

## Research on Further Promoting Multiple Elderly Care Service under the Novel Covid-19 Pandemic

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**Abstract:** The novel coronavirus has created a short-term strike to China's Elderly Care Service, despite numerous methods that the government and society have taken, this sector of service still faced plenty problems during the COVID 19 epidemic. For instance, elderly mental health problem rose and the elderlies did not receive sufficient daily care protection, there was even a shortage of daily supply for them. In order to promote long-term control measures towards the epidemic to satisfy the urgent needs of the elderlies and allowing the current elderly service's stable development, this essay will be making recommendations on 3 aspects: 1) Perform health care & psychological counselling service simultaneously 2) Satisfying the basic daily essentials of elderlies 3) Cooperation of different parties, confirming that proper needs are well taken care of.

### 1. Introduction

The novel COVID 19 pandemic has created an enormous short-term economic damage to our country. <sup>[1]</sup> Looking at the economic structure, the impact is caused mainly on the Tertiary Service. As the Elderly Care Service makes up a significant part of this economy, new features are also introduced during the pandemic. The Elderly Care Service acted promptly and therefore built up a decent level of protection against the pandemic. At the same time, it is observed that the home quarantine and social elderly care system which the majority of elderlies have chosen are yet still weak, which brought greater challenges to provide care service under the pandemic crisis.

Mid-aged elderlies are found the earliest as susceptible individual, they also contribute to the critical cases in clinical diagnosis. Elderlies aged over 65 and those with underlying health conditions are the prominent high-risk group in this pandemic. As shown on the data from the press conference of The National Health Commission of the People's Republic of China on February 4, 2020, the dominant gender of deaths contributed are male, taking 2/3 of the number whereas female contributed 1/3, they are mostly elderlies, above 80% of which are over 60 years old. Over 75% has 1 or more underlying health conditions. <sup>[2]</sup> Those being CVD (Cardiovascular disease), Diabetes and also some patients with Tumor.

At the year end of 2019, there were 25.388 million people who were 60 years old or above, contributing to 18.1% of the whole population. Meanwhile, more than 180 million in China are people with chronic condition, disability and partial disability, elderlies contributed to approximately 40 million. Therefore, it is evidential that the elderly group requires more care and protection. Those with disability struggled to receive care needed during this epidemic.

Looking at the development of the current state of epidemic prevention and control, especially individuals with long-term illnesses who require vigorous care, elderlies who live in elderly homes received concentrated professional care, which significantly helped with the reducing the risk of this pandemic. Elderlies living in the community faced problems such as shutting down of elderly care facilities which results in the decrease number of services provided and made it more difficult for home care. To promote long-term control measures towards the epidemic, satisfy elderlies' essential

needs and allowing the elderly care service to develop well. This essay aims to provide relevant recommendations for elderly home care and elderly care at facilities from two perspectives. The first being elderly home care and the second is elderly care at facilities.

## **2. Conclusion from Current Literatures**

### **2.1 Conclusion from Literatures Which Aimed At Elderly Care Facilities**

Shen Lingbo and Yan Yan mentioned the strict implementation of the “five one” measures in the article “Strengthening the epidemic prevention line of old-age care institutions”, establishing a leading group, setting one set of prevention methods, doing one quarantine check, organize the distribution of resources once and to run psychological counselling once. Luo Zhenyuan put forward the “1357” working method according to “One insurance, Three good jobs, Five Suspend, and Seven Stricts” in the article “Preparing for the Prevention of Epidemic Situations in Pension Agencies in accordance with the” 1357 “Working Law”. “One insurance” refers to the fully constricted management of elderly care homes, making sure that organizations run peacefully. “Three good jobs” refers to doing well on 3 things: doing well on the psychological counselling of elderly and staff, managing promptly on emergencies. Doing well on the communication with families in order to relieve their nervous emotion, explaining well about the pandemic during this special period, gaining the understanding of elderly and their family. Doing well on caring on one another and develop positive propaganda. “Five Suspend” refers to fully constricted management on service industries, stopping all unnecessary visits, enquiries, intaking of new elderly, volunteering programs, meal sending services.

### **2.2 Conclusions Aimed at Literatures Relating to Elderly Care in the Society**

Cheng Haijun put forward in the “Policy Suggestions for Improving the Development of the Elderly Service under the New Coronavirus Pneumonia Epidemic” Based on “Health China 2030” Planning Outline and “Health China Action (2019-2030)” Related Content Requirements, we should include pandemic prevention strategy of areas of elderly population into the government's basic public health and elderly care service scope. Through the government's service purchase method, promote information on prevention of the pandemic, Healthy aging, active aging, integration of medical and nursing etc. allowing the elderly to be “The first responsible person” for their own health, which allows them to protect themselves and creates the foremost barrier for the social aspect of the pandemic prevention.

Meanwhile, he also suggested that, we should make use of social professionals in order to let them help with the elderly service. In the future the related system should be bettered with support and insurance, developing services such as visiting elderly who live alone, offering psychological counselling, emotional support, reassuring services and so on in order to provide mental assistance to the elderly.

### **2.3 Conclusions Aimed at Literatures Relating to Home-Based Elderly Care**

Wang Lin, Huang Ruiying, Chen Jiali, Chen Weiju pointed out in “Discussion on the practice of nursing home for the elderly under the new coronavirus pneumonia epidemic” that under the pandemic of COVID-19, compared to other style of elderly care, more home-based elderly with COVID-19 has the need of home-based care. During this special period, home-based care provision needs to be well planned and acted, in order to ensure the safety of both parties.

Home-based care continues its advantages during the special period of pandemic, it does not only satisfy the medical needs of patients, it also significantly helps with taking down the burden of medical organizations, lowers the risk of cross contamination, protecting the health condition of the COVID-19 patients and their families which was very helpful during the pandemic.

To sum up the above, current literatures which are aimed at different ways of elderly care during COVID-19 pandemic (mainly being organization-based, society-based and home-based), they

concluded different problems faced during the pandemic and their resolutions. However, it lacks a conclusive, systematic direction. Therefore, based on the analysis of the problem of old-age care for the elderly during the epidemic and the research on the existing research results, this paper explores a road for old-age care from the old-age care institutions, home-based care and community-based care during the outbreak.

### **3. Analysis of Different Ways of Elderly Care during Covid-19 Pandemic**

Starting from the spread of COVID-19, most places in China acted in respondent to a closed-management system which effectively help to control the spread of the pandemic. However, the epicenter of the pandemic was struggling badly and brought enormous pressure to the medical system.<sup>[3]</sup> Meanwhile, the daily lives of residents were also greatly affected. In which, groups of elderlies usually have a weaker body, a lower sense of health awareness and usually rely more on the society, they became the first group of people who were infected from clusters.

Home-based elderly care is usually joined with social services. Staff working at the society brings daily essentials and medical needs to these elderlies. At certain time, place and fixed person, these workers worked one on one with these elderlies, and this policy was widely used.

Within the family, family members prepared well on prevention and also helped elderlies with susceptible cases by self-isolation, with psychological help and by chatting with them. Caring about elderlies' body condition in time, alongside with their eating condition and excretion habit.

Elderly care at organization. Right now, there are almost 40,000 elderly care organization within the country. From when COVID-19 began to spread across the country, Beijing, Shaanxi, Qinghai, Guizhou and civil administration departments of other provinces published a notice on the end of January demanding an enclosed style of management for elderly organizations. These places were also demanded a stop of business if they have not yet established the development of healthcare service for the disabled. Services such as Daycare centers, social at-home based elderly care service care, Elderly meals have to be put into temporary stop. They are now facing the following problems.

Elderly care service professions were lacking severely. These professionals usually come from villages or commute areas. Due to the unpredictable change of the pandemic, almost all places were under lockdown. Many have returned to their hometowns and could not returned as scheduled. Even if they have returned, they were required to be in quarantine for a period of time. Since the majority of healthcare workers and management staff were stuck at a commute area, it was not possible for them to go to work and with the stricter measures to prevent the pandemic, the core management team worked together in order to deal with various types of work during the entire holiday. They faced very high pressure at work.

Second of all, there was no visit from family members. In the past Chinese New Year period, many elderlies who lived in elderly home facilities would be picked up and spend Chinese New Year in their homes. Even for those who do not return would be visited by their family members. Due to most elderly homes being in lockdown, elderlies were not able to meet with their families. There was an increase in number of individuals who failed to adapt to this. Furthermore, if this was not handled properly, it would cause huge emotional fear and anxiety which results in a poor appetite and even insomnia, which further worsens into a weaker immunity.

Third being the increase of cost due to the prevention of the pandemic. During the time where face masks, protective wears, disinfectants and gloves and so on were in shortage which implied that it would cost a lot for elderly care organizations to purchase them. This pushed the expenditure costs for these places.

However, on a positive note, it was very advantageous and successful in terms of preventing the spread of this pandemic. Since these places were in complete enclosed management, with no contact with outside and with sufficient medical staff, daily disinfection routine and risk prevention was also well looked after. These elderlies even received better protection than those who are home-based. This also showed the prominent potential of this industry.<sup>[4]</sup>

## **4. The Countermeasures of Pension Service At the Present Stage**

### **4.1 Elderly Care at Organization**

There are still a large number of elderly people in our country who are cared by the elderly care homes, and the particularity of the epidemic has brought great challenges to the operation and development of the elderly care homes. It is particularly important to do well in elderly care services during the epidemic.<sup>[5]</sup> On the one hand, elderly care homes should take good care of being health guardians. The elderly care homes should regularly disinfect the activity place and daily necessities of the elderly, keep the windows open and ventilate, remind the elderly to pay attention to personal hygiene, provide medical hygiene masks for the elderly, measure the temperature of the elderly every day and record in time, if the elderly have any comfortable symptoms, timely help, and immediately sent to the hospital outpatient clinic in severe cases. On the other hand, pension institutions should conduct psychological counseling to smooth out their anxiety. The mental health and needs of the elderly cannot be ignored, especially affected by the epidemic. The elderly are prone to pessimistic negative emotions such as anxiety and fear when they see the cold diagnosis data and the social problems exposed during the epidemic. Elderly care homes can organize the elderly to watch the News Feeds, causing them to treat public opinion information correctly, and provide different types of entertainment activities to enrich the life of the elderly, and also provide online mental health counseling services for the elderly to relieve psychological pressure in a timely manner.<sup>[6]</sup>

### **4.2 Home-Based Care**

Most of the elderly in our country choose the way of home-based care to live in their old age, so it is worth thinking about how family members do a good job of health protection and psychological counseling for the elderly during the epidemic period.<sup>[7]</sup> During the epidemic period, home-based care should first be reflected in the daily life care of the elderly. The novel coronavirus is more risky for the elderly due to their poor physical function. The risk of novel coronavirus infection is high in the elderly, and reducing outgoing is the best way to reduce the risk of infection. In order to reduce the frequency of going out, children should provide enough materials for the elderly in terms of clothes and food, so that they can meet their basic living needs at home. If they have to go out, children should remind the elderly to wear masks, and it is best to go with them to ensure their safety. At the same time, the difference between home-based care and elderly care at organization is that the former is more prominent in family emotional maintenance. During the epidemic period, children should give enough care to the elderly, accompany the elderly, communicate with the elderly, and organize recreational activities at home, so that the elderly can feel the warmth of the family and the happiness of family reunion. The psychological needs of the elderly will be met through the company and care of family members. As a result, anxiety and worry will naturally decrease.

Community is a strong backing of residents, community services can make up for the shortage of home care, better meet the needs of the elderly. The staff should first collect the basic information of the elderly in the community, establish an online communication platform with the children of the elderly, and timely understand the health status of the elderly and their family prevention and control. If there is a shortage, the community can give appropriate support according to the situation. Community to ensure the normal living life of limited activities within the scope of community residents, community living circle of all kinds of living facilities, such as the elderly day care centers, multi-functional sports fitness area can be converted into a temporary storage materials elastic space, temporary business outlets, emergency evacuation shelter and emergency service centers, community personnel to carry out the work of open channel emergency life of residents. At the same time, community staff should provide mental health services to the elderly with psychological problems, and help their children to solve the psychological problems and bad emotions caused by the epidemic.

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