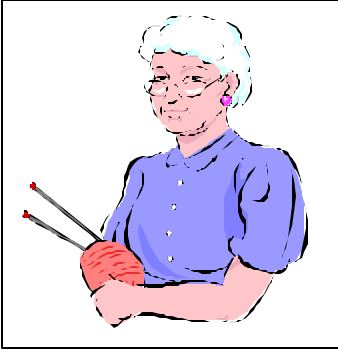


Adult Children with Aging Parents



As life goes through its natural cycle, we can find ourselves in a situation of role reversal with our parents. We are no longer the dependants in the relationships, rather our parents are dependant on us.

The problem comes when we as adults become involved with our own families but feel the pressure and demands of caring for our aging parents as well. Many relationship

stresses can evolve as a result. For example, children may become resentful of time spent with their grandparents rather than themselves. If the parent's expectations or demands become unreasonable then spouses may become resentful as well and marriages can suffer as a result.

We all want to grow old while maintaining our health and independence but in reality this doesn't always happen. Therefore it is important to plan ahead and look into options for care before others have to make the decision for us.

If you are an adult with dependant aging parents then here are a few suggestions:

- Be fair to your parents as well as yourself. Be loving, be firm and set boundaries which are acceptable for everyone. Remember you are all adults.
- Help and encourage your parents to do as much as possible for themselves.
- Be open and honest with your parents as far as your own commitments and their expectations of you.
- Try to understand and appreciate what it is like to grow old.
- Keep a sense of humor and encourage your parents to do so too.
- Honor your parent(s).
- Take care of yourself and don't let yourself get burned out.