

# The Caring Sandwich: Caring for the young and old – The price women pay

**Author/s:** Bennett, Elizabeth | **Year:** 2005 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** Informal Care

**Reference:** Bennett, E. (2005). The Caring Sandwich: Caring for the young and old - The price women pay. Australian Women's Coalition.

**Key Words:**

women, sandwich generation, informal care

**Research aim:**

The aim of this research project was to investigate and report on the needs (met and unmet) of sandwich generation women (i.e., women who have dependent children and caring responsibilities for other family/extended family members) and older women carers.

**Results/Conclusion:**

The over-riding finding of the research was that sandwich generation women and older women carers are in need of practical, family based support and care for themselves. Further, the research demonstrated that these needs would best be met by a combination of strategies/initiatives

**Implications:**

**Cultural Group(s):**

Sample included 19% from non Australian/UK background

**Location of study:**

**Age group:**

30 - 84

**Number included in study:**

149 total survey responses; 19% from non-Australian/UK respondents

**Type of participants:**

sandwich generation women and older women carers

**Research approach:**

Mixed methods

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**