

SANDWICHED
family caregivers
of
KANSAS CITY

**Shared Wisdom & Local Support
for Family Caregivers**

Since 2018



WHO WE ARE

Sandwiched KC is a 501c3 nonprofit helping family caregivers in the Kansas City metro area since 2018 by providing free information and referral, support groups, education, and self-care activities.

WHO WE SERVE

Sandwiched KC supports anyone who is caring for a loved one in the Kansas City metro area—whether it be parents, grandparents, spouses, partners, siblings, friends, neighbors and anyone they consider family.

We serve family caregivers in Johnson, Leavenworth and Wyandotte counties in Kansas and Cass, Clay, Jackson, Platte, and Ray counties in Missouri.

WHAT WE DO

- Virtual Caregiver Support Groups
- Annual Heartland Caregiving Conference
- Caregiver Respite Fund
- Caregiver Information and Education
- 1:1 Coaching & Support

ABOUT OUR NAME

We're called "Sandwiched KC" because we believe that anyone who is caring for a loved one is "sandwiched." It doesn't matter what's on either side of the caregiver, whether it be a younger human and an older human, a career and your spouse or partner, the single life and your grandma... we can all relate to feeling pressure coming at you from all sides

FAMILY CAREGIVING STATS

- 1 in every 4 adults is a caregiver. Of these, 94% care for adults, and one in three is under age 50.
- 29% are sandwich generation caregivers, supporting both children and adults.
- Over 40% of caregivers provide high-intensity care. Many perform complex medical tasks like administering injections or managing equipment, but only 22% receive training.
- 7 in 10 family caregivers are employed, but many face disruptions and lack access to supportive benefits.

Source: 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>