

Research on the Community Elderly Care Voluntary Service System

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Abstract

Under the increasingly severe aging trend, community care service has become an effective way to alleviate the problem of aging. In order to solve the reality of fewer community service people and more elderly people, volunteer service is the most economical and effective solution strategy. From the perspective of voluntary service, this article integrates the four major groups of communities, schools, hospitals and the elderly builds a community elderly care volunteer service system based on the communities fully mobilizing social forces to meet the health needs, life needs and spiritual needs of the elderly.

Keywords

Aging, Elderly Care, Voluntary Service.

1. Introduction

Population aging is the product of economic and social development. It is also a major issue faced by human society in the 21st century. Since the eighteen Party's Congress, general secretary Xi Jinping has made important instructions on strengthening the work of ageing, providing basic guidelines for the better aging work in the new situation. The 19th National Congress of the Communist Party of China made it more clear that we should actively deal with population aging, build a policy system and social environment for the elderly, filial piety and respect for the elderly, promote the combination of medical care and elderly care, and accelerate the development of aging careers and industries. These major policy decisions reflect the concern and actions of the state and the government on the issue of aging. Actively coping with population aging is a long-term strategic task[1].

The survey shows that China's population aged 60 and above has nearly 254 million, accounting for 18.1% of the total population, and the elderly population aged 65 and above has reached 176 million, accounting for 12.6% of the total population by the end of 2019[2]. According to the white paper "the development of China's health care and the progress of human rights", it is expected that by 2050, China's elderly population aged 60 and above will increase to 359 million, 1.72 times larger than the current scale, and the corresponding population aging level will rise to 26.3% [3]. It can be seen from these statistics that the situation of population aging is relatively severe, which has had a profound impact on economic development, social management and many other fields.

With the continuous advancement of urbanization, communities have gradually replaced the form of village settlements. The floors of new communities are generally higher, and elevators are needed to go upstairs and downstairs. The familiarity between neighbors is lower than that

of village residents. The old communities often have no elevator and narrow roads, which has a certain impact on the travel, friends and entertainment of the elderly. Therefore, community elderly care occupies an important position in the elderly care service system. Voluntary service plays an important role in community elderly care and is a big boost for community elderly care. At present, community elderly care voluntary services mainly focus on organizing young volunteers to serve the elderly, carrying out various elderly care service activities, and paying attention to the physical and mental health of the elderly. However, few people take the elderly into the voluntary service system as attendants. By allowing the elderly to participate in voluntary activities, they can improve their sense of social participation and satisfaction, which is an important way to realize active aging [4].

2. Related Word

In the mid-to-late 20th century, some developed countries led by the United Kingdom have begun to transform their pension models[5], shifting from institutionalized pensions to non-institutionalized pensions. Home care pensions have become a better choice for the elderly. The United Nations General Assembly adopted the "United Nations Principles for Older Persons" (Resolution 46/91) on December 16, 1991, encouraging the elderly to live at home for as long as possible, seek and develop opportunities for social service, and serve as volunteer workers. They may take position commensurate with their interests and abilities.

In China, the party and the state have made great efforts to promote the construction of community elderly care services and issued a series of policies to promote the development of elderly care. Many scholars and communities have invested in the exploration and practice of community elderly care services and completed a large number of relevant research and practical results.

Through the retrieval of "community care" related literature on CNKI, we found that as of October 31, 2021, there are 2455 literatures with "community care" as the keyword. The key research contents can be divided into two categories. The one is the studying of the community care service mode, combined with policy, participating groups, supply and demand and other factors. From the perspective of integration of sports, medical care and nursing, Wang Lijun analyzes the practical problems faced by the construction of community elderly care system and puts forward targeted implementation paths[6]. The other is the problem analysis and countermeasure research in community elderly care service. Through field research, questionnaire and other research methods, analyzing demand, supply, willingness to participate, satisfaction and other influencing factors. Analyzing whether the current supply and demand match and what elements will have a significant impact on community elderly care services, so as to provide a reliable basis for the improvement of elderly care service quality and elderly care service model. Liu Siyu investigated 1000 disabled elderly in Shenyang with SDL scale, and studied the influencing factors of elderly demand through single factor analysis[7].

The "Thirteenth Five-Year National Plan for the Development of Elderly Care and Elderly Care System Construction" proposes to carry out the home-based community elderly care service project. Relying on the community, uniting elderly care service agencies, social organizations and enterprises, cloud computing, big data and other information technologies to develop the "Internet +" smart elderly care service model. The country, industry and local governments have also formulated standards for elderly care services, strengthened the construction of service facilities for elderly care development, and provided important references and fundamental guarantees for community elderly care. Through the investigation on the development status of elderly care services in Tibet, An Zehong found that there are many problems in the community elderly care service pattern in Tibet[8], such as slow overall

development and unbalanced regional development. They also put forward development suggestions from three aspects: regional coordinated development, excavating culture and condensing multiple subject forces.

3. Construction of the Community Elderly Care Voluntary Service System

By combing and summarizing the current research on community elderly care voluntary service at home and abroad, this paper constructs a community pension voluntary service system from the perspective of civilized practice voluntary service mechanism in the new era, integrates government and social forces, and focuses on the four groups of communities, schools, hospitals and the elderly.

(1) Community. As the most familiar environment for the elderly, the community is the backbone of elderly care services. In accordance with the national overall planning and development requirements, the government should strengthen the construction of community elderly care service facilities, and vigorously develop home-based community elderly care services. Following the requirements of civilized practice of voluntary service, community volunteers can adopt the mode of service team and one gang, etc. By community activities, entering the home and other forms, they can timely provide diversified services such as care, communication and learning for the elderly in the community, and pay attention to the health, living and spiritual needs of the elderly. As an important part of the voluntary service system for the elderly, the community should play a leading role in the voluntary activities of the elderly in view of its important role in the community elderly care, and can work together with voluntary organizations of other groups. Respond to the daily needs of the elderly in the community in a timely manner, and care for the physical and mental health of the elderly.

(2) School. In order to strengthen students' awareness of respecting the elderly and cultivate students' good morals of filial piety and respect for the elderly, the school may organize students to act as student volunteers and set up voluntary service groups or service teams. With community voluntary management service as the core, students can send warmth to the elderly in the community, help the elderly do housework within their ability, and carry out projects to help the elderly, such as telling stories, performing programs, explaining smartphone applications, etc. Medical, nursing, cooking and other majors are more closely related to the daily needs of the elderly. Students of such majors can provide more targeted services for the elderly according to their professional fields.

(3) Hospital. The demand for medical and health services of the elderly is much higher than that of other groups and it is the basic demand of the elderly. Hospitals and communities are encouraged to jointly carry out voluntary elderly care service activities, regularly organize health consultation and health knowledge lectures, and carry out health examination activities such as blood pressure and blood glucose measurement for the elderly free of charge in the community. Hospitals are encouraged to open green channels for the elderly, provide voluntary services for the elderly for medical consultation, hospitalization, emergency first aid and other businesses, and help the elderly get timely and effective treatment.

(4) The Elderly. As a group to be cared for, the elderly also have a strong sense of social participation, especially in inheriting the excellent traditional culture of the Chinese nation and guiding teenagers to cultivate and practice socialist core values. Therefore, as a part of the voluntary service system, the elderly can fully participate in social activities by carrying out a number of activities such as remembering bitterness and sweetness, art parties and art exhibitions, so as to meet the spiritual needs of the elderly and shine for inheriting culture and educating teenagers.

4. Conclusion

Facing the increasingly severe aging trend, relying on the community, from the perspective of voluntary service, we integrate the four major groups of communities, schools, hospitals and the elderly, building a community elderly care volunteer service system, fully mobilizing social forces at all levels, and satisfying the health, life and spiritual needs of the elderly. With the development of the era of big data, the development of information technology such as the Internet of Things and virtual reality provides a more reliable guarantee for the health of the elderly. Through smart terminals and smart platforms, it is possible to establish elderly health files, dynamically monitor and record various health indicators to automatically alarm when critical situations occur, realize smart elderly care, and provide new ideas for solving the problem of aging.

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