

Caregiving Strategies and Avoiding Financial Scams with Chuck Whitlock

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By Candace Dellacona

Host Candace Dellacona welcomes investigative journalist and author Chuck Whitlock to this episode of The Sandwich Generation Survival Guide to discuss caregiving, advocacy, and protecting seniors. Chuck shares how writing about white-collar crime led to a media career, and how his experiences caring for an incapacitated first wife and later advocating in healthcare shaped his focus on caregivers. He describes turning to support groups and national associations for resources and respite, and explains how his partnership with healthcare leader Peggy Baddour led to co-authoring "LifeSource, A Caregiver's Guide for Managing Mental Wellness for the Older Adult."

This episode offers practical tips for doctor visits, medication oversight, and inpatient facility selection. Chuck discusses neglect and overmedication risks, recounts his mother's death after improper oxygen administration, and warns about medical and financial scams that target vulnerable seniors.

To purchase Chuck and Peggy's book, visit <https://lifesourceinc.org/book/>

Connect with Chuck Whitlock on LinkedIn: <https://www.linkedin.com/in/chuckwhitlock/>