Old Age - Boon or Bane?

I chose this serious topic, as question arose in my mind during a casual discussion with young colleagues. They mentioned that listening power reduces with age. Since my age now is 50+, I thought to understand what will be the challenges as i grow old?

As we listen less and talk more, we will be less informed and this leads to arguments in personal and professional life. I agree, in current scenario nobody talks to each other for they are busy in their own world with their mobile and gadgets Due to opportunities at big cities, people are moving to cities and leaving their parents and trend has moved from joint family to nuclear family. This leads to loneliness and isolated parents.

We are missing the bond, attachment and support which is present in Joint family. With all the difference that comes with it, there is enjoyment in sharing and caring. The family stood together during any crisis and supported each other.

The children are missing the bond which I used to enjoy with my grandparents during summer holidays. The children nowadays spend their holidays in a sports academy or tuition classes forcefully sent by parents.

Staying in a joint family after my marriage was a challenge for me. I was not used to it and there were ups and downs, joy and sorrow which i took it in my stride. I taught my children not to expect favours from anyone and to be self-reliant, as parent though support will always be there. As time passed, we moved out from the in-laws, initially it was difficult for the kids to adjust as they grew up enjoying the company of other kids in the family, but now we are enjoying a peaceful life. Later my son opted for higher studies abroad and my daughter may have to stay away from us for her career.

Old age is a boon, if you are done with responsibilities. There may not be ending to it but still one can enjoy life. I have planned and will spend my time to continue my hobby viz., writing, reading, painting and learning music. If you have caring and supporting children, in old age it will be an advantage, though it may not be the case with all families. I think, as parents do not expect much from your children because they have to lead life on their own terms. For change is the only constant in life which will reduce the generation gap.

Universal Truth: Birth is followed by Death. The difference we can make is how we lead our life between those two stages. Respect your parents, make them happy and proud with good deeds. Be humble and support the needy in your capacity. Try to bring a smile on their faces. Nobody is able to lead a perfect life, but to be content and satisfied, Forgive, Forget, Do not repeat the mistakes and move on. Each human being have their strengths, limitations and an inner self(Atma) to grow stronger with each challenge. It is good if we realize it early, as they better later than never.

For the people who moved to Old age homes, aging is a bane. With no moral support from kids, with financial support it may not be easy to spend the rest of life. Health issues might have forced them to stay in NGO’s for better care. For some it may be due to blindly spending all the money on children and grand children.

Do you think there is a solution to this problem ? I think, it is the responsibility of the parents to plan wisely for their old age.