

# Respite Service Oriented Field Study for the Aged in Zhejiang Province

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Abstract: This paper highlights three issues for aged cares and the function of respite service in problem solving. It promotes respite service oriented activities to model the "Eight Better Cares" and "Four Home Assists" and thus to facilitate quality life for families in Zhejiang and even future senior citizen on the Belt and Road with low stress status, high life satisfaction and better sense of well-being.

## 1 INTRODUCTION

Zhejiang Province, with the increasing rate of 5% for the elderly population, proves that more than 90% of the elderly should enjoy home care oriented respite service, and these elderly have to face the following three issues:

### 2 ISSUE ONE

#### 2.1 The Phenomenon of Serious Illness to Survive, or 2/3 Rests Time to Live With the Disease

With age, the elderly tissues and organs and physiological function of gradual decline and senile changes, decreased health status, the prevalence rate continues to rise. According to statistics, more than 60 years of age in the elderly, the remaining 2/3 of the time in a sick state of existence.

65 to 70% of the elderly suffer from varying severity, a variety of age-related diseases. At the same time, the number of disabled elderly people is still increasing. Existing health care resources have been very tense, with the aging population continues to increase, will be more scarce.

### 3 ISSUE TWO

#### 3.1 Family Children Overwhelmed, in 2020 will Show 8421 Inverted Pyramid Structure

Analysis of the aging trend of the report shows that urban families have entered the 421 structure model, that is, a family, a middle-aged husband and wife have four elderly but only one child. By 2020, there will be "8421" family structure, that is, eight elderly, four young people, two young people, one child.

Research group shows that the family pension situation is more and more serious, more and more important to take care of the burden of the elderly. This study thus confirms that long-term care for the elderly, especially those who are sick, need to invest a lot of energy to help them finish their daily activities such as laundry, cooking, arm, bath and toilet.

As well as taking into account their own work and their own family economy, child caregivers because of these heavy care and economic costs to bear a huge psychological stress and life stress and social burden.

Furthermore, long-term care of the elderly, resulting in caregivers reduce interpersonal communication, resulting in a sense of loneliness and helplessness, resulting in anxiety, depression,

negative and other negative emotions, caregivers psychological burden is greater than physical exertion. As a result, caregivers are in urgent need of relaxation to relieve their burden.

## **4 ISSUE THREE**

### **4.1 A Serious Shortage of Pension Agencies, Can Only Accept 5% of Elderly People to Stay**

Organizational pension can not only provide professional care and care, but also can reduce the burden on children, make new friends, enrich the spiritual life. But the city public pension beds is very tight, in short supply, booking stay, to wait two to three years.

The majority of private pension institutions are leased premises, small-scale institutions, hardware and software facilities can not keep up, the medical and integration difficult, stay at the elderly to see medical drugs is relatively difficult.

At the same time, private pension agencies choose a relatively independent and convenient transportation address is difficult, and difficult to implement security measures.

Therefore, most of the elderly or stay at home by family care. With disability, the proportion of elderly people climbing high, the family exhausted. On other hand, according to political survey related to this study since 1996, overseas cases of empirical data prove that less than 10% senior citizen over the world is willing to stay in nursing one rather than their own house.

## **5 RESPITE SERVICE ORIENTED PROBLEM SOLVING**

Respite service is the provision of a series of temporary, supportive alternatives to the care of the aged disability, allowing their caregivers to enjoy temporary relaxation and rest.

Beginning in 1960, developed countries such as Australia, the first to introduce the implementation of the standard home care and respite services, government subsidies cost half.

The United States and the United Kingdom improve and implement the home care for the elderly a week of respite service. Germany and other EU countries contributed to the elderly rehabilitation,

pension and nursing complement each other long-term care system and standards.

Chinese research started late, at the beginning of this century, Hong Kong and Macao recognized and practiced in the aging (Ageing in place) concept.

Zhejiang Province and its capital city Hangzhou are the first ones entering the aged society. With institutional pension bed limitation of 5%, 90% of elderly people may choose home pension 9073 or 9064 real requirements.

2002-12 years, this research group (Tang Shiming, etc.) through the "urban home care service system to build" to promote a file table, for better documented. A guard network, for better know. A help line, for better responsive help. A mediator, for better promise keeping. A service team, for better guidance. A pager, for better risks save. A chat room, for better communication.

There is a need for the activities of these respite service oriented Eight Better Cares. This study further facilitates respite service oriented Four Daily Supports including "one volunteer assist to hand every day," "One Story to chat everyday," "One neighbor visit to home everyday," and "one health game to play everyday"

During 2013-2015, this team outlined operation standards for Zhejiang. To better both theoretical and operational standards, this study team contributes most efforts to the establishment of relevant policy support, the implementation of service access, the training service for personnel, and a unified technical standards and regulatory requirements.

At the same time, in accordance with the provincial, municipal and district level civil affairs development for aging cares, related study of respite service is expected to highlight the provision of home care services and provide a theoretical basis for decision-making argument, and eventually promote related content standards, professional standards and evaluation standards for aged quality life.

To enrich and innovate aged cares for better unit security, family peace, health insurance, pension insurance, nursing insurance and other protection, and further coordination of rehabilitation, pension and nursing work, respite service will be therefore empowered to take precautions and to standardize care services for the families in Zhejiang Province and even senior citizens on the Belt and Road with quality happy aged life .

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