

Senator Andy Kim on Caregiving, Alzheimer's, and the MediKids Act

August 18, 2026

By Candace Dellacona

What happens when a caregiver brings their personal experience to the halls of Congress?

In this powerful episode of The Sandwich Generation Survival Guide, host Candace Dellacona sits down with U.S. Senator Andy Kim of New Jersey for an honest conversation about caregiving, family responsibility, Alzheimer's disease, and healthcare reform.

As a father of two young children and the son of a father living with Alzheimer's, Senator Kim understands firsthand the challenges facing the sandwich generation. He shares the emotional story of his father's diagnosis, the unexpected realities of becoming a caregiver, and why those experiences inspired his work in Washington.

Senator Kim also discusses two major legislative initiatives aimed at supporting families:

- The Multigenerational Caregiving Data Act, which seeks to better identify and quantify caregivers across the United States.
- The newly introduced MediKids Act, a proposal designed to provide comprehensive healthcare coverage for every child through age 26 and eliminate the gap affecting millions of uninsured and underinsured children.

Throughout the conversation, Senator Kim explains why caregivers often feel invisible, how caregiving transcends political divisions, and why he believes supporting families should be a national priority.

Whether you're caring for aging parents, raising children, navigating Alzheimer's disease, or simply interested in the future of healthcare and caregiver support, this episode offers both practical insight and hope.

To learn more about MediKids, visit <https://www.kim.senate.gov/medikids/>

To learn more about Senator Andy Kim, visit <https://www.kim.senate.gov/about/>