

**Mrs. Dorothy Koo and Dr. Ti Hua Koo Centre for Interdisciplinary
Evidence-Based Practice and Research**
2025-2026 Lunchtime Seminar Series

**Social Capital and Caregiving in the Sandwich
Generation**

28/1/2026 | 12:30 - 14:00 (Online Mode)

 Zoom Meeting ID: 975 4583 1321 (Passcode: 123456)

The emergence of the sandwich generation (i.e. individuals who simultaneously care for parents and children) reflects broader demographic and sociological shifts. Structural factors such as population aging, increased longevity, delayed childbearing, and evolving labor market dynamics have compounded the intersection of caregiving responsibilities during midlife. This qualitative study, based on in-depth interviews, examines how members of the sandwich generation leverage bonding, bridging, and linking social capital across micro, meso, and macro levels to cope with these challenges. The seminar will examine three central research questions. First, what specific caregiving demands and challenges does the sandwich generation face? Second, in what ways do they strategically mobilize social capital to mitigate these pressures? Finally, what policy interventions are necessary to address the needs of this demographic group?

Speaker: Dr Gigi Lam

Dr. Gigi Lam is an Associate Professor in the Department of Sociology at Hong Kong Shue Yan University. She is also an Associate Director of Mrs. Dorothy Koo and Dr. Ti Hua Koo Centre for Interdisciplinary Evidence-based Practice and Research. Her main research interests are fertility, mortality, migration, marriage, population policy and mental health policy. She has published academic papers in leading journals. Her journal paper entitled 'Shortage of nurses in Hong Kong: the challenges ahead' of the journal Asian Education and Development Studies was awarded Outstanding Paper in the 2024 Emerald Literati Awards. She is also an academic editor of PLOS One.



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Chaired by Dr. Gigi Lam & Dr. Flora Lau
Department of Sociology