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**“Caregiving Club On Air” Podcast Reaches No. 3 on Top 80 List;
Expert Interviews, Self-Care and Wellness Home Design Tips, Latest News Help the Sandwich Generation**

NEWPORT BEACH, CA (September 30, 2025) – With Feedspot podcast rankings appearing in time for International Podcast Day (September 30), [Caregiving Club](#) announces its podcast, “[Caregiving Club On Air](#)” has reached the No. 3 position among the top 80 caregiving podcasts. Hosted by [Sherri Snelling](#), corporate gerontologist, [author](#) and founder/CEO of the Caregiving Club, the 70-minute episodes include interviews with caregiving and longevity experts, as well as Snelling’s commentary of the latest news, research and tips on caregiver wellness and well home design. Snelling also talks about how employers and workplaces are changing policies, benefits and education to support the 1 in 5 employees who are also family caregivers of older adults.

“When we launched our podcast during the pandemic in 2020, the stress and burden and burnout among family caregivers was reaching a crisis peak,” said Snelling. “Over the last five seasons we have published more than 60 episodes – two a month – to help caregivers know they are not alone but also to ease the burden of having to research all the resources and questions on their own. Our podcast offers an escape from stress and uncertainty by providing news caregivers need to know but did not know to ask and to reduce their time looking for innovative solutions that can help build resilience for their emotional and financial burdens.”

Worldwide experts, caregiving service providers, celebrities and AgeTech entrepreneurs have appeared on the podcast since its debut including: Dr. Annie Fenn author of “The Brain Health Kitchen Cookbook;” Barbara Corcoran of TV’s “Shark Tank” whose mother had Alzheimer’s; Dr. Charles Spence of the University of Oxford on musical menus; Marc Shulz, co-director of the Harvard Adult Development Study on longevity; sleep experts Wendy Troxel and Dan Gartenberg, Steve Ewell of CTA, part of CES; Lawrence Koskck of Get Set Up an AI learning platform for older adults; Ted Fischer of Ageless Innovation robotic pets; Jimmy Zollo of the Joe & Bella adaptive clothing line; Matt Paxton of PBS-TV’s “Legacy Box;” Jill McNamara, of Care Benefits of Care.com for employee support; and Saudia Gajadhar of home care agency, Comfort Keepers, which celebrates the annual National Day of Joy.

“We are grateful to the experts and authors and others we have interviewed on the podcast, they help the Sandwich Generation see there is hope and support in their caregiving journey,” added Snelling. “But mostly we are grateful to our listeners who share their comments and stories with us and who loyally tune in to our episodes. We know caregiving is not a one-size-fits all, but every caregiver needs support and we hope to be the digital friend that our thousands of listeners need.”

In 2025, a national [study](#) reported there are now more than 63 million Americans caring for older loved ones, almost 1 in 3 of which are Sandwich Generation caregivers of children and older parents. Snelling noted that podcasts, while increasing in popularity in every genre, work perfectly for caregivers who need the time flexibility to listen on demand, in short time windows they can return to and via mobile devices. You can find “Caregiving Club On Air” on most listening channels such as Apple podcasts, Amazon Music, Sirius XM podcasts, Spotify and a video version on YouTube. Learn more at: caregivingclub.com/podcast/