**How to take care of our aging parents**

The aggravating trend of aging population has a marked impact on the elderly support system’s sustainable development. How we take care of older people becomes a hot issue to be resolved urgently, the aged facing the dilemma of whether they should live with their adult children or in the nursing home. From my point of view, accompanying and living with the old parents is inter-dependent in life, morally responsible, economically feasible.

The children and their parents can help mutually. On the one hand, adult children can give a hand to their parents. Aging people, sometimes confronted with difficulties in their daily life, such as lifting heavy things, doing some hard calculations or using new technology, need help, while young people are good at such things. On the other hand, the older generation can also assist their adult children. For example, there are times when the experience of older people will be helpful to their children, especially when their son or daughter meet some problems and need someone wise to help them put the fire out.