FACT SHEET
STRATEGIES FOR THE SANDWICH GENERATION
Tips for Adults with ADHD
www.chadd.org

OVERVIEW

Many people between the ages of 35 and 54 care for both children and aging parents. This double load of caregiving responsibilities may cause them to neglect self-care, which can take a toll on their relationships and physical and mental health.

When you have ADHD, transitions are difficult. Mediating and switching between roles can be tricky, especially if your parents have special medical needs that are different than or opposite of your child’s needs. Part of the issue is ensuring you have enough time to transition between responsibilities. Trying to be all things to all people results in burn out.

TYPICAL STRESSORS

• Challenging personalities
• Lack of Consistency
• Lack of sleep
• Disorganization
• Perfectionism
• Untreated symptoms
• Unhealthy boundaries

CONSISTENCY IS KEY

1. Keep a set schedule
   • Use a shared Google calendar, App, or paper calendar
   • Allow extra time between items for interruptions

2. Medication can help
   • Stimulant medication can help with consistency

3. Aim for “good enough”, not perfection
   • Celebrate small successes for yourself

4. Know your boundaries and use them
   • “No” is a complete sentence

DELEGATING TASKS

CHALLENGES

• Not wanting to be a burden
• Not wanting to give up control
• Financial cost of delegating

STRATEGIES

• Look for the root of why
• Ask family and friends to chip in and let go of perfection
• Use a budgeting tool to cut costs so you can hire help, or find an intern at a local college