

Standardizing Respite Service for the Aged in Zhejiang: An Action Study

Hong Xu¹, Shi Ming Tang^{2,a*}, Chang Juan Guo³, and Wen Jie Ge⁴
^{1,2,3,4}Hangzhou Normal University, Hangzhou, Zhejiang, China

**Corresponding author*

Keywords: Standardizing respite service, action study, Zhejiang story.

Abstract: This action study highlights the function of respite service in upgrading of these "helpless aged" to "self-reliant ones" and "mutual support ones" and proves that respite service may facilitate family to enjoy low stress status, high life satisfaction and better sense of well-being.

1 MISSION

This research efforts to clarify and develop home standard pension respite services, it mainly include: definition of old-age home respite care, home care respite services work standards, home care respite care assessment standards, home care respite care personnel standards, classification standard of home care respite care, home care respite care schedule at home pension respite service training course.

It is focused on the completion of a comprehensive well-off society of Chinese dream, combined with the operative standard home care in Europe and advanced experience in the United States as well. It may support each other and develop Chinese style of home care 9073 mode and the 9064 mode, based on the basis of long-term care at home and work, a set of standardized service specification.

2 ACTION STUDY

The research difficulty is the establishment of home respite services local standards which need to compare the lessons, to summarize national advanced concepts and methods in operation, to analysis history and its data, to support large data case, to integrate rehabilitation and health management and life care long-term care work norm. It also demands health insurance, pension and nursing etc. insurance data collation, analysis, calculation and inductive research, therefore to

determine the measurable scope of work, staff quality and performance evaluation criteria etc.

Zhejiang Province, in recent years, efforts to implement the home care respite services, and thus meet the challenges in introducing a number of policy support, providing first-hand information, conducting work summary and innovation from the grass-roots level, improving the systematic mechanism for home care related respite services, establishing a standardized system of work standards prototype, and protecting the subject to explore new and orderly development.

Recently, the research group in Hangzhou conducts some home-based care services, promotes some innovation cases for development, creates some typical benchmark communities, including Wang Ma, Xiao Ying. Before the implementation of new normal professional volunteer service, the multidisciplinary team of experts offers great support to the protection of the local standard verification effort.

The members of the project group from Australia, Europe and the United States, Hong Kong and Taiwan, especially in urban and rural areas of the Yangtze River Delta contribute their successful practice and experience in the work content, classification mechanism, operation and service of key fundamentals and the necessity of different levels to protect the local standard which might be effective for promotion.

Task group with the proposal of the two sessions in wheezing services, the Hangzhou area survey and the basic frame of local production and research in Colleges and universities, provided precious support through teamwork for related home care services and Zhejiang stories on the Belt and Road people's connectivity and Zhejiang Hub Construction for the Belt and Road.

3 ACHIEVEMENT

The subject completed the "Empty Nester service guarantee mechanism and innovation", "home care to solve the problems" and other issues, helping to fill the blank intervention, psychological intervention and emergency assistance, to grasp the development and improve people's livelihood window, won the national, provincial and municipal demonstration of multiple awards.

Some overseas senior researchers helped to complete the introduction of the EU, Japan, Hong Kong and Taiwan and other professional standards, to explore the respite care nurses, nursing staff, nursing and other standardized and institutionalized procedures and training mode, to connected the central hospital to the community with the implementation of medical training and occupation.

Other main research group researcher Wei Hua (Melbourne), Zuo Xiaoming (Sydney) and Barbara (Canberra) conducted a comparative study and tied the Hangzhou to Canberra in science and education cooperation. Team leaders even constructed the implementation hub for home care and respite service exchange mechanism (Tang Shiming, Barbara),

The action study helps a lot to solve the problem of the operation and service of breathing space, to promote the implementation of community respite services and the evaluation of the results. Strain aging, and maintain social stability work, to establish a reasonable standard and evaluation system for the further promotion and eventually to effectively implement the policy of the party and the government's pension supplement.

The formulation of local standards has a positive and far-reaching impact on the implementation of regional sustainable development, economic innovation and harmony and stability.

Study of respite services turn crisis into opportunity, promote the "occupation family trust", "make it easy for the old man at ease", "work efficiency", "sustainable development community let happiness peace" warm, stable people and people.

Hangzhou City, Zhejiang Province, a typical community respite service pilot for the data collection base, service tracking base and training base greatly promote the improvement of the quality of community respite services.

4 SUGGESTIONS

Suggestion One: enhance the quality of life to avoid the collapse of the family.

Respite service is related to a chronic illness or disability of the elderly primary caregivers (mainly children and nanny), in advance to do a short, intermittent plan, so that the main caregivers have a short rest of the service.

Compared with the nanny market, please aunt, respite services provided by the team to support the professional services, rehabilitation, care and treatment for the elderly are very favorable. At the same time, it is also the zero distance of the Opinion Second (remote counseling and care), for the elderly and the care of children play a role in professional counseling.

Thus, survival of the elderly, especially elderly dementia, disability groups will maximize the professional care and treatment. Respite care can significantly improve the quality of life of the elderly population.

As a matter of fact, respite care could reduce the burden of caregivers, to avoid a straw that breaks the camel, avoid family members because of the pressure of life, social burden and exhausted, leading to collapse.

Suggestion Two: play active role to improve people's livelihood and well-being

With the rapid development of China, these born on 50s and 60s become Boom Baby (baby boom) and contribute population bonus. Respite survey encourages the "young and old partners help each other" and transfer their positive self-service into "self support" and "mutual pension". It is the best platform. Respite services extended out of the "time bank" and "Volunteer Recruitment", can be "square dance aunt" "burst tire" negative energy conversion to become the old (old man) service of the positive energy.

Comparing with the family caregivers who did not use respite care, it was found that the family caregivers who used the respite care had a low stress state, improved life satisfaction, and increased well-being. When the caregiver can not withstand the pressure, if the timely external support and assistance, will be able to reduce the burden of care.

Suggestion Three: construct the Belt and Roadhub for people's connectivity

In the perspective of social and political economy, respite service is to protect the working children at work, to protect the livelihood of the people at ease pension, the people and the well-being of the project. The research group, the French tourism resort of nice, and pension research institutions, research and the Swiss University of Lugano campus aging research center shows that political and economic promotion of respite services can increase the massive jobs, create economic growth pole.

It is worth noting that, giving fully support to the needs of international cooperation, project team has con form to the historical trend of internationalization of city development in aged cares, and is expected to combine new pension model with Nice Franch Style of birds paradise, Lugano Switzerland Style of pension model with Zhejiang Chinese Style of respite service. It will achieve complementary advantages in the global society and promote the leading pension industry and cooperation with the Zhejiang story for people's connectivity and Zhejiang hub for the Belt and Road.

ACKNOWLEDGEMENT

This paper was a partial achievement and financially supported by the All-China Federation of Returned Overseas Chinese Project (17DZQK203)

“Zhejiang Stories on the Belt and Road People's Connectivity” and the 4th Acadmic Conference Project for Zhejiang Provincial Federation of Social Sciences (Sub-forum 201830) “Zhejiang Hub Construction for the Belt and Road”.

REFERENCES

1. Tang Shiming, etc.. Analysis on the local standard of home care breathing space in Zhejiang province. [J]. Hangzhou: Zhejiang governor's triangle urban and rural community development research annual conference proceedings. 2016.
2. Tang Shiming. The creation and demonstration of Urban Empty Nest Service Guarantee Mechanism, J.Chinese Journal of Gerontology.20(2008)2046-2047.
3. Tang Shiming.Establishment and demonstration of service guarantee mechanism for Hangzhou empty nest elderly people -- an action study on the aging of strain society in Hangzhou, J.Journal of Zhejiang Gongshang University.04(2008)65-68.