

Autism. Science. Hope.

February 2, 2026

By Candace Dellacona

On this episode of The Sandwich Generation Survival Guide, host Candace Dellacona sits down with Dr. Theresa Lyons—a Yale-educated scientist and founder of Navigating AWEtism—to talk candidly about raising a child with autism while navigating the complex medical system. From decoding the autism diagnosis process to building the right healthcare team, Dr. Lyons shares practical guidance, research-backed insights, and a message of real hope for families doing it all. A must-listen for parents balancing special-needs parenting and elder care.

For more information on Navigating AWEtism, visit their website at <https://awetism.net/>

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Purchase The Lyons Report 2020: <https://www.amazon.com/Lyons-Report-2020-Functional-Medicine/dp/1734358203>