



CARE FOR THE ELDERLY

Thursday marks the UN's International Day of Older Persons. Celebrated annually on 1 October, it recognises the contribution of older people and examines issues affecting their lives.

In many communities across the country, an issue impacting on grandmothers is having to take care of their grandkids because their own children are working elsewhere.

If your parents are looking after your kids, it's important to send them money regularly to ensure they can look after the children properly.

You need to maintain steady contact by phoning and visiting frequently to ensure everything is OK and to provide adequate emotional support. It's not only necessary to give your

elderly parents appropriate financial and emotional backing. You can also care for older persons in your community, even if they're not relatives.

You can be there for them in numerous ways such as taking them to the clinic when they're ill or helping to clean their homes if they're suffering from aches and pains.

If an elderly person in your area is being abused or that other family members are taking their pension, report this to social workers.

Phone 1023 or go to a social development office. As we take note of caring for the elderly, let's remember that they offer a wealth of wisdom and knowledge that we can all learn and benefit from.

How do I stop caring?

Dear MizzB

After breaking up with a woman I work with, we continued having sex. She's dating my colleague now and when I warn her about certain things, she shouts at me. How do I stop caring?

■ Anonymous

Dear Anonymous

Friends-with-benefits relationships often turn sour when one partner is

still attached to the other. It sounds like you still care deeply for this woman and she doesn't feel the same. You are just sex partners, which means what she does with others shouldn't concern you.

She's no longer your girlfriend and if you continue having sex with her, you should learn to cut your emotions off.

Failure to detach yourself will show that you need to consider cutting all ties with her.

I'm scared of becoming a dad!

Dear MizzB

I'm 22 years old and my girlfriend and I are expecting a child next year. I'm very scared of becoming a father and I can't stop thinking about this. Even my girlfriend thinks that I won't be a good father to my child and I don't know what to do.

Sometimes I feel like dropping out of university because I think its best to find a job in order to support them both.

■ Confused

Dear Confused

Being a good parent has nothing to do with how much money you have but is mostly about how far you are prepared to love, nurture and care for your children.

Dropping out of varsity is a temporary solution. With a better qualification, you stand a better chance of getting a good job. You need to communicate with your girlfriend and clear the reasons for her being doubtful towards you. You can call 086 1322 22 to speak to a counsellor.