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Offit Kurman's Candace Dellacona Discusses Empowering Families Through Critical Caregiving Conversations with Dr. Ashwini Bapat

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In a recent episode of [The Sandwich Generation Survival Guide podcast](#), Offit Kurman's Candace Dellacona engages in a profound conversation with Dr. Ashwini Bapat, a hospice and palliative care physician from EpioneMD. Dr. Bapat, with her extensive training at Tufts, Yale, and Harvard, brings a wealth of knowledge to the table. Her insights are particularly valuable for caregivers in the Sandwich Generation, as she delves into the complexities of caring for loved ones with serious illnesses.

Dr. Bapat clarifies the distinction between palliative care, which provides an extra layer of support at any stage of illness, and hospice care, which focuses on holistic support during the final months of life. She emphasizes the need for meaningful conversations about living with serious conditions and suggests that families approach these difficult discussions with an open, listening mindset rather than an agenda. Dr. Bapat also highlights the importance of proper healthcare documentation, such as proxies and living wills, to ensure that medical wishes are respected.

Throughout the episode, listeners will learn about creating a "caregiver action plan" that reflects both medical needs and the patient's lifestyle preferences. Dr. Bapat underscores the significance of sharing caregiving responsibilities among family members and encourages seeking help to alleviate the burden. Drawing from her personal experiences, she stresses the value of initiating early conversations to minimize conflicts and the importance of being present and truly listening to loved ones. This proactive approach can help caregivers navigate complex emotional and medical situations with confidence.

Dr. Bapat's insights offer practical guidance for caregivers navigating complex emotional and medical situations, empowering the Sandwich Generation with compassion, communication, and collaboration.

To listen to this insightful episode, click here to tune in on [Spotify](#), [Apple Podcasts](#), or

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For more information on Dr. Ashwini Bapat and EpioneMD, visit www.epionemd.com.