

# **Analysis on the status quo and countermeasures of Shishi citizens' old nutrition institutions**

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**ABSTRACT.** *With the acceleration of the aging process and the steady improvement of people's living standards, Shishi citizens' old nutrition institutions have also developed. However, due to their short development time, lack of funds and management, etc., the development of the old nutrition institutions still faces many problems. This paper takes the Shishi citizen nutrition old institution as the research object, analyzes its development status and existing problems, and puts forward corresponding countermeasures on this basis.*

**KEYWORDS:** *aging; old institutions of nutrition; status quo; countermeasures*

With the acceleration of China's aging process, the issue of old-age care has gradually become a social issue. By the end of 2018, the number of elderly people in China was 249.49 million, and the ratio of aging was 17.9%. According to the data, China's aging population is gradually showing a relatively rapid development momentum. Shishi is located in the southeast coast of Fujian. By the end of 2018, the total registered population of the city was 333,068,000, and the resident population was 691,000. Among them, the number of elderly people aged 60 and over in Shishi reached 46,700, accounting for 14% of the total registered population of the city. The aging process of stone lions has accelerated. To this end, it is of practical significance to study the problems in the old-age institutions in Shishi City and propose solutions.

## **1. Development status of Shishi citizens' old nutrition institutions**

### ***1.1 The number and scale of the old nutrition institutions***

By the end of 2018, the number of Shishi old-age beds was 1,308 (including home-based pension beds), and there were 28 old-age beds per 1,000 elderly people. At the same time, Shishi 127 villages (communities) have built 100 home care

service centers, accounting for 76.4% of the total number of villages (communities). Among them, the community home care service center has achieved full coverage. However, the number of old-age nutrition institutions is much smaller than that of public pension institutions. The only known Shishi Zhenshi Senior Service Center is the old-age association. At the same time, we found that with the continuous deepening of the reform of the old-age institutions and the support of the state's development of the old-age nutrition institutions, the Shishi municipal government has gradually relaxed the access mechanism for the old-age nutrition institutions, which has led to a variety of development models, such as apartments. Pension, hospital pension, etc.

### ***1.2 Hardware facilities and staffing***

Through investigations, most of the old nutrition institutions in Shishi City have basic hardware facilities. Most of the rooms in the Nursing Homes are three or four people, with fewer single rooms, and the size of the nursing home ranges from tens to hundreds of square meters. Some of the old nutrition institutions are in good condition, such as the home care service center of Qianxiu Village in Lingxiu Town. The center has 5 floors and a building area of 450 square meters. It is divided into men's and women's day care rooms, equipped with kitchen and restaurant, fitness equipment, chess and card tables, and miniature books. Corner and distance education equipment, offices, etc. At the same time, the center relies on the front corridor of the Lingxiu Community Health Service Center to carry out medical integration.

Most of the employees of the old nutrition service institutions have lower levels of education and lower education level. Most of them are middle-aged women who work in cities. Because they generally do not receive professional nursing knowledge and training, they are mostly based on their own life experience and Common sense of life, this affects the effect of nursing services to a certain extent, and can not effectively meet the development of the elderly and the old nutrition institutions.

### ***1.3 Service type and charging standard***

Through telephone interviews, it is found that Shishimin Nutrition Old Institution mainly provides three types of services: daily life care, nursing rehabilitation and hospice care. It is less involved in spiritual services, and to a certain extent, it cannot effectively meet the psychological needs of the elderly. At the same time, the fees for old-age care institutions range from 1000-3000/yuan/person. The main expenses are composed of bed fees, nursing expenses and food expenses. The fees are relatively low compared with the old-age nutrition institutions in Quanzhou.

## **2. The problems in the development of Shishi citizens' old nutrition institutions**

With the continuous deepening of the old-age reform, Shishimin's old nutrition institutions have developed rapidly. However, due to the short development time and lack of experience of the old nutrition institutions, there are still some problems in their development.

### ***2.1 The old nutrition institution has a small development space and poor facilities and facilities.***

According to the different main body of the old-age care institution, the old-age care institutions can be divided into public pension institutions and old-age nutrition institutions. The old-age pension institutions are generally responsible for self-financing and self-employment, while the public pension institutions are given corresponding funds by the state. Through investigations, it is found that the number of beds in Shishimin's old nutrition institutions is far lower than that of public pension institutions. At the same time, due to the venues, most of the old nutrition institutions choose to rent houses or their own buildings. The facilities and facilities are relatively simple and cannot be effectively Providing security for related services. At present, the Shishi Municipal Government has issued relevant policies to subsidize the old nutrition institutions. However, the investigation found that some of the old nutrition institutions have not received relevant subsidies due to hard conditions such as the number of beds and the construction area.

### ***2.2 Lack of specialization and standardization of the old nutrition institutions***

At present, most of the old-age nutrition institutions in Shishi City mainly provide daily care services, mainly to solve the physiological needs of the elderly, such as Lazarus, and have fewer services on the spiritual level, such as mental health care and medical rehabilitation. It is blank. Most of the old-age nutrition institutions are unable to meet the real needs of the elderly, and the degree of scientificization and standardization is low. According to the service survey of the Shishi citizens' old nutrition institutions, the following problems mainly exist: First, most of the old-age care institutions lack internal management systems, and there are often unruly situations in the operation of the institutions, which is serious to some extent. It affects the effective operation of the old-age care institutions, and is not conducive to the effective management of the personnel, affairs and resources of the old-age care institutions. Secondly, most of the old-age care institutions of Shishi are starting from the middle of the road or transferring from other industries to the old-age care industry. Lack of certain professional management awareness, so the overall management level is low; once again, a well-functioning old-age care institution is not only physiological but also psychological, and the personalized service of most of the old-age institutions in Shishi is relatively lacking; It is because Shishimin nutrition old institutions have caused many problems in the development and operation process, which has led to the low treatment of the employees of Shishimin

nutrition old institutions, and the inability to recruit suitable personnel has formed a vicious circle.

### ***2.3 The overall quality of employees is not high, and there is a lack of professional management service personnel.***

Shishi City's old-age care institutions lack a certain number of professional management personnel and nursing service personnel, especially professional nurses with professional skills. Through research, it is found that the employees in the old-age institutions have standard equipment requirements, such as the ratio of the old-age care workers to the full-care old people is 30%, the ratio of the old-age nursing staff to the semi-care elderly is 20%, and the ratio of the elderly nursing staff to the self-care living. Not less than 10%; the ratio of professional skills nurses to caregivers in the old-age care institutions is not less than 20%, and physicians, rehabilitation teachers, etc. are equipped according to the ratio of medical care 1:2. Starting from this standard equipment requirement, Shishi citizens have a serious shortage of nursing staff, physicians and rehabilitation teachers in the old nursing institutions, and there is a large gap in the number of employees.

Secondly, most of the management personnel of Shishi's old-age nutrition institutions are low-level, and they are scarce for professional talents such as aged care. This is mainly due to the limited development of the old-age nutrition institutions and the low salary, so the old nutrition institutions are large. Some of the employees are rural women and laid-off workers, and the staff members have not received relevant professional training, which may cause the elderly to be unable to receive appropriate care and care in a timely manner.

## **3. Development Countermeasures of Shishi Citizens' Nutritional Old Institutions**

### ***3.1 Improve infrastructure construction and improve service quality***

Good infrastructure construction and excellent service quality can not only better protect the lives of the elderly, but also better promote the healthy development of the old-age institutions. Therefore, the old nutrition and nutrition institutions should start from the infrastructure of facilities and equipment to provide high-quality old-age care institutions for the elderly, and to solve the physiological needs and spiritual needs of the elderly. This requires the old-age nutrition institutions to invest in the existing equipment and facilities.

The old-age care service is one of the contents of the government's basic public services. Therefore, the government should continuously increase the financial investment in the old-age nutrition institutions, such as the introduction of preferential incentive policies and related bed operation subsidies, and continuously promote the development of the old-age nutrition institutions and gradually reduce the public operation. The gap between the old-age care institutions and the old-age

nutrition institutions has formed a new situation of harmonious development of the old-age nutrition institutions with government-led and citizen-assisted mutual assistance. At the same time, the government departments should also analyze the specific issues according to the actual situation, and continue to improve the implementation of preferential policies for the old-age nutrition institutions, and finally establish a working mechanism for the civil affairs departments, housing, planning, and education departments to work together. Finally, the government should establish service standards for the old nutrition institutions and encourage the healthy development of various types of old nutrition institutions.

### ***3.2 Establish service standards and promote service specialization***

The Shishi citizen nutrition old institution should continuously improve the service management level, absorb the service management experience of the excellent people's nutrition and old institutions, determine the service basis and standards that meet the needs of the old people of Shishi from a professional point of view, and strive to formulate a model of old-age management that meets Shishi's actual characteristics. This requires the old-age care institutions to actively study the service index system that meets the actual needs of the Shishi elderly, from the perspective of service personnel and the elderly, enrich the service plan and work content of the elderly, provide personalized services, and gradually move closer to the excellent old-age nutrition institutions.

At the same time, Shishimin nutrition old institutions should vigorously introduce professional management and service personnel, and constantly strengthen cooperation with professional colleges, hospitals and industry associations to ensure the talent transfer of the old nutrition institutions. For example, professional colleges and universities can establish a school-enterprise cooperation relationship with the old-age nutrition institutions, and provide relevant professional learning and services to the elderly nutrition institutions on a regular or irregular basis. This has improved the service level of the old-age nutrition institutions to some extent, and on the other hand, it has also improved the practical ability of college students; at the same time, the old-age nutrition institution can cooperate with nearby hospitals to carry out relevant medical services for the elderly in the old-age care institutions through the doctor dispatch system, which can reduce economic expenditure on the one hand, and enhance the medical strength of the old-age nutrition institutions on the other hand; The integration of resources can be carried out as a whole, and the close cooperation between the old nutrition institutions, professional colleges and hospitals will be promoted to jointly promote the development of the old nutrition cause.

### ***3.3 Strengthen the construction of the team of employees in the old-age care institutions and improve the service level***

The management personnel of Shishimin nutrition old institutions should pay attention to the construction of talents, and continuously introduce the professional

personnel of old-age service and modern management talents. At the same time, they should actively learn from the excellent old-age nutrition institutions and improve their service standards. First of all, in terms of thinking, the person in charge of the organization should have the construction concept of serving the society and serving the elderly, and strive to effectively explore effective ways to meet the development of their own institutions. Secondly, the old-age care institutions should pay attention to the business training of the employees in the old-age institutions and continuously improve the staff. Ability and quality, and the level of thinking, is committed to training the aged care staff into a professional team that can meet service standards in both thinking and practice.

At the same time, the government should study and formulate the human resources development plan for the staff of the Shishi pension institution from a strategic level, continuously strengthen the establishment of the old-age professional team, and establish a professional qualification and access mechanism for the employees of the old-age care institutions, continuously integrate the human resources of the old-age nutrition service, and vigorously improve the pension. The professional skills of service practitioners lay a solid foundation for the good development of the old nutrition service institutions.

#### ***3.4 Improve the salary system and improve the welfare of the elderly service staff***

In general, due to the limited space for the development of the old institutions of the Shishi people, the overall remuneration package for the aged care workers is poor and the wage level is not high. This leads most people to be reluctant to work in the aged care service. In order to attract professionals, it is necessary to establish a reasonable salary management system to effectively improve the welfare of the elderly service personnel. At the government level, relevant support for personnel engaged in the aged care service industry, such as the title reward system and the competition reward system, can be strengthened to promote the aged care service. The benign development of the team.

#### ***3.5 Regularly assessing the old institutions of nutrition and strengthening supervision and management***

The government should standardize the industry management system and methods for the old nutrition institutions, and classify and manage different types of old-age care institutions, continuously establish and improve the old-age service supervision system, and vigorously improve the service satisfaction of the elderly; at the same time, strengthen the evaluation and management of the old-age institutions. To timely discover the problems existing in the development of the old nutrition institutions and promote the sustainable development of the old nutrition institutions.

#### 4. Conclusion

With the acceleration of the aging process, the issue of old-age care has gradually become a topic of focus and research. The old institutions of nutrition should grasp the flood flow from their own actual conditions and continuously improve their service management level. The government should provide concrete support to the old nutrition institutions in order to promote the stable development of the old nutrition institutions.

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