

INTEGRATION ACROSS THE LIFE CYCLE WE NAILED IT!

This year we looked at why integration across the life cycle is possible (and sometimes challenging) ... we're using our summer newsletter to revisit some of the highlights!

We jumped into the second half of the season with great advice for making changes in our lives. In February, **Kristen Maschka** described the (bumpy) twists and turns she and her husband took on the road to Shared Care, as well as what gave them the courage to keep reaching for their goals despite the obstacles.

In March, two amazing dads from the ThirdPath community shared tips for balancing work and the care of school aged children -- navigating everything from sick days, school closings and summer vacations.

Want to listen to it again? We have [YouTube](#) recordings of every webinar from this past season. (And [last year's](#) too.)

In April, **Matt Becker**, joined us to talk about how we can rethink our finances to better achieve our work and family goals. **Lisa Levey**, one of the first Shared Care parents we met, then talked about how she and her family made work/life integration affordable.

Want just the audio version of our webinars? Download the season from [iTunes](#).

In **May** I was going to talk about the unique "late career" challenges of integrating work and life. But true to form, I needed to cancel the call because I was unexpectedly dealing with elder care ... and the challenges continue. But read on for some of the sage advice we've previously shared on this topic.

In June we celebrated our 8th Annual Father's Day webinar with **Josh Levs** and **Brad Harrington**. On this webinar we spoke very honestly about the many challenges men still face as they try to become actively involved in the every day care of their families.

Have fun listening ... and thanks for being part of the growing, vibrant, inspiring ThirdPath community!

/Jessica and the ThirdPath team

PS - Taking a vacation this month? Here are some tips for how to increase your chances of turning off work and really enjoying your experience.

The Three Stages of Elder Care

When an aging loved one falls or has an unexpected health emergency, it suddenly creates new demands around how you balance work and caregiving.

As I continue to wrestle with this issue in my life, here are some of the things I learned a few years ago when integrating elder care into my work and life. It was interesting to see how accurate these ideas still are as I wrestle with the latest round of elder care.

Stage 1 - The Crisis

Fall 2015, as my husband Jeff and I dropped our youngest off at college, and imagined our new lives as empty nesters, my father-in-law was admitted to a hospital after a fall, and experienced "hospital induced delirium." This is a sudden change in a patient's mental state that looks like full onset Alzheimer's. 20% of elderly patients get this. Some recover in 24 hours. For my father-in-law, it took almost 4 months. Suddenly our lives were turned upside down trying to understand the problem and figure out what we could do to help him return to his previously healthy state.

Stage 2 - The Continued Investment in Time

Within a week he was moved to a rehab facility. Once there he received a schedule of regular activities to help with his recovery, but it was also clear having people he knew spend time with him was critical to his progress. When left alone, he would regress. But when we made sure a family member was there from breakfast through dinner to talk, read, watch TV and play cards with him, he slowly recovered. Eventually he returned to his own home - at first with 24 hour care - but in time, even this was reduced and then eliminated.

Stage 3 - The New Normal

Read Atul Gawande's book, *Being Mortal*, and you will understand where we are today. For most of us, this stage in life brings with it a slow decline in our abilities. Jeff and I also know

that stage 3 is the "pre-crisis" stage. And at some unexpected future point, we will both inevitably be dealing with another crisis.

Here's the rest of Herman's story - written a few months after he recovered from the original crisis.

It turns out overwhelm isn't just bad for you, it's also bad for your organization AND your family.

Our work with pioneering men and women following a 'third path' - an integrated approach to work and life - has helped us design a unique set of tools to better manage our 24/7 world. Let us help you begin mastering these skills today.

Join our next OMG! Overwhelm Mitigation Group!

For more information, email us at: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life@ThirdPath.org)
Subject: OMG!

Or get started today! Read Brigid Schulte's book, *Overwhelmed, Work, Love and Play When No One Has the Time*, then use our [reader's guide](#) to see how Brigid's lessons help us become more effective at work and make more time for love and play.