

Author Kate Feiffer's Journey Through Caregiving, Creativity, and Her Book “Morning Pages”

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By Candace Dellacona

In this episode of The Sandwich Generation Survival Guide, Candace Dellacona sits down with accomplished writer, illustrator, and editor Kate Feiffer. Kate opens up about her career journey, from working in TV production to becoming an author, and how her mother's dementia influenced her latest novel, Morning Pages. The novel explores the emotional and practical challenges faced by those in the Sandwich Generation—people caring for both aging parents and children.

Kate discusses the themes of invisibility and identity loss that caregivers often experience, emphasizing how writing became a vital outlet for her during her caregiving journey. She also reflects on societal views of aging and the crucial role friendships play in the lives of older women. This episode offers a thoughtful exploration of the Sandwich Generation's unique struggles, providing listeners with relatable insights and practical advice.

Learn more about Kate Feiffer:

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