



A resource for the sandwich generation:

Navigating tough conversations

Planning your conversation

What do you want to discuss today? What is the main topic?

What is the goal of today's discussion?

Which family members will be present? Is it a good idea to have a third party present?

Is everyone in the right headspace for the conversation?

What's one way you can make the person feel heard and respected?

Conversation starters

For a parent

"I noticed that you're struggling a little bit more with the shopping, is there something that you might need help with?"

For a sibling

"Mum and dad's health needs have been growing lately, and I've been feeling really stressed. Can we talk about some of the responsibilities and how you might be able to help?"

For a partner or child

"I know I've been busier than usual lately. Let's talk about some ways we can connect and prioritise our relationship during this busy time."

Tips for an effective conversation

1. **Rather than** "you never help me" or "you don't contribute", **try saying** "when I have to do everything for mum and dad, I get really exhausted and overwhelmed and I don't get to see my kids as much which makes me upset".
2. **Rather than** "you're not a safe driver anymore" or "you can't drive anymore", **try saying** "the doctor is concerned about your heart, which means driving might not be safe right now".
3. **Instead of** "you should do this" or "you can't do that", **try saying** "I'm worried about this" or "we might need to consider that".
4. **Rather than** "you need help", **try saying** "wouldn't it be nice if you had more time with the grandkids".

Explore more support and resources for the sandwich generation
australianunity.com.au/wellbeing/sandwich-generation

