

Reflections on social work intervention in urban community elderly care services

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Keywords: Social work; urban communities; elderly care

Abstract: With the increasing number of people, the phenomenon of ageing has become serious and the problem of elderly care has become increasingly prominent. After a long period of development, China's community-based elderly care services have to some extent reduced the problems of elderly care, but there are still a small number of problems that have not yet been solved. Since ancient times, it has been a traditional virtue of the Chinese people to respect the elderly and love the young, which means that both in the past and in the future, the elderly are the key target of social services, and in the context of the new era, social work is facing major challenges. With the increasing number of elderly people and the advent of an ageing society, the country is under enormous pressure to provide for the elderly. There are three main traditional models of old age care, namely community care, home care and institutional care. As society progresses and the national economy continues to improve, individual household incomes have increased significantly and a series of changes in the concept of old age have occurred. Social work plays an important role in solving social problems because of its scientific methods, professional talents and unique concepts, especially in solving the problems of elderly services, so it is of great significance to intervene in urban community elderly services.

1. Problems in urban community elderly care services

1.1. Low participation of older people in urban retirement community activities

As people age, their physical functions decline and their physical fitness and mobility decreases.^[1] Older people may be reluctant to participate in community activities because they are worried about the distance and the physical problems that may arise when participating in community activities. Some older people are used to living alone and are more withdrawn and therefore reluctant to participate in community activities. There are also some older people who do not understand or agree with the concept of community activities and therefore do not want to participate in them. All of these are signs that older people do not like to participate in urban community ageing activities. The willingness of the elderly to participate in urban community elderly activities is relatively low, which has a certain impact on the quality of life of the elderly and is not conducive to the improvement of the quality of life of the elderly in their later years. This is mainly because the urban community elderly care model has not yet been established in China, and most of the urban community elderly care models are still in the exploration stage, so there is not much enthusiasm for the elderly to participate in community activities. In addition, the urban community elderly care activity places are not perfect and the hardware facilities are backward, so it is also difficult for the elderly to participate in community activities.

At the same time, there are still some problems in China's urban community elderly care model, such as some urban community elderly care model is still mainly based on home care, which is because the cost of home care is lower; but the elderly will be taken care of by children and family members at home.

1.2. Lack of infrastructure in urban communities

Most of the neighbourhoods in which older people live are older neighbourhoods with poor infrastructure and not very good environmental conditions. These neighbourhoods lack restaurants, gymnasiums and activity centres for the elderly to organise activities. All of this can hinder the development of activities in urban retirement communities. At present, the establishment of urban retirement communities takes some time, and many communities are not aware of the importance of developing urban retirement communities. At the early stage of construction, urban retirement communities are still mainly built by the government, supplemented by private forces, and lack of corresponding management experience and professional talents, resulting in urban retirement communities not being well equipped with infrastructure.

1.3. The implementation of the pension policy is slow, and the problem needs to be solved urgently

The implementation process of the policy includes three stages: small-scale trial, large-scale promotion and large-scale popularization. The efficiency of government, funding for policy implementation and social conditions vary widely in different regions. Generally, policies are rapidly promoted in large cities, where there is large-scale promotion and strong implementation. In economically backward areas, policies are restricted by human, financial, material and environmental and other factors, and it is difficult to achieve the expected results in the implementation process. The health, care, spiritual culture, environmental and other challenges brought about by aging cannot be delayed.

2. Advantages of social work intervention in urban elderly services

2.1. Provide professional theoretical support

The core philosophy of social work is "helping people to help themselves", a scientific professional philosophy that has been tested in practice many times. It is also one of the central aspects of social work to guide community members in their work in urban retirement services. Urban retirement communities are more professional and have a higher level of service than home and institutional care, and can develop a scientific and professional service plan for each elderly person. Due to the special nature of urban community building and urban ageing work, social workers need more knowledge and research on community ageing work in order to carry out their work better in practice.

At the same time, urban community residents need professional theoretical guidance in order to carry out their work better. Firstly, professional service models and service contents suitable for the characteristics of the community should be constantly explored. In social work theory, there is a professional theory of "relational orientation", which emphasises that people are "interdependent" and "cooperative" with each other. In our community care work, we need to take into account the habits, psychological characteristics and physical conditions of the elderly, so that our services can be more precise and humanised.

2.2. Using the scientific method

Social work intervention in elderly care services will develop a rational and scientific approach to work and make the staff more professional. Firstly, it can be divided into three categories according to the scope and mode of work: individual, group and community, so that community workers can provide sensible, scientific and targeted elderly services according to different groups of people and different needs. Using such an approach will make the work more flexible and effective. More help is provided for the urban aged care community services carried out. Secondly, the professional training of social workers should be continuously enhanced to improve their professionalism. Social work is a professional occupation and requires people with professional knowledge and skills to join the work in order to better carry out community elderly services.

3. Measures for social work intervention in urban community elderly services

3.1. Maintaining the physical health of older people

With age comes many health problems. Older people can suffer from many common old diseases, such as hypertension, coronary heart disease and so on. The primary issue in urban community elderly services is to ensure the health of the elderly, and it is only when they are healthy that it makes sense to carry out other services. Service providers should promote health knowledge so that the elderly pay attention to their own health; do regular medical check-ups to prevent diseases and avoid risks; and conduct regular activities to lead the elderly in health care and improve their immune system. Urban community elderly services, in addition to ensuring the physical health of the elderly, should also pay attention to the psychological health of the elderly. As the elderly get older, their psychological changes are very obvious. They will be full of hope for life, but because they are in an unpleasant environment for a long time, they will have a series of psychological problems. Therefore, social workers should pay attention to the psychological problems of the elderly in the process of contact with them and find and solve them in time. For example, in the process of contact with the elderly, we can understand the psychological state of the elderly through chatting, and patiently communicate with them to guide them to correctly view the problems they encounter in life, so that the elderly can correctly view the changes that happen to them and thus adjust their inner state.

3.2. Life services for older people

The elderly may not be able to do many things conveniently due to their health and their children cannot be with them all the time, which will cause a lot of trouble. Therefore, social work participation in community services can be devoted to the living services of the elderly. For example, if some elderly people with disabilities are unable to go downstairs conveniently, we can provide special service staff to pick up the elderly at regular intervals when organising activities; and if some elderly people have difficulty with their legs but have to go out to buy groceries, we can set up a simple convenience supermarket to specifically serve the elderly and provide them with the convenience of living^[2]. At the same time, it is also the responsibility of social workers to provide various senior care services for the elderly. The elderly need long-term care due to physical reasons, which requires social workers to pay attention to the physical and mental health of the elderly in the process of providing services to them, and to pay attention to the psychological health of the elderly. In the process of contact with the elderly, social workers should understand the psychological activities of the elderly, find out the problems and solve them in time.

3.3. Maintaining the mental health of older people

As we enter old age, physical and mental health becomes a topic of concern. Just like adolescent children, the elderly are prone to a sense of psychological lag, so in addition to paying attention to physical health, they also have to take care of their mental health. At present, the pace of life in society is accelerating and young people are busy with their work, reducing the time spent with the elderly. The elderly cannot keep up with the pace of the young and are afraid of causing trouble to their children, so they feel lonely. Therefore, in the activities of social work intervention in urban community elderly services, community service groups should first ensure the psychological health of the elderly: firstly, they can promote health knowledge and psychological courses to the elderly and teach them how to maintain a healthy state of mind, etc. Secondly, they can organise elderly activities, health and health care exchanges, healthy competitive activities, etc., which can make the elderly active and find common hobbies, which are both beneficial to health care and can This can be beneficial to both health and mental health.

3.4. Ensuring pension work with policy guidance and legislative guarantee

The implementation of a policy or program must be based on a strong and broad foundation. As a new concept of aging, there are many obstacles and difficulties in the development of aging. In addition to policy guidance and public support, legislative protection is needed. Provide for harsher penalties for those who violate the legal provisions of aging and endanger the legal rights of the

elderly. Policy guidelines and legal protection play an important and fundamental role in the successful implementation of aging.^[3]The meaning of politics is the perception that there are patterns and order in a given area. Cultural ageing is a new phenomenon with no precedent to point to, so policy orientation is a prerequisite for promoting cultural ageing. Especially in China, where the problem of ageing is becoming more and more serious, tackling the problem of ageing is one of the key issues of the government. In order to better address this issue, the country has introduced a number of cultural ageing policies.

3.5. Promote the development of social workers and strengthen the construction of a cultural and elderly talent pool

The talent pool is the key to the development of community cultural ageing ^[4]. Social work is a professional force in social services and can be an important complement to the professional talent pool of community cultural ageing. What is needed in community cultural ageing is professionals who can provide relevant services according to the characteristics of the elderly. Therefore, cultivating elderly social workers who are good at working with the elderly is an important element for social work to participate in cultural ageing.

Firstly, social work education associations can promote the inclusion of courses on social work with older people in social work training, educate older social workers and promote professionals who teach cultural ageing concepts and service practices in their courses and provide cultural ageing services to the public. Secondly, rely on community or social organizations to provide training for older people's social workers to help them improve their professionalism and skills to better provide cultural ageing services for older people. Improving the education and training of social work for the elderly can, on the one hand, alleviate the shortage of professionals in the field of cultural ageing services, and on the other hand, promote the development of local social work, which is a good initiative to meet the demand for cultural ageing and promote the development of local social work at present. ^[5]

4. Conclusion

To sum up, with the rapid development of China's economy, people's living standard has been improving. However, as China is still in the early stage of socialism, the social productivity is not proportional to the cultural needs of the people. Therefore, in order to improve elderly services we must vigorously develop the productive forces, and the economic foundation is the key to the superstructure. Social work, as an emerging cause, has strong room for development, so integrating social work into urban community aged care has practical and superior advantages. In the process of developing social work in China, there are still many shortcomings. Although the state has introduced relevant policies to encourage social work to participate in community aged care services, it will take some time to truly realise this, and the development of urban community aged care services has a long way to go.

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