

# Are you part of the Sandwich Generation?

Are you feeling the squeeze by taking care of both your children and parents at the same time?

# **MEET SCOTT AND SAMANTHA**

Ages Both 56

**Children** Three ages 20, 16, and 12 **Parents** Her Mom, Sandra (85) **Income** \$100,000 and \$100,000

**Assets** \$1,250,000

Brokerage \$300,000 401K \$500,000 IRA \$400,000 Residence \$500,000 Mortgage \$250,000 529 \$50,000



Scott and Samantha are part of the Sandwich Generation....that is, they have living parents over the age 65 and are still raising children. As parents and caregivers they are being pulled in many directions both financially and emotionally. They worry about things like...

- Do we have access to other financial resources to help support Samantha's parents? Pensions? Social Security? Long Term Care Insurance?
- Can we afford to pay for mom's medication while supporting our daughter in college?
- Do I have enough time to make it to my son's soccer game after bringing my mom to her physical therapy session?
- How do I find time to take care of myself?
- Will we ever be able to retire or will we need to work forever?
- Samantha's mom is getting older and now that her father is no longer around to take care of her, how do we support her without jeopardizing our own financial situation?
- We know we have some difficult financial decisions ahead, but how can we evaluate the trade-offs or compromises we might need to make?

Middle age is an important time in personal financial planning; it's the time to start finalizing retirement goals and maximizing savings. But like many people, Scott and Samantha will have to manage those issues while also keeping track of their children's and/or parents' finances.

A financial advisor can help you embrace your financial future—and guide you with clarity, confidence, and control through three very important planning steps:



Picture yourself in retirement. What does it look like to you?

What are your immediate goals and what do you want to accomplish long term?

What do you value and believe?



### Financial Planning

What present financial resources are at your disposal (salary, business income, IRAs, 401(k)s, brokerage accounts)?

What future financial resources will you have (pensions, Social Security, inheritance, etc.)?



#### Investments

Only after steps one and two are complete, do we move onto this step.

Now we can begin building a portfolio that increases the likelihood of accomplishing the goals we set in your life plan.

Scott and Samantha's advisor will ask plenty of questions about their dreams, goals, and priorities...



#### Life Planning

Do they need to add additional money for parental care? Do they have access to government aid? Was dad a veteran?

Will they need additional spending in those first years of retirement?

Does Mom have a living will and have they made power of attorney arrangements?

Are your children on track to graduate and get a job, or will they need some transition support after college?



### Financial Planning

Are they using their investments to grow wealth or cover expenses?

Do they need a long term care policy for themselves? Does mom have one they can utilize?

Will the remaining cost of children's education come from current income, student loans, scholarships, or taxable investments?

Are they taking advantage of their Retirement Accounts (catch-up contributions)?



#### Investments

Since I am only managing a portion of your investments, let's take a look at all your assets (not just the liquid ones) to make sure we are looking at your entire balance sheet.

We need to talk about how you feel about risk? We want to make sure you are only taking the amount of risk necessary to help your plan be successful.

Because we connect your investments with your plan, we will evaluate the trade-offs among your goals, priorities, and portfolio.

One of the biggest mistakes people in the sandwich generation make is not staying connected with an advisor to keep their own financial picture in view. One of the best strategies to feel more financially secure and have a greater chance to meet financial goals is to develop a personalized plan that incorporates the individual's unique situation and objectives. The life you dream about living can still happen. Take the first step and contact your Wealthcare advisor today.\*