 40-60-Year-Olds



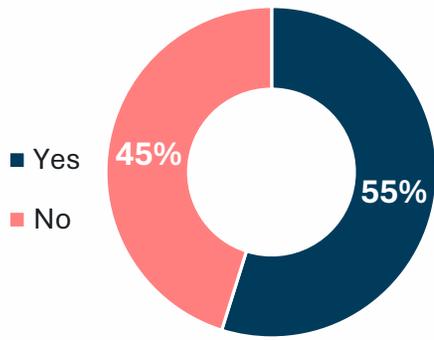
BASE: All (n=2,009)

Most 40-60-Year-Olds are informed about their parents' financial details. 1 in 5 report that their parents have had to delay retirement, and a third say they feel financially exhausted.

Sharing Financial Details & Financial Exhaustion

Have your parents shared key financial details with you?

Among 40-60-Year-Olds

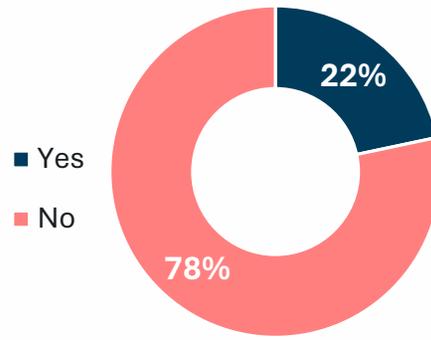


% Who Said Yes

Care for Parent	73%
Care for Parent AND Child	74%
Parents/In-Laws in Household	72%
Feel 'Sandwiched' Between Obligations to Family & Parents	68%

Have your parents' delayed retirement because they couldn't afford to retire?

Among 40-60-Year-Olds

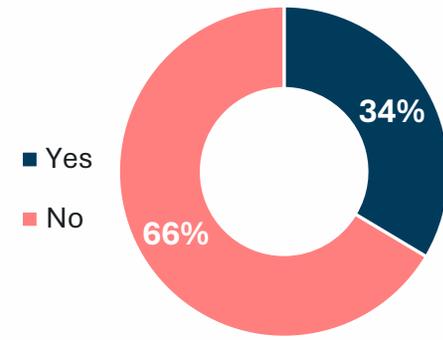


% Who Said Yes

Care for Parent	31%
Care for Parent AND Child	35%
Parents/In-Laws in Household	38%
Feel 'Sandwiched' Between Obligations to Family & Parents	38%

Do you sometimes feel financially exhausted with your parental caregiving responsibilities?

Among 40-60-Year-Olds



% Who Said Yes

Care for Parent	53%
Care for Parent AND Child	56%
Parents/In-Laws in Household	63%
Feel 'Sandwiched' Between Obligations to Family & Parents	69%

% formatting indicates statistically significantly **higher** than the total
% formatting indicates statistically significantly **lower** than the total

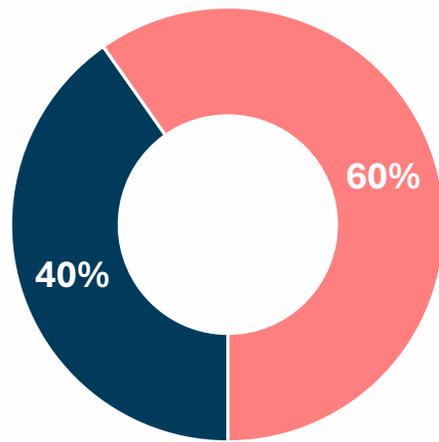
Compared to 2 in 5 40-60-Year-Olds overall, 60% or more of those caring for or living with parents have researched financial solutions – most commonly home equity credit lines.

Financial Solutions

Have you considered or researched solutions for your parents' financial issues?

Among 40-60-Year-Olds

% Who Said Yes

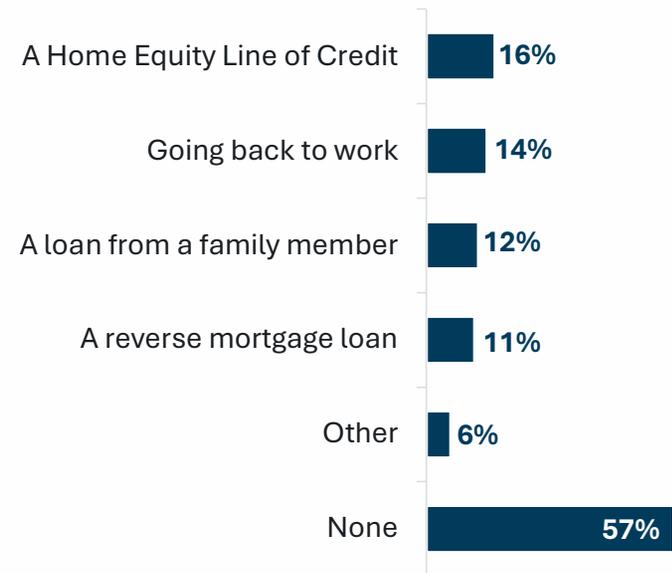


■ Yes ■ No

Male	46%
Female	35%
Age 40-50	45%
Age 51-60	35%
Married/Living with partner	43%
Income \$75K+	44%
2+ Children in Household	52%
Care for Child	46%
Care for Parent	60%
Care for Parent AND Child	63%
Parents/In-Laws in Household	64%
Feel 'Sandwiched' Between Obligations to Family & Parents	64%

Which solutions have you explored?

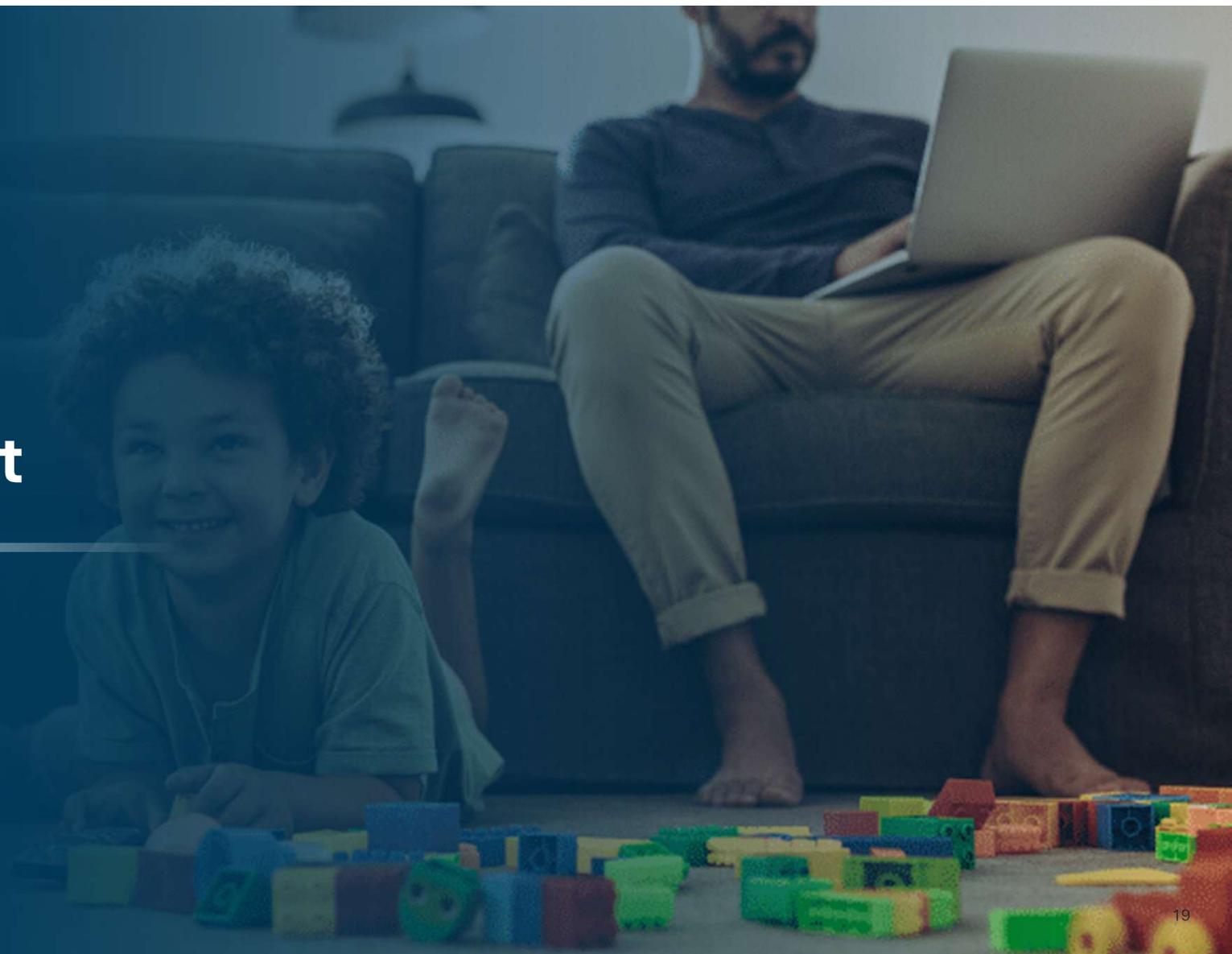
Among 40-60-Year-Olds



% formatting indicates statistically significantly **higher** than the total
 % formatting indicates statistically significantly **lower** than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel 'Sandwiched' (n=599)

Life Impact



26% of 40-60-Year-Olds have faced a choice between caregiving and their career, and 21% have delayed a life event – most commonly purchasing a home. Men are more likely to have delayed a life event than women and 45% of those who feel “sandwiched” have.

Impact of Parental Caregiving on Job & Life Events

26%
Feel they must choose between their parental caregiving responsibilities and their job

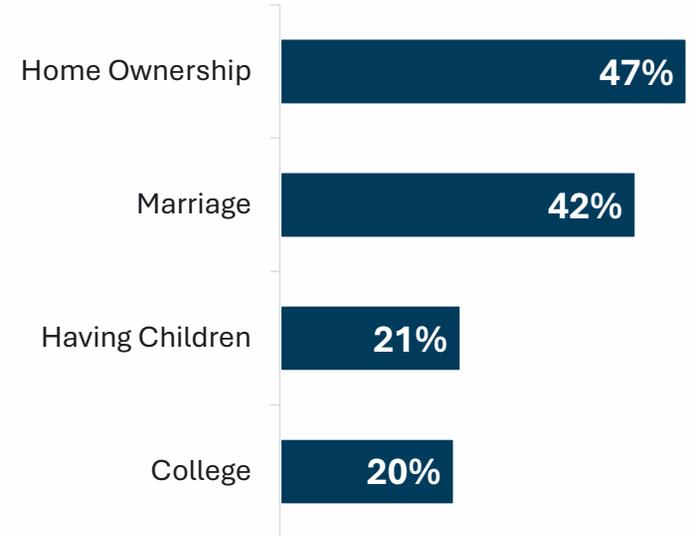
21%
Have delayed life events because of caring for a parent



Male	28%
Female	25%
Age 40-50	30%
Age 51-60	23%
Married/Living with partner	28%
Income \$75K+	28%
2+ Children in Household	35%
Care for Child	32%
Care for Parent	43%
Care for Parent AND Child	46%
Parents/In-Laws in Household	51%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	57%

Male	25%
Female	17%
Age 40-50	26%
Age 51-60	15%
Married/Living with partner	20%
Income \$75K+	21%
2+ Children in Household	27%
Care for Child	25%
Care for Parent	35%
Care for Parent AND Child	38%
Parents/In-Laws in Household	45%
Feel ‘Sandwiched’ Between Obligations to Family & Parents	45%

Which of these have you delayed?
Among 40-60-Year-Olds Who Have Delayed Life Events Because of Parental Caregiving



% formatting indicates statistically significantly **higher** than the total
% formatting indicates statistically significantly **lower** than the total

BASE: All (n=2,009), Male (n=950), Female (n=1,059), Age 40-50 (n=1,129), Age 51-60 (n=880), Married/Living with Partner (n=1,218), Income \$75K+ (n=1,135), 2+ Children in Household (n=474), Care for Parent (n=910), Care for Child (n=1,091), Care for Parent AND Child (n=602), Parents/In-Laws in Household (n=506), Feel ‘Sandwiched’ (n=599)