



What's the condition of *your* nest?



Many of those in the sandwich generation are experiencing the "empty nest," "re-filled nest," or "cluttered nest" syndromes. Which term best describes ***your nest?***

- **The empty nest syndrome.** When kids leave home for college, work, or to start their own, independent lives, it can be hard on parents. With the children gone, there may be a new "quiet" and some loneliness in the household. Some couples find that they need to "re-invent" their relationship by re-focusing on each other, working on their communication, and sometimes going for couples' or individual counseling. A fulfilling new relationship is usually on the other side of the empty nest – including future hopes for travel, grandchildren and other pleasures.
- **The refilled nest.** Sometimes adult children return home after college, divorce, or other life changes. This can cause major shifts in the dynamics of the household because the child is back – but is no longer a child. **Communication** is usually the key to working out new arrangements for everyone to co-exist happily. Family counseling is sometimes indicated and helpful.
- **The cluttered nest.** When adult children return home, but an elderly grandma or grandpa has also moved in because she or he can no longer live alone, home can become a virtual maze of relationships. The dynamics between the generations can be dizzying. Again, communication is key. It is also important for everyone to be clear on expectations, boundaries, and responsibilities.

Do any of these descriptions fit your nest? Take heart! The sandwich generation is forging new territory with regard to "nest structure" and solutions! At Work & Family Benefits, we can help you manage the care needs of ***your*** family's nest. Call on us anytime for free, fast, personalized assistance. ***We're here to help!***