

MY CHILDREN ARE ALL GROWN UP... ISN'T CAREGIVING BEHIND ME?

All year long we've been looking at why an integrated approach to work and life is possible, but also challenging ... but little did I know I'd be living the challenges of late career issues myself!

This month's webinar - a unique opportunity ...One way I've learned how to live an integrated life is by being transparent with the people involved with our work about the challenges I've faced along the way. Doing this helped me stay on track with my family goals as ThirdPath, and my responsibilities, grew.

When I became an empty nester I also imagined a life with a lot less demands. I didn't realize that as I got older, so did my parents, friends and children -- and as a result I was entering a new work/life landscape that included a lot of unpredictable caregiving needs.

I'm lucky. Jeff and I have two sets of parents living and modeling "aging in place." But this has also increased in the number of important and unpredictable time demands I face - whether or not I'm growing a nonprofit with a mission of changing the world!

Given some recent experiences, I decided to ask one of my amazing ThirdPath board members, who is also traveling down this path, to share some of our "truths" about late career issues on our next Thursday with ThirdPath webinar.

Want a sneak peek today? Here's our [free resource](#) describing how to live an integrated life across the life cycle.

In this month's newsletter ... Read on for a list of 10 great tips for building a "team approach" at home that will help at every life stage. We've also included some great ideas to get a jump start on elder care if you see it coming your way.

Thanks for being part of the growing, vibrant, inspiring ThirdPath community!

/Jessica and the ThirdPath team

PS - Know someone who wants to push back at overwhelm and create a more integrated approach to work and life? Tell them about our OMG! Overwhelm Mitigation Groups!

Get a Jump on Elder Care

Although elder care is often unpredictable, the following conversations may help reduce some of the stress connected to this life stage:

Have a Conversation with Your Spouse

Try talking with your spouse about these issues long before the need for elder care surfaces:

- What role do you both want to play? What role do you think each of your siblings will play? How will each of you be able to help when there is an unexpected elder care need?
- What are your belief systems around death and dying?
- How will you support one another through the following conversations?

Have a Conversation with Your Siblings

These discussions can be a little more difficult, emotionally and logistically, depending on your family. To help you better navigate through them:

- Consider how many different perspectives are at play.
- Recognize the intensity of the subject matter (death, family property, etc.).
- Be prepared to manage old family patterns that may start to play out again.
- Allow space for each sibling to take a role that suits their relationship with the parent.

Have a Conversation with Your Aging Parents

Amy Goyer, author of *Juggling Work and Caregiving*, recommends starting the conversation in the following way:

- Do your homework by observing the situation and identifying specific areas of concern.
- Be clear that your thoughts and actions come from a place of love and a desire to support them.
- Consider raising difficult issues by discussing them when someone you both know has just dealt with one of them. You can ask, "Have you thought about what you would do in this situation?"
- If your parent says "everything is fine", try asking, "When you think about a time when you need more support, what would that look like?" Or ask them, "What would you like to do more of? What would you like to do less of?"

Keep in mind that all of these discussions will evolve over time, but done well, they will be very appreciated by everyone involved.

Join this month's Thursday with ThirdPath webinar to hear heartfelt insights from Jessica DeGroot about her recent travels down this path.

Teamwork at Home Helps with Every Life Stage

As couples move through their lives, new opportunities and challenges arise. Dr. Sara Yogev, author of "A Couple's Guide to Happy Retirement and Aging," helps us understand that building a team at home early in our relationships helps with transitions now AND later in life.

Here are a few ideas Dr. Yogev recommends for navigating a happier retirement. They also happen to be great tips that couples can practice at any age!

Share expectations - Take time to talk about what you both are expecting.

Address your relationship with money - Get a sense of your "money style." Are you a spender or saver? Doing this helps you develop a common financial plan even if your styles are different.

Prepare for mixed feelings - With every big transition, it's good to remember there will be some things we like, and some things we find more challenging.

Address issues as they surface - When problems arise, avoid the temptation to sweep things under the rug.

Custom design your days, weeks, months - Use a calendar to make sure both of your needs are being met and don't over schedule.

Celebrate your body - Getting into a routine of exercise and eating right is something that will benefit you across the life cycle.

Celebrate your sexuality - Just like creating healthy routines around exercise and eating, couples also benefit from investing in their connection to each other.

Find more tips [here](#). You'll also discover our recording from the Thursdays with ThirdPath webinar with Dr. Yogev discussing her book, *A Couple's Guide to Happy Retire*