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Offit Kurman Principal Candace Dellacona Returns to CBS Mornings to Discuss Caregiver Support for the Sandwich Generation

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Candace Dellacona, principal in Offit Kurman's Estates and Trusts practice group and host of *The Sandwich Generation Survival Guide*, appeared on *CBS Mornings* on Tuesday, November 25, for a powerful conversation with Gayle King, Tony Dokoupil, and Nate Burleson. Her second appearance on the show discussed resources for caregivers of the "sandwich generation," those caring for both aging parents and young children.

Candace shared her own experience balancing multigenerational caregiving responsibilities while offering practical, compassionate advice for those facing similar pressures. She discussed tips such as setting boundaries, asking for help, "giving yourself permission," and finding joy.

Candace also highlighted the "GUIDE" Program, a free resource offered by the Centers for Medicaid & Medicare. This program assists with coordinated care for Alzheimer's or dementia patients.

As an attorney who regularly advises families on estate planning and long-term care strategies, Candace also highlighted the importance of preparation, support systems, and open communication while confronting difficult conversations.

Watch the full segment here: [Watch CBS Mornings: Tips for caregivers in "sandwich generation" - Full show on CBS](#)

Listen to The Sandwich Generation Survival Guide: <https://www.offitkurman.com/candace-dellacona/the-sandwich-generation-survival-guide-podcast>

Watch Candace's July CBS Mornings appearance here: [Coping with the stress of the sandwich generation - CBS News](#)

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- Candace Dellacona

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