



# Caring for Aging Parents

**If you're approaching middle age, there's a good chance you're among the 47 percent of adults with a parent 65 or older and either raising a young child or financially supporting an adult child.** When you're in the middle caring for two different generations, life can get complicated.

Juggling the needs of seniors and kids can take a toll, but plenty of resources are available to ease the burden and help you take care of yourself. Take advantage of online resources you can trust, such as government agencies, nonprofit organizations, or university medical center websites.

## How to Help

Here are some practical steps you can take to aid in your parents' well-being:

- ✔ **Ensure they are taking medications correctly.** First, review the system they use to track their medication intake. If it doesn't appear to be working—they miss doses or forget to take their meds—help them find a better way. For example, encourage them to try using a timed medication dispenser
- ✔ **Accompany them to doctor visits.** By hearing directions from the doctor firsthand, you can help your parents follow the proper treatment. Take notes on what is discussed and ask questions if anything is unclear

## Manage Your Stress

Remember to take time for yourself. Caregiving can be highly stressful, and if not managed carefully, can result in mental and physical illness, including anxiety, depression, or a compromised immune system. Alleviate some of your burden by asking for help from family and friends. Alternatively, look for caregiving services available in your community. Also, consider the following:

- ✔ Get some exercise each day
- ✔ Get help for symptoms of depression
- ✔ Take time to rest and relax
- ✔ Join a support group
- ✔ Visit caregiving websites such as [caregiveraction.org](http://caregiveraction.org), [wellspouse.org](http://wellspouse.org), or [caregiver.org](http://caregiver.org) for information and resources
- ✔ Learn more about caregiving services by visiting Eldercare Locator at [eldercare.acl.gov](http://eldercare.acl.gov)

*Sources include Pew Research Center, U.S. Department of Health and Human Services, National Council on Aging, Society for Cardiovascular Angiography and Interventions, U.S. Food and Drug Administration, and National Institutes of Health.*

*Developed by StayWell*

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