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Sometimes you may sit and think, How will life be when I grow older ? As young adults our minds may wonder and take us to many different destinations. We all must grow old though. Being a elder is not so bad . The elderly are very well benefited . They may not be benefited physically but they are benefited socially and mentally. By that I mean that society has set up advantages for the elderly .

Have you ever visited you grandparents and they were just so happy to see you? They just love to see my siblings and I face .Grandparents have most likely watched you grow from your mothers stomach to the young woman/man you are now. Them watching you grow and prosper may give them excitement. They have watched everyone in your family age from generation to generation and to me that’s a benefit . Seeing your family flourish and grow knowing it all started with them, that’s a great feeling. They know any and everything about everyone , even down to the greatest grandchildren. Everyone in the family comes to the elders for advice , knowing they were here the longest so they have the best advice on what you should and shouldn’t do because they have probably experienced it already in their lifetime.

When your in the process of growing old we may go through a lot of bodily changes and personality changes. Also insecurities may occur, that’s just the process of us learning ourselves.At a certain age the need to impress others and the want to make others happy surely fades away. Recognizing the value of worth is a plus one to growing old. Self esteem grows higher when personal traits are accepted. Elderly people genuinely accept themselves for who they are by the time they hit their mid 60’s . They have passed their stage of figuring out themselves so therefore they live freely with no care of others opinions. They have been here long enough to know that , no one knows you more than

yourself and cant anyone change you but you.Theres nothing better than being able to accept everything about yourself and loving it .

Being a senior citizen also gives you benefits at stores, restaurants and many other places. From discounts to free items . They also may have special housing facilities for elders . Housing for elders are not always the stereotypical senior citizen home . For example my grandmother stays in a senior citizen building which has a movie room, game room , exercise room and lots more for them to entertain themselves. Say for instance our family has a outing somewhere and they offer a senior citizen discount, my grandmother would be eligible for it. Its as if everyone knows to appreciate their elders and everything they have been through .

From being young to growing old you will encounter and learn many things . Everyones wish isn’t to grow old but everyone has to. As we get older we see that things get harder but you will be well prepared to cope with them . Therefore we can pass it upon our children and our children’s children. So growing old wont be so bad , might be even good .