

Research on Social Work Intervention in Community Home-based Care Service from the Perspective of Active Aging

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Abstract: At present, China is the country with the largest elderly population, and the aging is highly developed. It has become an important national strategy to actively deal with the aging population. The theory of "active aging" is a brand-new policy framework and development strategy to deal with the problem of population aging. How to change the aging from "difficulty" to "opportunity" and from "burden" to "wealth" is the research focus of China's active response to aging. Based on the three dimensions of "health", "participation" and "security" of active aging, this paper analyzes the current situation of aging in China, and explores the ideas and practices of social work involving in the innovative service mode and improving the service system of community home-based elderly care from the perspective of active aging, combined with the needs of responding to the diversified tasks of aging, and in view of the existing problems of community home-based elderly care service, it provides a reference for exploring the practice of coping with aging with Chinese characteristics.

1. Introduction

General secretary Xi Jinping emphasized that effectively coping with the aging of our population is closely related to the overall development of the country and the well-being of millions of people. ^[1]On November 21, 2019, the Central Committee of the Communist Party of China and the State Council issued "the national medium and long term plan for actively coping with population aging", emphasizing that we should adhere to the basic principles of actively coping with, shared and co-constructed, Moderate capacity, innovation and opening up, and work out a road of coping with population aging with Chinese characteristics. ^[2]"Old before rich, old before prepared, not old yet, but passively getting old" is a common problem of population development in our country. The aging population of our country has "large cardinal number" and "rapid growth", but also accompanied by the changes of urbanization, tendency of few children and modernization. From the interaction between aging and economic and social development process, we must proceed from China's national conditions, based on the special needs of China's aging population, correctly understand aging, actively respond to aging, and truly explore a road with Chinese characteristics to cope with aging.

2. The Current Situation of Aging Population in China.

2.1 Aging degree is deepened day by day.

China's population aging accounts for two first: the number of the elderly population is the first; the population aging growth rate is the first. Internationally, the proportion of the population aged 65 and above to the total population is used to define the aging society: 7% of the population enters the aging society, 14% is the deep aging society, and 20% is the super aging society. At present, China's aging population is developing rapidly. The proportion of people aged 65 and above was only 4.9% in 1982, over 7% in 2001, 10.8% at the end of 2016, 11.4% at the end of 2017 and 11.9% at the end of 2018. China has entered the aging society since 2000. Experts predict that it will enter the deep aging society around 2025, become the country with the highest degree of population aging in the world in 2030, and enter the super aging society around 2033. Because of China's large

population base, the aging speed and scale are unprecedented in the world. From aging to deep aging, it took 126, 69, 46, 40 and 25 years in France, the United States, the United Kingdom, Germany and Japan respectively, compared with 22 years in China; 36 years in Germany, 21 years in Japan and 10 years in China. From deep aging to super aging, it took 36 years in Germany, 21 years in Japan, and about 10 years in China. According to this standard, China's aging process is faster than that of the United States, gradually surpassing the United Kingdom, France, Canada and other countries, and close to Germany and Japan.

2.2 The task of dealing with the aging population is heavy.

The degree of dislocation between China's aging period and economic and social development is unprecedented in human history. The severe situation of "old before rich" in China has brought great challenges to the economic and social development. According to data analysis, when the proportion of people aged 65 and over reaches about 12%, China's per capita GDP is less than 10000 US dollars based on the constant-dollar in 2010; while when the same level of population aging is reached, the per capita GDP of Germany, the United States and Japan are 18000 US dollars, 29000 US dollars and 38000 US dollars respectively. ^[3]At present, the Chinese government's investment in comprehensive service for the aged has reached the upper limit after saturation, and the total amount of existing facilities for the elders is difficult to meet the growing demand for pension. Moreover, the total supply of service for the aged is insufficient, the structure is unreasonable, the specialization is not high, and the development of aging products is not enough. According to statistics, there are only about 300000 old-age nursing practitioners in our country, and 40 million disabled and semi disabled old people. There is a large gap of old-age nursing staff. It can be seen that, as a developing country with a large population, the contradictions and problems in the process of aging in China have brought great pressure to the cause of aging care.

2.3 Diversified demand for service for the aged.

The increasingly diversified demand of the elderly population has brought severe challenges to the incomplete elder-care system in China. With the continuous improvement of people's living standards, the continuous progress of economic and social development, along with the urbanization of rural areas, the miniaturization of families and the weakening of family elderly-care function, the rapid growth of the elderly population requires the provision of a variety of forms and a wide range of social services. According to the survey, 48.5% of the elderly in cities need to provide for the aged, of which 25.22%, 18.04% and 13.79% need domestic service, nursing service and spiritual comfort respectively, but the total satisfaction rate of the service demand is only 15.9% at present. The aged care service market should also constantly innovate the service content and improve the service quality, and provide humanized, meticulous and professional pension products and services according to the same physical condition, income level and demand level of the elderly.

3. "Active Aging" Theory is a New Way to Deal with Aging.

3.1 The development origin of active aging theory.

"Active aging" is the latest concept of the international community to deal with the problem of population aging in the 21st century. In 1990, the World Health Organization took "healthy aging" as one of the development strategies to cope with population aging. In 1997, the idea of active aging was first put forward at the Denver conference of heads of seven western countries. In 1999, the World Health Organization summarized "active aging" from three dimensions in "active aging: policy framework": "health", "maintenance" and "participation". ^[4]In January 2002, the book "active aging: from demonstration to action" published by the World Health Organization Health (WHO)Development Center fully elaborated the concept and connotation of active aging. ^[5] In 2002, the World Health Organization adopted the international plan of action on ageing. So far, the theory of "active aging" has a practical policy framework and action plan, and the research on the

aging problem has gradually developed from a single dimension to a multi-dimensional and multi-level. The concept of "active aging" has realized four major changes: from "passive pension" to "active pension", from focusing on the "results" of aging to focusing on the "process" research, from "social burden" to "social wealth" to position the elderly group society, from the research on the "needs" of the elderly to the research on "social rights". It opens up a new perspective of aging research.

3.2 Rich connotation of active aging theory.

The theory of "active aging" basically covers all aspects of the elderly's life, and puts forward new requirements and prospects for the development of the elderly. Under the concept of "active aging", World Health Organization defines personal health, social participation and social security as the three pillars of active aging. The three pillars of "active aging" are put forward from the perspective of society, involving the coordinated and balanced development of society. They are applicable to both individuals and mass. They are organic unity, rich in meaning and wide in content, including the elderly have things to do, cares, medical service, studies, education and entertainment. Among them, "health" refers to physical, mental and spiritual health, more emphasis on social adaptation and well-being, "participation" includes not only material production, but also voluntary service, and more emphasis on creating social value, "security" covers health maintenance, medical security, social assistance, long-term care and various safety, and more emphasis is placed on maintaining dignity and ensuring the right to participate. ^[6]

3.3 Policy value of active aging in elderly care service.

The theory of "active aging" provides a new policy framework and development strategy for solving the problem of population aging. Based on the three dimensions of "health", "participation" and "guarantee" of "active aging", the World Health Organization has designed six index systems: health and social services, individual behavior, individual physical and mental, physical environment, society and economy, which are used as the pillar of the policy framework of active aging ^[7], and then used to measure: the completion of health-related social security system The degree of goodness, the frequency of healthy behaviors of the elderly, the influencing factors of the physical and mental health of the elderly, the suitability of the living environment of the elderly, the support of society for the elderly to participate in social activities, and the support degree of enterprises and governments for the economic participation of the elderly. At present, the concept and strategy of active aging have been generally recognized by all countries in the world. It has become an inevitable choice for China to actively promote the "Sinicization" of aging, which will gradually penetrate into all aspects of society and profoundly affect China's aging policy and research.

4. Community Home-based Care is a Strong Response to Active Aging.

4.1 Community home care is widely recognized by the elderly and their children.

At present, there are three ways to provide for the aged in China: family, institution and community. There are advantages and disadvantages of each of the three elderly pattern: There is too much pressure on the mode that the family supports parents. A couple may have to take care of four old people, which is not enough; The mode of institutional endowment is not perfect, and the infrastructure construction and personnel allocation are not professional enough, which to some extent leads to the elderly from the normal and humanized social mainstream living environment, and the social recognition is not high; Community home-based elderly care is between the former two. There is a professional service team to provide omnibearing, high-quality and human-oriented services for the elderly. It is a kind of elderly care method accepted by the elderly and more reassuring for their children. According to relevant statistics, the proportion of the elderly in the United States, the United Kingdom, Japan and Sweden choosing home-based care is 96.3%, 95.5%, 98.6% and 95.2% respectively. According to the survey, in 2017, the proportion of empty nest

families of urban elderly in China has reached about 50%. Influenced by traditional Chinese thoughts, more than 85% of the elderly in China are willing to choose home-based care, and only about 5% - 7% are willing to choose nursing institutions. It can be seen that compared with family elderly care and institutional pension, community home-based care has more respect for the physical and mental health needs of the elderly, more extensive service content, more comprisal power, according with the general trend of the socialization of service for the aged, and has become an important form of service for the aged in China.

4.2 Community home-based care is the best practice to achieve active aging.

Community home-based care is the most feasible elderly pattern to practice the three dimensions of "health, participation and security" of active aging. First, it is conducive to the realization of the goal of "health": the community home-based elderly care respects the elderly's desire to provide for the aged at home. On the basis of self-care, the elderly can freely choose the service content, service time and service subject they need. As a consumer service party, they have full right of speech and choice, can meet diversified and personalized elderly care needs in a familiar environment, and enjoy dignified and high-quality old age life. Second, it is conducive to the realization of the goal of "participation": the community home-based care emphasizes the integration of social forces, through multiple services provided by the government, enterprises, social organizations, communities and families,^[8]so that the elderly can still participate in social life normally, and can organize the services of the young healthy elderly for the elderly, the sick elderly and the disabled elderly, so as to achieve their own social value. Third, it is conducive to the realization of the goal of "security": the community elderly care service has the nature of public policy, and the government administration and the self-control of the masses are organically linked and positive interaction, which can not only meet the personalized demands, but also comprehensively utilize the multi-level and multi-channel resources of the community, institutions, hospitals, families, etc., so as to better guarantee the quality of life of the elderly.

5. Community Home-based Elderly Care Urgently needs Social Work Intervention from the Perspective of Active Aging.

5.1 Problems in community home-based elderly care service.

At present, the problem of the elderly in our country is becoming increasingly prominent. The elderly at home cannot get the proper care. The traditional elderly care model is gradually replaced by the emerging community home-based elderly care. At the same time, the community home-based elderly care has achieved results, but also faces many deficiencies. From the perspective of active aging, there are still many problems in the community home-based elderly care, such as lack of resources, single service and weak professionalism: first, in terms of health, mainly in medical health, elderly care services supply, elderly mental health and other aspects of deficiencies. Second, in the aspect of participation, there are some problems such as weak consciousness, inconsistent behavior and single type. Third, in terms of security, there are some problems such as the service station facilities established nominally, the lack of professional elderly care service team, the formalization of service, the low utilization rate of human resources for the low-ageing elder person.

5.2 The role of social work intervene in community home-based care service from the perspective of active aging.

Social work has the inevitability of involving in the community elderly care service. Its theoretical system and value system are highly consistent with the theory of active aging, which plays an important role in promoting active aging and community home-based elderly care. Active aging is a kind of policy framework, a kind of macro thinking, which needs to be implemented. As a professional and specialized helping activity, social work has become the best practitioner of active aging. Through the theory and method of social work, combining community and social

service institutions, effectively carrying out social organization and social action, and providing various professional services for the elderly at home in various ways and ways, it will promote the optimal allocation of resources, promote the specialization of community service for the aged, guarantee the maximum interests of the elderly, and effectively solve the problem of supply and demand tension of resources for the elderly. From the perspective of active aging, taking "health" as the basis, taking "participation" as the way, taking "security" as the support, social work involved in community home-based care has promoted the innovation and improvement of China's socialized elderly support model.

5.2.1 Personal health aspect.

Health is the foundation of active aging. Health refers to the physical and mental health of the elderly individuals and groups. From the perspective of active aging, the elderly has changed from passive service recipients to active participants. Good social support is very important to improve the physical and mental health of the elderly. Professional social workers have a better understanding of the physical and psychological characteristics of the elderly. They can provide professional and differentiated services through door-to-door case counseling, community mutual aid groups, and colorful community activities, so as to improve the physical quality of the elderly, pay attention to the mental state of the elderly, strengthen community medical and health services, improve the health level of the elderly, and build a multi-faceted health support system.

5.2.2 Social participation aspect.

Participation is the core of active aging. The social participation level of the aging population is the key to actively respond to the aging. Only by maintaining physical and mental health can the elderly participate in the society, contribute their strength and enjoy social security benefits. The elderly group is a huge "think tank" that cannot be ignored. It can make the elderly "have something to do" through income and non-income activities, continue to make contributions to the society and improve the value of life. Social workers advocate the social atmosphere of people-oriented, respect for the elderly, mobilize the participation of the government, market and society through the community home-based elderly care model, encourage and guide the self-help and mutual assistance of the young elderly, create conditions to support and help the elderly to participate in political, economic and cultural activities, and acquire and develop the ability of social participation.

5.2.3 Social security aspect.

Security is the guarantee to realize active aging. Active aging puts forward that the elderly should be protected and respected, and their social, economic and personal safety protection and rights should be solved. Social security needs to be established on the basis of legislation, and the intervention of social work is needed to implement social security thoroughly and carefully. In the process of social security services for the aged in the community, we should strengthen the professional function of the service center for the aged in the community. Social work can undertake disability and empty nest elderly trusteeship, rehabilitation, rescue, psychological consultation, etc. it can act as the executor of the policy, the spokesperson of the elderly, the provider of resources, and the advocate of the system, so as to create a harmonious and orderly social environment for the elderly in their old age. In the aspect of security, social work is involved in fully exploring the role of community home-based elderly care service in actively coping with population aging by integrating resources, providing security, improving facilities, improving the environment, enriching the team and establishing a multi-module digital platform.

6. Conclusion

At present, China's aging situation is grim, and the solution to the problem of providing for the elderly is the focus of all sectors of society. The theory of active aging provides a new perspective for coping with the aging, advocates "respect" and "rights", and realizes the transformation from

traditional elderly care to active elderly care. It is the key to realize active aging to actively promote social elderly care service. According to the four routes of "family, government, institution and community", actively respond to the aging, based on the practice of social work involving in community home-based elderly care under the perspective of active aging, explore the mode of active aging, combine the individual active aging with the national active aging at the policy level, promote the physical and mental health of the elderly, unblock the social participation channels of the elderly, and guarantee the elderly's Demand, dignity and rights, actively promoting filial piety culture, promoting the integration of the elderly and society, recognizing the social contribution of the elderly, and finally building a harmonious society and realizing the Chinese dream are the embodiment and direction of active aging in China.

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