

Stress of caring for older parents

Psychology



Stress of Caring for Older Parents Stress of Caring for Older Parents

Parenting is a source of stress but so do caring for elderly parents. Caring for one's older parents is sometimes viewed by others as "payback time". But what is it that makes this duty so stressful?

It is stressful for adult children to care for their older parents because it affects their schedules. Caring for an older parent means accompanying them to the doctor, shopping for their groceries and sometimes even giving them a bath and spoon-feeding them. If the adult children have jobs, which is very likely, it means taking some time off the office especially during emergency situations. Aside from these, it also takes a toll on the finances of the adult children especially if the parents do not have any retirement money.

Often, it is depressing for children to see their parents so helpless, sickly and looking so frail. The stress sometimes stem from the fact that children have the notion that the parents are supposed to be the one to take care of them and not vice versa. It is hard to admit that one's parents can no longer take care of themselves.

To reduce the stress in caring for one's older parents, one must get support from other family members and friends. Seek advice from professional caregivers. Consider taking care of one's parents as an opportunity to show one's love for them because sooner or later, one will not have that chance again.

Caring for one's parents when they are already old may be stressful.

However, children should look at it in the perspective of giving back to one's parents the love and care that they have showered them during their growing up years. Stress may be greatly reduced if one does it out of love

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and appreciation for them. It need not be difficult, if it is done wholeheartedly and with compassion. One must remember, without one's parents, one will not be in this world.