

Opening Remarks by Senator Andy Kim at the Senate Special Committee Aging Hearing Entitled: “Caught in the Middle: Supporting Families in the Sandwich Generation”

May 13, 2026

Senator Andy Kim: Thank you Ranking Member Gillibrand. Thank you Chairman and Ranking Member for holding this hearing and working with me on these incredibly important issues. This conversation hits especially close to home for me. In April 2024, my father lost his ability to walk after an accident. It was at that time that we also realized that he had a rapidly devolving cognition. And soon after, my father was formally diagnosed with Alzheimer's and I stepped into this role as being a caregiver. This is on top of me being a father to two little boys, on top of being a US senator. From that point onwards, I joined the Sandwich Generation – a community made up of millions already that we know that's only going to grow larger.

The challenges of the sandwich generation touched all of our lives, but too often go overlooked or unnoticed. I bet we all know somebody managing the care of two or more generations of loved ones, holding down a job, keeping their family afloat while being squeezed on both ends, often feeling isolated and navigating these challenges alone. Estimates show that there are over 11 million Americans in this role

By 2030 Baby Boomers will be over the age of 65, and the demand on family caregivers, already stretched thin, will intensify. So why is the Committee on Aging talking about the sandwich generation? It's because the care that my aging father gets now is inherently tied to my ability to navigate, provide, and help pay for it. We cannot talk about the care for our seniors without considering the families and the caregivers that support them. I cannot be here at this hearing right now without having a caregiver there with my father right now to ensure his health. This committee has a unique ability to help caregivers be seen, heard, and understood.

For too long, sandwich generation caregivers have fallen through the cracks of our policy frameworks. Part of the problem is that we are in the dark about how many truly exist, because national data does not ask about multigenerational caregiving. You cannot build policy on a foundation you cannot see. That's why today I introduced bicameral legislation to add a dedicated question on multigenerational caregiving to national surveys so we can finally give the sandwich generation a permanent place in our national data. Understanding starts with listening. That's why I wanted this hearing today to spotlight stories too often unheard.

And now I want to introduce Kathi Lolla, who is part of the sandwich generation in New Jersey. It is stories like hers that we hear from now on that can best stand up for our caregivers. I hope we can share the video quickly.

Kathi Lolla: Chairman Scott, Ranking Member Gillibrand, and distinguished members of the Aging Committee, thank you for having me here today to speak. My name is Kathi Lolla, and I am the mother of a 32-year-old with significant intellectual and developmental disabilities, who I continue to care for at home.

Several years ago, my dad was diagnosed with both Alzheimer's and Parkinson's disease, and I became an important part of his caregiving team. At that time, I also became a sandwich generation caregiver. Many sandwich generation caregivers don't even recognize our role as caregivers, and are therefore unaware that support services may be available. From my perspective, as challenging as it was to care for multiple family members, I was even more overwhelmed by the complexity of the systems I had to navigate as I attempted to find services and support for myself and my parents.

What would have made this process easier for us is having someone to guide us through these confusing and convoluted systems. Having a central hub of supports and services, as well as a navigator to assist with the processes would have made our journey much easier. Sandwich generation caregivers deserve more help and a better and simpler way of securing support for ourselves and those we are caring for.

Senator Andy Kim: Kathi is absolutely right. The system that caregivers navigate are complex and confusing, and I've felt that myself. I'm so grateful to people like Kathi, who are willing to share their story and be a voice to the challenges that millions are facing. What we here today needs to be the foundation of continued action and progress towards the solution and relief our caregivers and our families deserve.