

# How to Promote the Transformation and Upgrading of Home-based Care

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## Abstract

**The degree of aging in China continues to deepen and gradually moves towards a deep aging society, and the difficulty of providing for the aged is increasing. As the most basic part of the elderly care system, home care of elderly has received less attention in recent years, and is facing difficulties such as the weakening of family security function. Health management can improve the elderly's health awareness of disease prevention and cultivate their health management ability, Making up for the shortcomings of the traditional Home-based elderly care model is conducive to promoting the transformation and upgrading of Home-based elderly care. Therefore, the government, enterprises, communities and residents should be encouraged to make concerted efforts to organically combine health management with Home-based elderly care, and consolidate the basic position of Home-based elderly care in China's elderly care system.**

## Keywords

**Home Care; Ageing; Health Management.**

## 1. Introduction

In China, based on the influence of traditional culture, blood relationship and other factors, about 90% of the elderly choose Home-based elderly care, which is the oldest and most basic way of elderly care, and has incomparable advantages over other ways of elderly care. Chen Shuwei and Wang Zhixin (2021) proposed that Home-based elderly care can alleviate the emotional discomfort of the elderly and reduce the cost of social elderly care. As a better transition mode, it is more easily accepted by residents. Bai Weijun and Li Hui (2020) investigated the historical and practical value of family pension, interpreted the family policy from the perspective of pension, found that there is a serious lack of family based pension policy system in China, and put forward effective suggestions from the perspectives of education, economy, human resources and technology to build a more complete and comprehensive support system, Finally, we will achieve the goal of having a sense of security and happiness for the elderly. According to the data of the seventh census, the proportion of China's elderly population over the age of 60 has been close to 20%, an increase of 5.44 percentage points compared with 2010, which means that the degree of China's aging is continuing to evolve to deep aging. In addition, the proportion of disabled elderly and elderly with chronic diseases in the total elderly is very high. In addition, the age of some vulnerable elderly people in old age is significantly earlier, the country's medical burden has increased, and family members not only have to take care of the disabled elderly at home, but also pay a lot of medical expenses. However, the phenomenon of urbanization and fewer children has weakened the family security function, and the Home-based elderly care is facing great difficulties, and health management plays a great role in the transformation and upgrading of Home-based elderly care. LV Yan and Peng Tao (2020) believe that health management refers to improving the health level of individuals or groups by comprehensively detecting, evaluating and intervening the health status of individuals or groups, i.e., relevant influencing factors, taking the concept of modern health, new medical model and the theory of prevention focused traditional Chinese

medicine as the guiding ideology, combined with the knowledge and methods of modern medicine and management. Problems such as the lack of health management awareness of the elderly are not conducive to the solution of pension problems. Yunhua and Wang Xiaohui (2020) proposed that health management can reduce the medical burden, give full play to the elderly human resources and promote the innovation of health industry. Therefore, in order to achieve the great goal of providing for and enjoying the elderly, all subjects should make concerted efforts to organically combine Home-based elderly care with health management, promote its transformation and upgrading, and continue to play a basic role in solving China's elderly care problems.

## **2. Literature Review**

### **2.1. Literature on Home-based Elderly Care**

#### **2.1.1. Based on the Research Object**

The research scope of Home-based elderly care related literature mainly includes the analysis of the needs and influencing factors of urban Home-based elderly care and the optimization ways of rural Home-based elderly care, and there are many investigations and studies on rural elderly care. China has a deep degree of aging and great market potential for the elderly, but the development of elderly care service industry is very insufficient. Most scholars focus on regional surveys, and the results are limited. For example, Yang Ke and Zhang Weihao (2020) learned about the physical, family and mental status of the elderly in rural areas of Shanxi Province and found that the emergence of family size and the phenomenon of fewer children make the elderly not only take care of themselves, but also take care of their grandchildren and the phenomenon of "valuing the young over the old" occur frequently. The family pension in the province has encountered the transfer of labor force from rural areas to cities and the development of urbanization, which has made the family pension mode decline day by day. The miniaturized family structure has increased the economic burden of pension. At the same time, the weakening influence of the traditional concept of filial piety makes the elderly lack of spiritual comfort. The insufficient supply of government funds for rural pension has also hindered the development of rural family pension. Wang Qiong (2016) took the urban elderly population data of the "tracking survey of China's urban and rural elderly population" conducted by China Aging Science Research Center in 2010 as the research basis to understand the relevant needs of urban elderly population for community Home-based elderly care services and influencing factors, such as physical function, cultural factors, economic and social status and family factors. It also makes an empirical analysis, deeply explores the reasons for the obstruction of the development of China's elderly care service industry, and finally further puts forward that the improvement of the supply of elderly care services can meet the demand of elderly care services.

#### **2.1.2. Based on the Research Perspective**

The relevant literature of Home-based elderly care mainly includes the perspective of young child aging and filial piety culture. The superposition of fewer children and aging problems hinders the healthy development of China's rural pension system. Zhang Xiaoli (2020) analyzed the population data in recent years and found that the dual problems of fewer children and aging lead to insufficient pension foundation for rural pension, which is more dependent on family pension, The elderly who are difficult to rely on family members to provide for the elderly rely on self-protection, but they cannot avoid the uncertainty and instability of self-protection, the lack of rural social pension related systems and other problems. In order to better solve the problem of rural pension, it is suggested that China should strengthen the awareness of filial piety of young people and restrict them to fulfill their maintenance responsibilities by law when necessary, At the same time, we should improve the rural social

pension system to make up for the lack of rural pension relying only on family or self-security. Finally, we should encourage rural residents to actively participate in insurance and improve the rural related social security system. Luo Minxue (2020) analyzed the historical value and influence of family pension culture in the context of social transformation, combined with the development and profound significance of filial piety culture from ancient times to the present, and provided targeted countermeasures for the better development of rural family culture, that is, paying attention to the transmission of filial piety culture, improving farmers' income and economic level, and issuing policies to attract young people to return home for development, At the same time, we should also create a cultural atmosphere of filial piety and family pension.

## 2.2. Literature on Healthy Management

The elderly health management in many developed countries is relatively well developed. Wu Binjiang (2020) proposed that the United States has a comprehensive elderly care project with perfect functions that has been developed for more than 40 years, and the United Kingdom with a unique community care and elderly care service system has launched a comprehensive elderly care project, Japan, with a deep degree of aging, also has a very mature elderly care service system to maximize the protection of Home-based elderly care. At the same time, Japan also pays attention to the organic combination of information technology and health management system. Finland and Australia mainly rely on community service centers to provide health management services for the elderly. Domestic scholars' research on health management is mainly reflected in how to build a health management system, the relationship between traditional Chinese medicine culture and health management, and the specific needs of the elderly. For example, there is no research on its combination with the Home-based elderly care model. Cheng Yajuan (2020) takes the elderly in a community in Beijing as the research object, and uses the questionnaire survey method to understand the health status and needs of the elderly. Regular physical examination, infusion and injection and preventive health care are the top three needs of elderly health management. Some elderlies are unwilling to accept community health services due to insufficient community inspection equipment and drugs; At the same time, through in-depth interviews with the demander and supplier of elderly care services, it is concluded that insufficient supply and demand, shortage of funds, lack of incentive mechanism and inability to reimburse medical insurance are the key factors affecting community Home-based elderly care. At present, there are many disabled elderlies in China, and most of them suffer from chronic diseases such as cardiovascular and cerebrovascular diseases and hypertension, which leads to the continuous increase of human and financial costs of Home-based elderly care. As a rising way of elderly health care, health management can cultivate the health awareness of the elderly, cultivate their health management ability, enable the elderly to develop the awareness of prevention before disease and reduce the risk of disease, to reduce the economic burden of the state and families and promote the transformation and upgrading of Home-based elderly care.

## 3. Necessity of the Existence and Development of Home-based Care

From the point of view of its status, home care as the vast majority of old people's choice for the aged, its basic position is obvious. Chu Shijing, Wang Meng and Yang Shenghui (2015) pointed out that Home-based care is the "basic part" of China's social pension service system. Due to our traditional culture is very unique, "support" is the general idea of old people, Fei Xiaotong in his book "rural China" in China have been expounded by young people to take care of their elderly parents' feedback mode ", spread from the ancient to the modern society, the elderly at home endowment service is compliant and accord with the traditional culture, Also is the most common family endowment, Ma Shanyi (2021) to distinguish between home endowment and family endowment, points out that the house is old man living at home to

accept from social endowment service, family endowment and community endowment pension services have different supply subject, family endowment is the product of family endowment upgrading of ascension.

From the perspective of its function, Ma Shanyi (2021) refers to that the elderly can receive various pension services from the society in their own home, so that the elderly can receive daily care, medical assistance and other personalized services in their most familiar environment. Home care can not only increase the sense of security of the elderly, but also help make up for the lack of time for informal caregivers (the elderly's children, relatives, etc.). Both the elderly and their families will feel more secure. Home care can also make the structure of the three pension models more stable and reduce the pressure of the government on the issue of pension and the pressure of the shortage of beds in pension institutions.

#### **4. Difficulties and Causes of Home-based Elderly Care in the New Era**

Home care has always been the preferred way for the majority of the elderly, but the coexistence of aging and fewer children as well as the increasingly small family structure make home care facing great pressure, and the elderly can no longer be satisfied with the increasingly serious old-age care problem by providing old-age care services only by family. Therefore, based on this situation, home care is facing more and more new challenges.

First, with the deepening of aging and the decline of population growth rate, the pressure of Home-based elderly care has doubled. According to the data, China is facing the double dilemma of deep aging and fewer children. At the same time, China's aging is also highlighted in the high degree of disability and older age of the elderly, and the pension problem is more difficult. In addition, the impact of traditional concepts such as "more children and more blessings, raising children and preventing old age" on young people is reduced, and more people choose to have only one child or even no child, which means that fewer young people must bear the obligation to support more old people. These phenomena will become an obstacle to the sustainable development of home pension in the long run.

Second, with the accelerating process of urbanization, more and more young people leave the countryside for the city, forcing the elderly to take care of themselves. Home care is not only to provide a place for the elderly, but also to have people who provide daily care for the elderly. The functions of the elderly are gradually declining with the increase of age, and their self-care ability is also decreasing, but these factors will directly affect or even damage their health, so someone must take care of them. However, in recent years, urbanization has developed more and more rapidly. In order to seek better living conditions, young people choose to leave their hometown for big cities with high wages and more opportunities. Many families still leave their children to the care of the elderly, Yang Ke Zhang Weihao (2020) found that many elderly people not only have to take care of themselves, but also bear the heavy responsibility of taking care of their grandchildren, which is undoubtedly a heavy burden for the elderly living at home and is not conducive to improving the rural Home-based elderly care system.

Third, the development of Home-based elderly care has exposed some potential deficiencies, which is in urgent need of transformation and upgrading. Home-based elderly care is the most familiar living environment for the elderly, which can give the elderly the greatest sense of security. Children, as the closest people, take care of them more closely. Grandchildren often come to visit the elderly at home and give the elderly the greatest spiritual comfort. It has always been recognized as the most popular and most popular way of elderly care. However, with the change of family structure, young people are getting busier and busier. The elderly basically take care of themselves. There are many potential factors affecting the health of the elderly in the familiar environment. Therefore, the traditional Home-based elderly care needs transformation and upgrading urgently. The development of information technology has

brought "Internet +" pension, which provides favorable conditions for the upgrading of Home-based pension.

Fourth, in recent years, the government and scholars pay more attention to promoting the socialization of elderly care and ignore the development of Home-based elderly care. Home care not only requires family members to fulfill their responsibilities, but also is inseparable from the preferential policies provided by the government. The phenomenon that a large number of young people go out of the countryside and leave the elderly at home alone reflects that there is a large gap between the rural economy and social security and the city. The new rural insurance cannot well solve the economic pressure of rural elderly care, and the rural community cannot play a good basic role and provide less security for the elderly. Therefore, the government should clarify its responsibilities and pay more attention to rural development, formulate relevant policies to improve the level of rural economy and social security.

Through a comprehensive analysis of the causes of the dilemma, it can be found that it mainly includes the following aspects: the accelerated development of urbanization and the change of fertility concept lead to the gradual miniaturization of family structure, the increase of core families makes the economic pressure on young people's pension double, in addition, the government does not clearly define the pension responsibility for rural families, These factors will hinder the upgrading and optimization of Home-based elderly care.

## **5. How to Use Health Management to Promote the Transformation and Upgrading of Home-based Elderly Care**

### **5.1. The Government should Coordinate Policies and Promote the Integration of Health Management into Home Care**

Starting in October 2016, the central committee of the communist party of China issued the "healthy China 2030" planning outline ", advocating "co-construction and sharing, the national health" goal, emphasized in the process of development in the future, to adhere to people's health as the center, prevention first, finally realizes the health of China's ambitious goals. Under the new stage of development, to make long-term strategic arrangement of the fifth plenary session of the party's 19, clearly put forward "implement the strategy of coping with population ageing country". Just released 14 or 15 plan and 2035 vision is to actively cope with an ageing population has made an important deployment, emphasized in our country to make the population long-term development strategy "" "promote the population long-term balanced development ". To establish the party for old-age work of leadership in our country, and the organic combination of modernization and national governance, promote it and other national strategy as a whole. In the past, China only took age as the basis for the elderly to enjoy welfare. For example, the old age allowance and old Age allowance set an age limit and provided the same treatment for all the elderly regardless of their family conditions and physical conditions. Now, we put more emphasis on the people-centered development idea. This standard should be changed to pay attention to not only the age but also the degree of disability of the elderly, to provide them with targeted services and effectively reduce the pressure on families in the Home-based care model.

In order to improve Home-based elderly care services and promote the better integration of health management into Home-based elderly care, the government should do a good job in the overall planning of policies related to health management. Firstly, cultivating residents' awareness of health management is a key step in integrating health management into Home-based elderly care. The publicity of health management related knowledge not only needs the strong advocacy of the central government, but also needs the community to provide effective training and education. The government can set up special funds to provide financial and policy support for the community to carry out various forms of training and education. Secondly, the



integration of health management into Home-based elderly care needs to improve the family doctor and other relevant policies. The family doctor policy has been put forward for a long time, but it has little effect. Therefore, the degree of specialization and service level of family doctors need the government to formulate clear regulations, supervise and establish a feedback mechanism when family doctors sign contracts. At the same time, we should also formulate preferential policies to provide certain subsidies for families using health managers and elderly care workers, to reduce their economic burden. Thirdly, the government should not only provide financial and policy support for community training, but also provide strong support for relevant enterprises, urge enterprises to develop more elderly care products suitable for the elderly and can ensure the health of the elderly, timely monitor the physical condition of the elderly and provide corresponding treatment plans. For example, the government should formulate relevant preferential policies for relevant enterprises, encourage these enterprises to give play to their awareness of innovation and produce more intelligent products suitable for the elderly. At the same time, do a good job in supervision, guide and supervise the production and sales behavior of these enterprises. In addition, coordinate the relationship between enterprises, communities and the elderly, truly enter the life of the elderly and understand the needs of the elderly. Finally, the integration of health management into Home-based care will greatly increase the demand for health managers and elderly nurses. However, these occupations require high professional level, work intensity and difficulty, but the salary level is low, resulting in a great shortage of relevant talents, Therefore, the government should formulate relevant policies to improve the salary level of health managers and elderly care nurses, which can provide talent guarantee for the development of Home-based elderly care.

## **5.2. Enterprises should Promote the Technological Innovation of Elderly Care Tools and Improve the Aging Level**

The elderly care products produced by enterprises are the main media for integrating health management into Home-based elderly care. The development of science and technology makes the ways of intelligent elderly care present diverse characteristics. Under the background of the increasingly rich and diverse elderly care needs of the elderly, health management monitors the physical condition of the elderly by making full use of information technologies such as Internet, big data and artificial intelligence Discover potential hazards in time and provide health guidance to the elderly. Therefore, enterprises should speed up technological innovation, develop and produce fully functional robots, small genie, one clicks health bracelet and other advanced products to help the elderly. Robots and small elves are tools to help the elderly. They can directly provide corresponding services for the elderly when family members have no time to pay attention to and take care of the elderly. Enterprises can seek cooperation from neighboring communities and elderly families. After obtaining consent, they can use tools to integrate the elderly care resources of communities, elderly care related institutions, enterprises and the information of the elderly, collect, sort and analyze the needs of the elderly through the information platform created by the Internet, and arrange appropriate personnel to provide services for the elderly at home. In addition, the suitability of products for helping the elderly must be taken into account. The digital divide is widespread among the elderly. Therefore, only producing smart products cannot solve the problem. More importantly, a variety of measures should be taken to promote the elderly to enter the digital world. For example, many cities are advocating that communities offer lectures and training on the use of smart devices for the elderly, and encourage volunteers and young people to give full play to their advantages so that the elderly can more effectively share the convenience brought by science and technology. At the same time, Home-based elderly care means that the elderly spends more time at home. Therefore, it is very necessary to reform the suitability of living and housing for the elderly. Chu Shijing, Wang Meng and Yang Shenghui (2015) analyzed the

similarities and differences of Home-based elderly care services in typical welfare countries and concluded that housing security is the primary guarantee for the elderly, especially to improve their housing environment and ensure the safety of the elderly's ability to live on their own. Zhang Ruoxi and Yin Biao (2020) analyzed the differentiated physiological and psychological needs of the elderly. Based on different pension models, they divided the aging houses into "living alone" and "family" and designed them respectively, in order to provide a more comfortable and safe living environment for the elderly. The elderly living alone generally have no care and weak self-care ability. They should consider carefully and give more comprehensive consideration to the safety, moving line and flexibility of residential space; The residential design for the elderly living with their children should pay attention to how to make up for some of the functions lost by the elderly, and focus on how to take care of the elderly when their children go out. The analysis of the needs of the elderly is conducive to continue to improve the housing aging transformation policy, do not engage in formalism, but really provide a safe and convenient living environment for the elderly.

### **5.3. Communities should Carry out Targeted Health Management Training and Advocate Residents to Enhance Their Health Awareness**

Health management aims to improve residents' understanding of health knowledge, strengthen exercise and improve their own management ability, and finally achieve the goal of enhancing the physique of the elderly. Choosing Home-based elderly care means that the closest relationship with the elderly is the community in addition to family members. Therefore, the community should first understand the interests and preferences of the elderly through investigation, to design various training activities and popularize health knowledge for the elderly in the most acceptable way for the elderly. Secondly, the community should strengthen communication with the family members of the elderly, timely understand all aspects of the needs of the elderly, and then improve the elderly care services provided by itself according to the needs and feedback of the elderly. Thirdly, health managers and elderly care service personnel can solve the problem that the elderly are unable to take care of due to urbanization and fewer children. Therefore, the community should regularly organize relevant service personnel for effective training, and accept and evaluate their services. Finally, the integration of health management into Home-based elderly care needs to give full play to the advantages of advanced information technology, but the vast majority of the elderly do not really understand the significance of intelligent elderly care, nor do they even want to understand and use intelligent products. The community should organize more elderly people to train and learn relevant knowledge of intelligent products, and organize young people or volunteers to help the elderly within their capabilities, Advocate the filial piety culture of respecting the elderly in the whole society and do a good job in providing support for Home-based elderly care. In addition, the transformation of housing suitable for aging proposed by the Chinese government not only requires the improvement of the internal conditions of the elderly's housing, but also includes the transformation of the community environment in which they live. The community should give full play to its own advantages on this issue and respond to the policy call.

### **5.4. Residents Themselves should Actively Understand Health Management and Improve Their Physical Quality**

The integration of health management into Home-based elderly care not only requires the overall planning of the government and the reasonable implementation of the community, but also the residents' own support for health management. First, residents should actively respond to the national call, clarify the goal of national health and participate in corresponding activities. Only when residents actively participate in community training activities and learn health knowledge, can health management give full play to its greatest advantages and better integrate into Home-based elderly care. Secondly, inheriting the millennial filial piety culture is a

traditional culture that China has always been proud of. Although young people are now unable to accompany their parents at all times due to work reasons, they should still adhere to the filial piety culture, not forget spiritual care while providing material security, and spend more time with the elderly. Finally, health management is not exclusive to the elderly. Residents of all ages in the community should understand health knowledge, adhere to exercise and develop healthy living and eating habits.

## 6. Conclusion

As an important foundation of the elderly care system, Home-based elderly care has always played a strong advantage. However, in recent years, affected by urbanization, fewer children and other factors, the family structure has gradually become smaller, and the elderly are forced to take care of themselves at home. Therefore, in order to solve the multiple difficulties faced by Home-based elderly care, the government, enterprises, communities and individual residents should strengthen cooperation, strive to promote the transformation and upgrading of Home-based elderly care and realize the grand goal of healthy China.

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