

SANDWICHED

family caregivers
of

KANSAS CITY

2025 ANNUAL REPORT

SHARED WISDOM & LOCAL SUPPORT



FOUNDER'S NOTE

2025 was a remarkable year for Sandwiched KC, marking seven years of creating opportunities for family caregivers across the Kansas City metro to find shared wisdom and local support.

It was a year of growth and momentum. We saw increased participation in our support groups, hosted our largest Heartland Caregiving Conference to date, released the second edition of the Kansas City Caregiver Resource Guide, convened our first community conversation with local family caregivers, and even created a caregiving anthem.

Our work was strengthened by new and deepening partnerships. A collaboration with Turning Point at the University of Kansas Health System allowed us to begin hosting in-person caregiver support groups, while Voices of Care was made possible through a partnership with Gilda's Club Kansas City. With the continued support of AARP Missouri and Mid-America Regional Council Aging and Adult Services, we reached even more family caregivers through our annual conference.

Sandwiched also welcomed two new members to our Board of Directors this year, bringing fresh perspectives and thoughtful leadership.

None of this would be possible without the commitment of our sponsors, donors, partners, board members, Sandwiched Squad volunteers, and—most importantly—the family caregivers who continue to show up for themselves and for those they love. We are deeply grateful for the trust and support we have received in 2025 and throughout our journey since Sandwiched was founded in 2018.

This report offers an overview of our activities and the community that made them possible 🍷

With immense gratitude,



Rachel Hiles, Sandwiched KC Founder

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ACKNOWLEDGMENTS

Board Members

- Dianna Englander
- Karen Frandsen
- Rachel Hiles
- Christina "Chris" Hill
- Natalie Hyland
- Melissa Johnson

2025 Donors

- The Rod & Jo Anne Cyr family
- Scheel's Overland Park
- The Ryan and Rosa MacPherson Family

2025 Heartland Caregiving Conference Sponsors

- AARP Kansas City
- Mid-America Regional Council (MARC)
- Older Adult & Aging Services
- Amada Senior Care Overland Park
- Hello Caregiving by Context x Design
- PACE KC Adult Wellness Center

2025 AT A GLANCE

INFORMATION & EDUCATION

12

CAREGIVER TALKS
HOSTED

86

INFORMATION
REQUESTS

7.4K

WEBSITE
VISITORS

SUPPORT GROUPS

350

VIRTUAL
ATTENDEES

75

VIRTUAL SUPPORT
GROUPS HOSTED

84+

HOURS OF
SUPPORT
PROVIDED

CAREGIVER RESPITE

19

VOUCHER
APPLICANTS

8

VOUCHERS PAID
OUT

197

HOURS OF
RESPITE FUNDED

HEARTLAND CAREGIVING CONFERENCE

90+

FAMILY
CAREGIVERS
ATTENDED

9

BREAKOUT
SESSIONS

25

RESOURCE
SHOPPING
EXHIBITORS

INFORMATION & EDUCATION

Sandwiched KC offers training and education through 1:1 coaching and information and referral, online and face-to-face workshops, and virtual and printed educational products and materials. In 2025, Sandwiched KC received **86 information requests** from not only family caregivers in the metro, but long distance caregivers with loved ones in the Kansas City area as well.

The majority of support requests came from family caregivers in Jackson County, Missouri, followed by Johnson County, Kansas. Half of our support requests came from people looking after one or more parents, and a large portion were caring for spouses (almost 25%). While most support requests came in via Internet Search (47.5%), a significant number came from referrals from a health care provider, social worker, or community organization. Our top biggest referral source in 2025 was the KU Health System, including our partners at Turning Point.

Figure 1. Requests by County

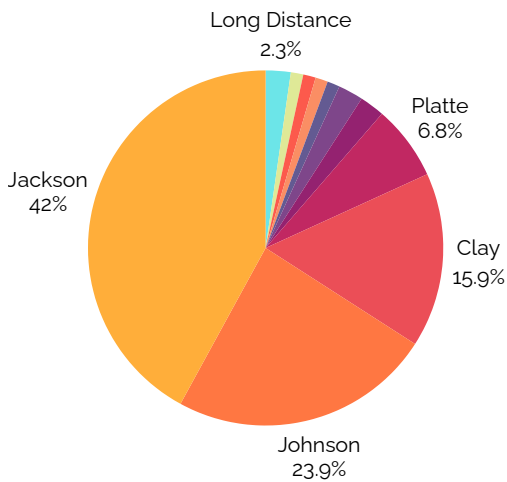


Figure 2. Requests by Caregiver Role

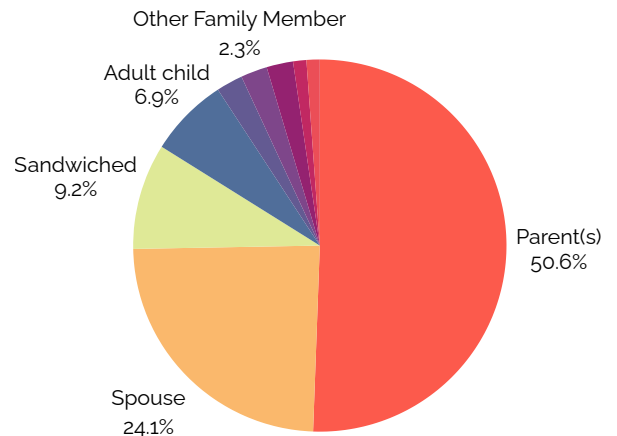


Figure 3. Support Requested

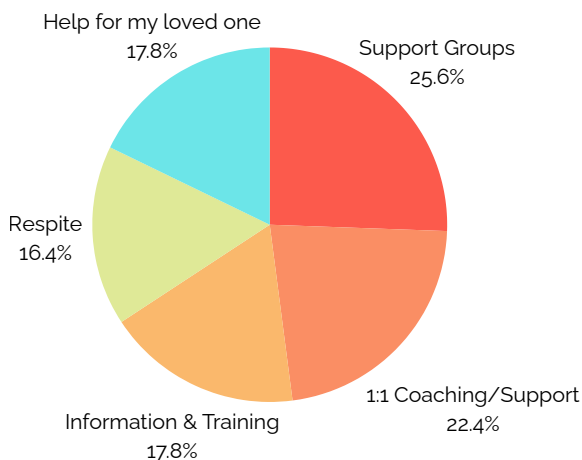
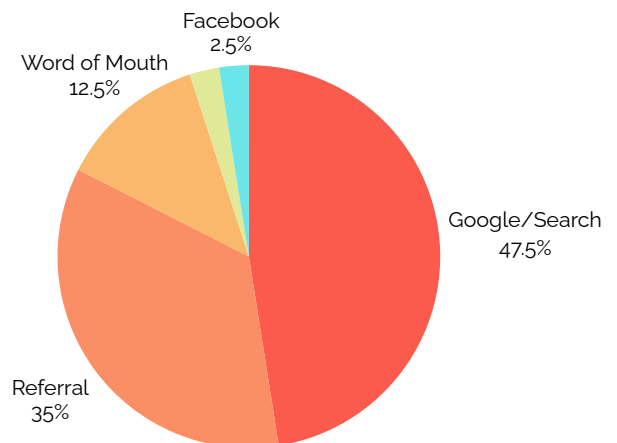


Figure 4. Requests by Source



WEBSITE TRAFFIC

Sandwiched provides assistance to navigate the complex maze of goods and services available to those who need long term care and their family caregivers both through our 1:1 support as well as on our website which features a large number of articles on caregiving related topics and a comprehensive resource listing available on our website at sandwichedkc.com. In 2025, Sandwiched received **7,480 website visitors**, which was an **increase of 52%** from 2024. Pages, posts, and events were viewed a total of 18,647 times, which was an **increase of 53%**.

Table 1. Most Popular Pages & Posts

Rank	Page	# of Views
1	Homepage	4,015 (21.53%)
2	Heartland Caregiving Conference	1,944 (10.43%)
3	Caregiver Support Group Meetings	1,262 (6.77%)
4	Resource Portal	740 (3.97%)
5	Blog Post: 5 Caregiving Apps that Help you Rally the Troops, Stay Organized, and Keep Important Info Handy	555 (2.98%)
6	About Us	473 (2.54%)
7	Get Help	448 (2.4%)
8	Caregiver Resource Guide	446 (2.39%)
9	Heartland Caregiving Conference Registration	439 (2.35%)
10	Caregiver Respite Fund	412 (2.21%)

CAREGIVER TALKS

In 2025, in part thanks to a sponsorship from AARP Kansas City, Sandwiched hosted the *Caregiver Talks* series, a lineup of live virtual presentations offering resources, tools and topics for helping at home. The series covered a wide range of topics, from decluttering, heart health for family caregivers, planning for driving retirement, finding respite, and preventing falls. Presentations were offered by Sandwiched board members and local community experts.



Local expert, Kristen Lienhop, Founder of Limitless Living Solutions presented on Driving Retirement in July

SUPPORT GROUPS

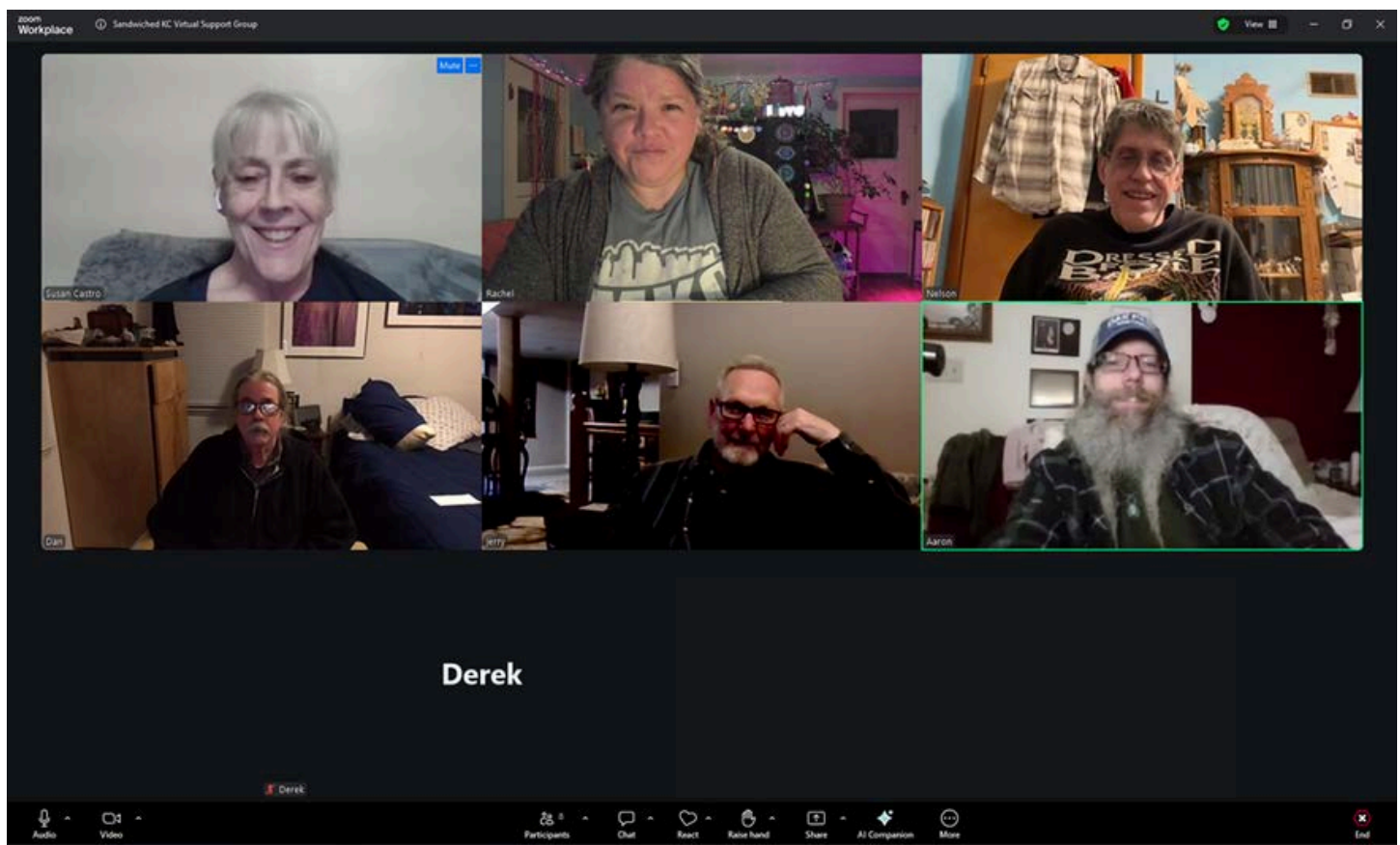
Since 2018, Sandwiched KC has provided virtual caregiver support groups to meet the evolving needs of family caregivers. In response to participant feedback and growing demand, Sandwiched KC expanded its virtual offerings in 2025 from one monthly session to two weekly groups: Thursday evenings at 8:00 p.m. and Friday mornings at 10:00 a.m.

Thursday evening groups served between 2 and 8 caregivers per session, with an average attendance of 5 participants. Friday morning groups welcomed 1 to 5 caregivers per session, with an average of 2 participants. In total, Sandwiched KC hosted **75 virtual caregiver support groups** and caregivers attended Sandwiched KC's virtual support groups **more than 350 times**, reflecting strong ongoing engagement from returning participants..

Sandwiched KC's private Facebook community also continued to grow, increasing from 151 to 176 members over the course of the year and **welcoming 25 new family caregivers** into the community.

In 2025, Sandwiched KC **expanded its support offerings to include in-person caregiver support groups**. Through a partnership with Turning Point, a wellness center for individuals impacted by chronic or serious illness at the University of Kansas Health System, Sandwiched KC began hosting in-person groups on the second and fourth Tuesday evenings of each month starting in September. Attendance has remained consistent, with 1 to 4 caregivers participating in each session.

In total, between virtual and in-person support groups, Sandwiched KC hosted **86 caregiver support groups** in 2025, offering more than **84 hours of caregiver support** throughout the year.



RESPITE FUND

Family caregivers often experience isolation and face significant barriers to accessing the resources and support needed to plan and take meaningful short breaks from caregiving. According to the Caregiving in the U.S. 2025 report, nearly 4 in 10 caregivers say respite services would be helpful, yet only 13 percent report using them. Common barriers include inflexible program design, a lack of trained providers, and complex application processes, as well as more subjective challenges such as lack of trust, discomfort with handing off care, or uncertainty about the quality of available respite services.¹ Sandwiched KC is working to change that.

By offering small respite vouchers paired with individualized coaching when needed, Sandwiched KC supports family caregivers in planning meaningful breaks that fit their unique circumstances.

This approach helps caregivers improve their physical and mental well-being while strengthening their ability to continue caring for loved ones at home. Because the voucher program allows caregivers to compensate someone they already know and trust, many of the emotional and practical barriers to using respite are significantly reduced.

In 2025, Sandwiched paid out **8 vouchers, facilitating 197 hours of respite.**

Thanks to a second generous donation from the family of Rod and Jo Anne Cyr in 2025, Sandwiched KC will be able to continue providing this critical support and helping local family caregivers take the breaks they need and deserve.

I treated myself to lunch with friends, went shopping, went to the gym to work out, took my dog to the dog park... **things I don't normally get to do.**

-CARES FOR MOM

I was able to actually attend my teenage daughter's Parent-Teacher conference, which she appreciated. I was able to take my daughter to a college fair where she spoke to college representatives. I ran errands. I met some work friends for happy hour. I even was able to have a date night. The most important thing I got to do was pamper myself with a pedicure. **That was really needed.**

-CARES FOR MOM

I had the opportunity to go to a hotel and rest overnight without worrying about jumping up to check on my husband throughout the night, because I knew someone was there watching him. **This allowed me to recharge and get the well overdue rest that I needed.**

-CARES FOR HUSBAND WITH DEMENTIA

1. AARP and National Alliance for Caregiving. Caregiving in the US 2025. Washington, DC: AARP. July 24, 2025. <https://doi.org/10.26419/ppi.00373.001>

OUTREACH

Sandwiched KC expanded its community outreach efforts in 2025 to connect present and future family caregivers with available support. Throughout the year, Sandwiched KC participated in 16 in-person events across the metro by hosting information tables, sharing resources, and delivering presentations, nearly doubling its presence from just 9 events in 2024.

Outreach Event Highlights

- Jackson County Links Third Annual Black Family Wellness Expo - March 15, 2025 at the Morning Star Youth & Family Life Center
- Golden Circle Senior Resource Fair (pictured below)- April 16, 2025 at St. Joseph Medical Center
- Wyandotte/Leavenworth County Area Agency on Aging Sock Hop - Thursday, May 22, 2025 at the George Meyn Community Center
- Mid-America Regional Council Signature Age of Celebration Block Party- May 30, 2025 at the Robert J. Mohart Multi-Purpose Center
- Gilda's Club Kansas City National Cancer Survivors Day Event - June 1, 2025 at Gilda's Club Kansas City
- West iND PRide - June 28, 2025 at the Englewood Arts Center
- NKC Health EmpowerHER Event - September 22, 2025 at NKC Health
- Platte County Senior & Caregiver Expo - October 2, 2025 at the Platte County Community Center North
- Independence Senior Resource Fair - October 10, 2025 at the Palmer Center
- Kansas City VA Caregiver & Family Resource Fair - November 19, 2025 at the Kansas City VA Medical Center
- Hallmark's WeConnect Day - November 19, 2025 at Hallmark Headquarters



NATIONAL FAMILY CAREGIVERS MONTH

THIRD ANNUAL HEARTLAND CAREGIVING CONFERENCE

On November 1, 2025, Sandwiched KC hosted the third annual Heartland Caregiving Conference, bringing together **90 family caregivers** from across the Kansas City metro area alongside community partners to kick off National Family Caregivers Month.

The conference achieved its highest attendance and engagement to date, reflecting growing demand for spaces that center caregivers' lived experiences.

Caregivers connected with **25 community organizations and sponsors**, gaining access to local resources and services that support both caregivers and the family members they care for.

The conference featured **nine breakout sessions** led by local experts, offering practical, immediately applicable strategies on topics such as caregiver burnout, dementia, and communication, along with the return of a popular chair yoga and wellness track designed to support caregiver well-being throughout the day.

Participants consistently highlighted the value of being in community with others who understand the realities of caregiving, describing the conference as a place to feel seen, heard, and less alone. Many caregivers emphasized the importance of interactive learning, wellness-centered activities, and opportunities to build confidence while discovering new tools and resources.

A defining moment of the conference was the collaborative creation of the Sandwiched Caregiving Anthem, developed in partnership with local artist Danielle Ate the Sandwich, which offered caregivers a creative and celebratory way to reflect shared experiences and honor the vital role they play.

Caregivers who completed post-conference evaluations rated the conference highly, with average scores ranging from 4.63 to 4.88 out of 5, including top marks for overall satisfaction, likelihood of attending again, presenter knowledge, and venue accessibility.



2025 KANSAS CITY CAREGIVER RESOURCE GUIDE

In November of 2025, Sandwiched KC released the second edition of the Kansas City Caregiver Resource Guide, a comprehensive tool designed to help family caregivers navigate local supports and services.

For the second edition, 2,125 guides were printed, an increase from 1,125 copies in the first year, with 1,771 guides distributed in just two months! Copies were shared through community partners, health systems, senior centers, libraries, advocacy organizations, including branches of the Kansas City Public Library and Mid-Continent Public Library.

The guide is also available online and continues to be distributed at community outreach events to ensure caregivers can access trusted, locally relevant information.



VOICES OF CARE

A COMMUNITY CONVERSATION

On November 30, 2025, Sandwiched KC partnered with Gilda's Club Kansas City to host Voices of Care, a caregiver forum featuring a panel of local family caregivers from diverse backgrounds who shared their lived experiences. Panelists discussed a wide range of topics, including caregiver burnout and mental health, navigating complex systems, balancing work and caregiving responsibilities, daily life as a caregiver, available supports and resources, and the impact of caregiving on relationships and personal identity. The forum created space for honest conversation and reflection, grounded in the insights and perspectives of caregivers themselves.



FINANCIALS

General Funds		Amount
Balance January 1, 2025		\$4,589
Incoming	Description	Amount
Individual Donations		\$11,285
Events & Fundraising	Heartland Caregiving Conference	\$15,256
Total Incoming		\$26,541
Outgoing	Description	Amount
Communications & Technology	Zoom, Google Voice, Meetup & Website Fees	\$852
Conference Expenses		\$11,979
Postage & Supplies		\$68
Marketing		\$1,683
Fees & Service Charges		\$291
Operating Expenses		\$2,647
Total Outgoing		\$17,521
Remaining Balance - December 31, 2025		\$15,292

Respite Fund		Amount
Balance January 1, 2025		\$17,900
Outgoing		Amount
Vouchers Paid Out		\$6,460
Incoming		Amount
Donation - The family of Rod & Jo Anne Cyr		\$10,000
Remaining Balance - December 31, 2025		\$21,440



HERE'S TO
CREATING
EVEN MORE
OPPORTUNITIES FOR
SHARED WISDOM &
LOCAL SUPPORT
IN 2026.