## **Aging Parents:** The Cycle of Life

When you begin to deal with parents who are aging, it can be a good time to examine your lives together and familial past.



For most of us a natural part of the cycle of life is when our roles as children start to shift from that into caretaking roles where support. They can help us are parents are concerned. a parent into a retirement facility, or coming to the realization that it's necessary to check in with them more often than usual. shift is momentous as it signals a time of confronting our own mortality as we confront that of our par-

up issues about how well they toward completion, we are cared for us when we were young. We may also find ourselves consumed with fear what we have done so far at the thought of losing them, even if we've been on our own for a very long time. time we have left.

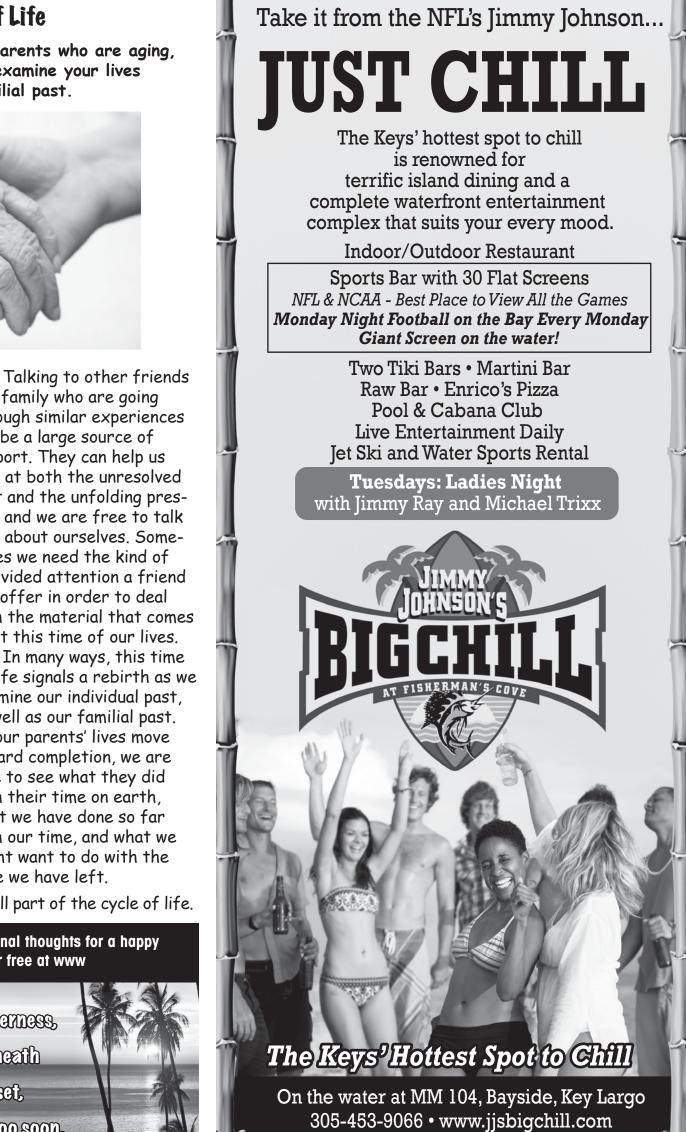
and family who are going through similar experiences can be a large source of look at both the unresolved This can be as major moving past and the unfolding present, and we are free to talk only about ourselves. Sometimes we need the kind of undivided attention a friend can offer in order to deal Whatever the case, such a with the material that comes up at this time of our lives.

In many ways, this time of life signals a rebirth as we examine our individual past, as well as our familial past. In addition, it can bring As our parents' lives move able to see what they did with their time on earth, with our time, and what we might want to do with the

These challenges and blessings are all part of the cycle of life.

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