**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 mutually supportive, morally responsible and economically feasible.

The children and their parents can help each other. 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 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. The newly-married couple, cannot care for their new infants, while their parents can have pass along ample experience to their children.

Meanwhile, traditional culture of China makes a significant difference to our decisions of living with old parents. We were taught that we had a duty to honor our parents since we were kids. Naturally we take on moral obligations to spare no effort in looking after our parents. It is due to responsibility as well as the blood bond between family members. If we did not appreciate the time with our parents, we would regret what we did not for them when they passed away.

In addition to traditional culture, economy plays a substantial role in our decisions. For the old parents and young adults, it is cheaper to live in one home than to have a home respectively. In other words, there is a reduction of living expenses when we share our houses with our parents. Furthermore, caring for them at home seems more convenient and economical than paying for caregivers to provide in–home care or a move into assisted living.

In the end, it is a good idea for the adult children and their parents to live together. It is a good example of the adult children taking on their due responsibility. Meanwhile, mutual assistance in life and improvement of quality of life contribute to the development of it. Therefore, government should advocate this traditional approach of children caring for elderly parents.

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