HEALTHY TIPS

Grandparents Who Babysit Live Longer, Study Finds

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A study done in 2017 showed that grandparents who babysat their grandchildren lived longer. And, it does not actually matter if they are your own grandkids or not. What plays a role is the ability to provide care for someone. Let's learn more about these important discoveries!

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Why Caring for Someone Is Important for Elderly?

The study was done with the help of data collected from 500 seniors. It was found that those who cared for someone, regardless if these were their own grandchildren or not, had a lower chance of death than the participants who did not offer care of any kind.

According to Roman Factora, MD of the Cleveland Clinic, in order to age well, we need to maintain physical activity, keep our social engagement, and get enough cognitive stimulation.

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Of course, additional research is necessary to determine the cause for the increase of the life expectancy in aging caregivers. However, the study definitely proves that elderly who spend more time with their grandchildren experience a higher sense of purpose and thus, contribute to a balance in their physical and mental activity.

Balance Is Key in Babysitting

Though the advantages of spending time with your grandkids are known, it is important to exaggerate. Namely, the babysitting should not turn into a burden for you. You need to be able to balance in the right way and also have time for yourself. This time should be dedicated to keeping your physical activity optimal and to work on your cognitive stimulation.

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Without doubt, being a grandparent is a gift and it is never a bad idea to spend time with your family. But, taking a break for time to time is also a blessing and necessary so that you can actually experience the benefits from offering care.

Sources:

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