

Senior Living Best Practices with Liz Pearce

July 21, 2026

By Candace Dellacona

Finding the right senior living community can feel overwhelming, especially for families already balancing caregiving, careers, and children. In this episode of The Sandwich Generation Survival Guide, Candace Dellacona sits down with Liz Pearce of U.S. News & World Report to discuss how families can make more informed decisions about senior care.

Liz explains the differences between independent living, assisted living, memory care, and skilled nursing, and shares how the trusted U.S. News & World Report ratings use government data and resident and family feedback to help families evaluate quality, safety, and overall resident experience. Together, they explore the growing challenges facing caregivers and offer practical guidance for navigating senior care with greater confidence.

To learn more about U.S. News & World Report's 2026 Best Senior Living Ratings, visit <https://www.usnews.com/info/blogs/press-room/articles/2026-04-14/u-s-news-world-report-honors-top-rated-communities-in-2026-best-senior-living-ratings>.

To learn more about Liz Pearce, visit <https://www.usnews.com/news/live-events/liz-pearce>.