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THE POD REPORT

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By Dana Block

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THIS WEEK'S CATEGORY: Hospice and Palliative Care

Caring for a loved one with a terminal illness is an emotionally complex journey that is also physically exhausting. While hospice is an excellent resource, caregivers are often surprised that a nurse typically only visits once a week. These five podcasts can help prepare and guide you through this difficult transition:

“The Heart of Hospice Podcast”

— With diseases like Alzheimer's and other types of dementia on the rise, the need to plan for end-of-life caregiving is more essential than ever. Be sure to check out the “Back to Basics” episode from Dec. 16, 2025, with hospice social worker Rosie Gaston. Before it's too late, ask your loved one where they want to live out their life, which treatments they want (and don't want), who would be their primary caregiver, and who will pay for the expenses surrounding their care. (TheWholeCareNetwork.com)

“Ask a Death Doula” — Suzanne B. O'Brien is an experienced hospice and oncology nurse, whose mission is to help people “accept death as a natural part of life.” In an episode from March, she addresses one of the most common but distressing questions for families of dying loved ones: What happens when your loved one stops eating and drinking in the stages before death?

This podcast answers questions like this one and more. (AskDeathDoula.Podbean.com)

“Hospice Explained” — Host Marie Betcher, RN, launched this podcast as a way to decrease fear and increase education for families of patients who are on their end-of-life journey. Her guests include several fellow nurses, whose advice will help you better manage your expectations. In episode 136, Jamie Haberman, RN, discusses common misconceptions about hospice. She also explains what to do if you're not satisfied with your hospice provider. (HospiceExplained.com)

Don't Forget These Gems

“What It's Like to Be ... with Dan Heath” — In this fascinating podcast hosted by New York Times bestselling author Dan Heath, learn what it's like to “walk in someone else's (work) shoes” from people who love what they do. In an episode from May 2025, he talks with a retired hospice nurse about how she knew when the end was imminent — and how she handled dilemmas like end-of-life regrets and frayed relationships between patients and families. (WhatItsLiketoBe.com)

“In Sickness” — This podcast is hosted by two millennial caregivers of chronically ill spouses who live on opposite sides of the country. What started out as a short, six-episode series has grown into a weekly podcast that is now seven years running! Their guests include other caregivers of all kinds, as well as experts like death doulas, caregiver policy representatives, and trauma-informed yoga therapists. They also invite their listeners to attend a virtual support group based on the episode's topic. (InSickness.care)

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