



## Caregiving takes a toll on marriage

Caring for an aging parent puts a strain on marriage, said 80% of baby boomers. This insight is one of many garnered from a research study conducted by Caring.com to measure the impact of caregiving on marriage.

“Raising children is a challenge, but caring for aging parents can be an even greater challenge,” said Dr. Elizabeth Schmitz. “The time spent caring for an aging parent can take a serious toll on the caregiver’s relationship with their spouse.”

Baby boomers who are working full-time are providing financial help to aging parents and/or have aging parents living with them are at the greatest risk of marital strain.

Drs. Charles and Elizabeth Schmitz are the authors of the book *Golden Anniversaries: The Seven Secrets of Successful Marriage*. They suggest these ways to cope with the care of aging parents while maintaining and strengthening your marriage:

- Talk openly with each other about feelings, emotions, and stresses as they relate to your care of aging parents.
- Make a concerted effort every day to keep the flame of your love affair with each other alive.
- Approach all financial challenges with teamwork and open communication.
- Don’t blame each other when things get tough, since casting blame never solved a problem.
- Don’t wallow in self-pity. It’s a wasted emotion.
- Enhance your love relationship by providing each other occasional time for privacy and solitude.
- Remember that the simple things matter in marriage, and they need to be practiced each day.