

When it comes to caring for our elderly parents, every member of the family has a crucial role to play.

There are, however, great sources of strength and comfort that we all can tap into. Firstly, is the reading of the Word of God. The stories in it, of those who suffered is a source of encouragement. We learn from their experience and wisdom. Secondly, encouragement can also be found with other family members, siblings or relatives who are walking a similar path of loss. Thirdly, you should also allow yourself to grieve. Talking and listening to those close to you about your loss can also serve as a healing and comforting experience.

When it comes to caring for our elderly parents, every member of the family has a crucial role to play. Working together as a team in supporting and complementing each other to love, cherish and provide the best care for your aging parents is indeed a blessing for all. The scope of care giving goes beyond being present and providing for the basic care and support on-site. Here are some practical ideas that we could do for our elderly parents :

1. Do grocery shop.
2. Pick up prescription medications.
3. Invite them out for a trip or drive.
4. Treat them to a meal outside that they enjoy.
5. Bring a meal to their home and have it together with them.
6. Call them, check-in and connect with them via hp, video chat etc.
7. Get active with them by joining them for a walk in the park.
8. Sit out in the garden.
9. Make time to gather around them as a family and talk about the good memories of the past.
10. Siblings could consider spacing out their visits among themselves over the week and esp the weekends so that the elderly have someone with them at different times.

All of us have the precious gift of time. It is up to us to seize the opportunity to reconcile, recall, relive and exchange the blessing while we still can. We are all capable of creating and building beautiful and meaningful moments with our elderly even in the midst of pain, suffering and other challenges. Now is the moment to do it. ✚



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NEW WAY OF BEING CHURCH

14th Ordinary Sunday

SALT OF THE EARTH AND LIGHT OF THE WORLD:
COMMUNION (INCLUSIVE), PARTICIPATION (CREATIVE) & MISSION (BRIDGE BUILDING)

**MONTHLY FOCUS:
FAMILY AND CARING FOR
THE ELDERLY**

**FOCUS EVENT:
WORLD DAY OF
PARENTS AND ELDERLY**



A Guide In Caring for **Elderly Parents**

While some are blessed with the opportunity to “grow old gracefully”, others are stricken with debilitating diseases such as cancer, alzheimers and a host of terminal diseases. The emotional load of caring for elderly parents can, often-times, feel insurmountable – as if we have the weight of the world on our bare shoulders.