

Discovering Strength Through Caregiving with Lisa McCarty

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By Candace Dellacona

Host Candace Dellacona welcomes acclaimed writer Lisa McCarty for a powerful conversation on caregiving, resilience, and the courage to tell deeply personal stories. McCarty reflects on her essays that resonated with thousands—from losing her father just as she welcomed her second child to stepping into the role of caregiver for her mother at just 13—and how those experiences shaped her voice and perspective. Now developing a reported nonfiction book, she shares hard-earned insights on identity, boundaries, and advocacy, offering thoughtful guidance for young caregivers navigating similar paths.

For a collection of Lisa's essays and articles, visit <https://linktr.ee/lbmccarty>

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