老龄化时代，压垮中年职场人的，可能是父母的病痛

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今年4月，一位北大教授讲述自己牺牲科研时间、照护失能母亲的文章引发了全网热议和无数人的共鸣。随着人口老龄化的程度加深，家中老人患病需要照顾的问题日趋显现。在美国，需要在“全职工作”和“照护老人”之间做选择的人也越来越多。这群人往往还有未成年的子女需要养育，属于“上有老，下有小”的“三明治一代”。一边工作一边照顾父母究竟有多难？老年人及他们的照护者需要得到怎样的支持？一起来听今天的讲解。

英文原文

When Caring for Your Parents Comes at a Cost to Your Career

By Clare Ansberry

Tens of millions of Americans are straining under the burden of two jobs: the work they're paid to do, and the task of providing care for older family members.

The double shift can come at a career cost. Caregivers who are also working full time report turning down promotions or seeking less-demanding assignments. Some switch companies, or say they've had to choose care duties over their careers.

An estimated 29 million workers, from senior managers to retail clerks, work while also caring for an adult family member. Six out of 10 are working full time, compared with 46% in 2009. Care demands on workers are growing because people are living longer with chronic illness. A simple fall or unexpected cancer diagnosis can lead to hospital stays, months of treatment and worry throughout.

Company benefits often don't include senior or eldercare support, such as paid time off or reimbursed care. Tensions can run high between employees and employers over caregiving.

More than one-third of working caregivers said they plan to leave work primarily because of caregiving. Others can't afford to forgo a paycheck, because of mortgages and college expenses, and push themselves to extremes.

Companies are beginning to offer support for those caring for older family members. Some companies allow employees to add their parents to their health insurance plans. Citigroup recently announced two weeks of paid leave annually to care for an immediate family member. The most prized benefit, according to employee surveys, is flexibility.

【拓展】

天地之性，人为贵。人之行，莫大于孝。

——《孝经》

臣欲奉诏奔驰，则刘病日笃；欲苟顺私情，则告诉不许：臣之进退，实为狼狈。

——李密《陈情表》

满眼青山未得过，镜中无那鬓丝何。只言旋老转无事，欲到中年事更多。

——杜牧《书怀》

最沉重的负担压迫着我们，让我们屈服于它，把我们压到地上。……负担越重，我们的生命越贴近大地，它就越真切实在。 相反，当负担完全缺失，人就变得比空气还轻，就会飘起来…… 那么，到底选择什么？是重还是轻？

——米兰·昆德拉《不能承受的生命之轻》

生词好句

1.care for somebody

照看，照料

拓展:

Caring for young children can be exhausting.

照顾幼儿会让人筋疲力尽。

2.come at a cost

付出代价，牺牲……

拓展:

His business success came at a cost, with his marriage ending in divorce.

他在商业上的成功也让他付出了代价，他的婚姻也走到了尽头。

3.strain

英 [streɪn] 美 [streɪn]

v. 竭尽全力去做

拓展:

He burst to the surface, straining for air.

他猛地浮出水面，拼命呼吸空气。

4.burden

英 [ˈbɜːdn] 美 [ˈbɜrːdn]

n. 负担，重担

拓展:

Buying a house often places a large financial burden on young couples.

买房子往往会让年轻夫妇背上沉重的经济负担。

5.double shift

两班倒

拓展:

shif n. 轮班

day shift 白班

night shift 夜班

6.report

英 [rɪˈpɔːt] 美 [rɪˈpɔːrt]

v. （通过报纸或电视等方式）提供信息（to give people information about recent events, especially in newspapers and on television）

拓展:

reporter n. 记者

report doing something 接受采访时报告

Witnesses reported seeing three people flee the scene.

目击者称看到三人逃离现场。

7.turn down

拒绝接受

拓展:

She turned down the opportunity to work in Paris.

她拒绝了去巴黎工作的机会。

8.promotion

英 [prəˈməʊʃn] 美 [prəˈmoʊʃn]

n. 升职，晋升

拓展:

The job offers excellent promotion prospects.

这份工作有很好的晋升机会。

9.less-demanding

英 [ˌles dɪˈmɑːndɪŋ] 美 [ˌles dɪˈmændɪŋ]

adj. 不怎么耗费精力的

拓展:

demanding adj. 耗费精力的

She's a very demanding child.

她是个特别不让人省心的孩子

10.assignment

英 [əˈsaɪnmənt] 美 [əˈsaɪnmənt]

n. （学习或工作的）任务，作业

拓展:

She's gone to Italy on a special assignment.

她去意大利执行一项特殊任务。

11.choose A over B

在A和B间选择A，而不是B

拓展:

I had to choose between the red shirt and the blue shirt, so I chose the red one over the blue one.

我必须在红衬衫和蓝衬衫中做出选择，所以我选了红色而不是蓝色。

12.chronic

英 [ˈkrɒnɪk] 美 [ˈkrɑːnɪk]

adj. 慢性的，长期的

拓展:

There is a chronic shortage of teachers.

教师长期短缺。

13.diagnosis

英 [ˌdaɪəɡˈnəʊsɪs] 美 [ˌdaɪəɡˈnoʊsɪs]

n. 诊断

拓展:

The doctor has made an initial diagnosis.

医生已经作出了初步诊断。

14.hospital stays

住院

拓展:

stay n. 停留时间

No visa is required for short stays.

短期停留是不需要签证的。

15.throughout

英 [θruːˈaʊt] 美 [θruːˈaʊt]

adv. 自始至终

拓展:

He yawned throughout the performance.

演出期间他一直在打哈欠。

16.reimburse

英 [ˌriːɪmˈbɜːs] 美 [ˌriːɪmˈbɜrːs]

v. 报销

拓展:

The company will reimburse you for travel expenses.

公司将报销你的差旅费。

17.tension

英 [ˈtenʃn] 美 [ˈtenʃn]

n. 紧张局势，紧张关系

拓展:

racial tension 种族间的紧张关系

18.run high

情绪激动

拓展:

Passions often run high in debates.

辩论中人们的情绪往往很高涨。

19.afford to do something

负担得起

拓展:

We can't afford to go on vacation this year.

我们今年没钱度假。

20.forgo

英 [fɔːˈɡəʊ] 美 [fɔːrˈɡoʊ]

v. 放弃令人愉悦的事物

拓展:

近义表达：give up, abandon

I decided to forgo dessert for a few days.

我决定这几天不吃甜点了

21.paycheck

英 [ˈpeɪtʃek] 美 [ˈpeɪtʃek]

n. 工资

拓展:

近义词：wage, salary

22.mortgage

英 [ˈmɔːɡɪdʒ] 美 [ˈmɔːrɡɪdʒ]

n. 按揭，抵押贷款，房贷

拓展:

a monthly mortgage payment 每月偿付的抵押贷款

23.to extremes

做到极端（超出正常或可接受的范围）

拓展:

She doesn't hesitate to go to extremes to achieve her goals.

她为达目的，不惜走极端。

24.paid leave

n. 带薪假期

拓展:

He's been on paid leave since last week.

他从上周开始带薪休假。

25.annually

英 [ˈænjuəli] 美 [ˈænjuəli]

adv. 一年一度地，每年地

拓展:

The prize is awarded annually.

这个奖项每年颁发一次。

26.immediate family

n. 直系亲属

拓展:

Hospital visits are limited to immediate family.

医院探访仅限直系亲属。

27.prized

英 [praɪzd] 美 [praɪzd]

adj. 有价值的

拓展:

词义辨析：valuable vs. prized

valuable 侧重指金钱方面有价值的、昂贵的。

a valuable piece of jewellery 一件很有价值的珠宝

prized 强调对某人来说非常重要且特别（very special and important to someone），这种价值大多不用金钱衡量。

The book was one of his most prized possessions.

这本书是他最珍贵的收藏之一。