

# New Pension Institution under the Background of Moderately Aging Population: Exploring the Model Community Nursing Home

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**Abstract:** China's elderly population has been growing rapidly and will enter a moderately aging society in the 14th Five-Year Plan period. The demand for senior care industry will continue to increase in the moderately aging society, but the supply of senior care services in China is obviously insufficient, so we will develop the community nursing home model and create a more suitable service model for senior care by closely focusing on the aging population and senior care. This paper points out the value of community nursing home construction, analyzes the advantages and problems of two traditional aging models: home care and institutional care, and proposes a plan for community nursing home model: optimize the spatial layout of community nursing home, standardize community medical service institutions, adopt "government-enterprise cooperation" operation method, promote the industrialization of community nursing home, and improve the service system of community nursing home.

**Keywords:** Moderately Aging Population; New Pension Institution; Community Nursing Home; Planning Scheme

## 1. Introduction

Aging population refers to the dynamics of a decreasing fertility rate and increasing per capita life expectancy of the population, with a corresponding increase in the proportion of older population due to a decrease in the number of young people or an increase in the number of older people in the total population. Aging population has two meanings: firstly, it is the process of relative increase of the elderly population and its increasing proportion in the total population; secondly, it means that the demographic structure of the society takes on an older state and enters an aging society. On May 11, 2021, the results of the seventh national census showed that China's population aged 60 and above accounted for more than 18% of the population, further deepening the aging population.

According to the United Nations classification criteria on aging, when the proportion of the population over 60 years old exceeds 10% of the total population or the proportion of the population over 65 years old exceeds 7%, it indicates a mildly aging society; when the proportion of the population over 60 years old exceeds 20% of the total population or the proportion of the population over 65 years old exceeds 14%, it indicates a moderately aging society; when the proportion of the population over 60 years old exceeds 30% of the total population or the proportion of the population over 65 years old exceeds 21%, it indicates a severely aging society [1].

Due to the influence of the population entering the old age stage during the peak birth period in the 1960s, China's elderly population will be in a period of rapid growth from the 14th Five-Year Plan. During the 14th Five-Year Plan period, the average annual growth of China's elderly population aged 60 and above will be about 10 million, which will be much higher than the average annual growth of 7 million during the 13th Five-Year Plan period. It can be expected that during the 14th Five-Year Plan period, the proportion of China's population aged 60 and above will exceed 20%, and the population aged 65 and above will also exceed 14%, entering a moderately aging society.

The demand for elderly care industry will continue to increase in a moderately aging society. At present, the supply of elderly services in China is obviously insufficient, and there is a large shortage of

beds in public nursing homes, and there is a problem that "public homes are difficult to enter and private homes are difficult to operate". Nursing homes are the various types of "homes for the elderly" that have been built in recent years in Western Europe and Japan. "Homes for the elderly" can be broadly divided into three categories: first, to accommodate the elderly who are healthy and can take care of themselves; second, to accommodate the elderly who can partially take care of themselves but still need partial care; third, to accommodate the elderly who cannot take care of themselves and suffer from various chronic diseases or disabilities.

Community nursing homes are a category of senior care facilities that provide foster care services for the elderly. In terms of service type and the target population, they cover day care centers for the elderly, senior service centers, community day nursing homes and small nursing homes serving the community. As the population is aging moderately, it is a topic worth exploring to make the elderly have a place to live, a place to get medical care and a place to enjoy. This paper explores the model of community nursing home to flexibly meet the needs of "family members who cannot take care of the elderly for a long time" and "the elderly who do not want to move away from home", so that the elderly can enjoy their twilight years in a familiar environment and in the company of their relatives.

## **2. Analysis of Traditional Aging Models**

China's traditional aging model is mainly divided into two categories: home care and institutional care.

### **2.1. Home Care**

According to the government's basic elderly care policy, about 90% of the elderly will age at home in the future. Home care is based on family and community, both of which complement each other to help the elderly in their daily lives with professional management and social services. The "senior clubs" established in the community provide a full range of services such as daily care, life care, medical care and safety, and spiritual companionship for the elderly at home [2]. The services can be chosen by the elderly according to their own financial ability and health status.

Home care has advantages: firstly, it is in line with the ethical and moral concepts of Chinese culture and is closely linked to the culture of filial piety advocated by Confucianism, which has been deeply rooted in the hearts of both the elderly and their children, and they are willing to practice and pass on this model of aging. Secondly, the economic cost of operation is low, and children usually do not need to pay extra for the living care and spiritual comfort of the elderly. The elderly can also do what they can in the family, including simple household chores and childcare, which reduces the burden of adult children and unnecessary financial expenses. Thirdly, there is a high degree of comfort and freedom. Surrounded by familiar elderly people, there is a common language between them, which is conducive to the physical and mental well-being of the elderly. The elderly long for the company of their families and children, and home care bridges the gap between the elderly and their families, achieving the unity of freedom and comfort for the elderly.

Home care has disadvantages [3]: firstly, a certain number of children are needed to share the care work. Family planning policy has been implemented for a long time, and the family structure in China has long realized the transformation of large families to small nuclear families, and the number of children has decreased, resulting in an imbalance between supply and demand for home care, and the traditional family care approach is unsustainable. Secondly, children are required to put more energy into taking care of the elderly. In modern society, competition is getting fierce, children are far away from their hometowns due to foreign employment, children have less time to spend with the elderly due to busy work, and many young people are in career climbing period, so they concentrate their energy on work and career and do not have enough time and energy to take care of the elderly. Thirdly, there is mutual tolerance and understanding between two or even three generations. Due to the great difference in life era and background, there are differences in lifestyle and ideology between the elderly and their children, and various conflicts and frictions inevitably occur in life, which affect the harmony of family relations.

### **2.2. Institutional Care**

Institutional care is a socialized aging model in which elderly care institutions are responsible for providing comprehensive services such as food and living, cleaning and sanitation, life care, health

management and cultural, sports and recreational activities for the elderly. It can be an independent legal institution or a department or branch attached to medical institutions, enterprises and institutions, social groups or organizations and comprehensive social welfare institutions. Institutional elderly care has three meanings: first, in terms of the location of elderly care, it is in a professional elderly care institution; second, in terms of the content of elderly care, it provides services such as life care and spiritual comfort for the elderly; third, in terms of the provider of elderly care services, the elderly care services are provided by professional institutional staff.

Institutional care has advantages: firstly, social interaction. There are many old friends of similar age and rich spare time activities, and people of the same age will have similar experiences and memories of growing up, so they can easily find topics and resonate with each other, form similar opinions and become close friends, thus reducing the loneliness of the elderly. Secondly, develop interests. There are always many people who have lifelong hobbies, for example, writing, painting, chess and fishing. These hobbies are often not fully devoted when they are young because of life and other reasons, and when they enter a senior living facility, they have more time to develop their hobbies. Thirdly, security is improved. As the elderly age, their physical functions decline, and illnesses cause them to be unable to take care of themselves, or even to be bedridden for long periods of time. Elderly institutions are equipped with medical staff to accompany them day and night, and are always equipped with basic medical settings and equipment, so that if the elderly have an emergency attack, they can be treated at the first time, providing guaranteed health management and medical services for the elderly [4].

Institutional care has disadvantages [5]: firstly, there is a shortage of professional caregivers. According to the survey, China's current demand for elderly care workers is about 13 million, while the actual number of employees is less than 300,000, a huge gap, elderly institutions generally face the difficulty of recruiting and retaining elderly care workers. Secondly, the quality of service varies. With the increasing number of senior care institutions and beds, the problems of uneven management and service levels, large differences between regions, and inadequate management and service standards have become increasingly prominent, and the need for standardization of institutional senior care services has become increasingly urgent. Thirdly, the service equipment is not yet perfect. There are many high-end senior care service facilities with high charges, which are not affordable to most of the elderly who have the actual demand of staying in them, and the supporting facilities are not perfect. Due to the lack of planning and land security, as well as urban land supply restrictions, most of the new elderly service facilities are located far from the urban area, the convenience of life is relatively poor, and the elderly do not want to go.

### **3. Community Care Home Model Planning Program**

With the rapid development of China's aging population, the country has entered a state of "old age before wealth", and retirement has become a key concern of society. The family structure is getting smaller and smaller, and the traditional elderly care model is under constant impact. In response to the development background of the social elderly industry, relevant institutions have proposed the community nursing home model, which is very much in line with the traditional concept and reality of China [6]. However, the current construction of community nursing home is not perfect, and not enough elderly housing and related supporting facilities are set up, which cannot meet the needs of elderly care in spatial distribution and cause certain disturbances to elderly care. Based on the preliminary research and with reference to relevant literature, the planning program of community nursing home is proposed.

#### ***3.1. Optimize the Spatial Layout of Community Nursing Home***

The central place theory believes that there is a central point within a market area, and the cost of consumption of consumers within the radiation area is the lowest. In equilibrium, according to the service radius size, the non-hierarchical market system of central place can be constructed from the bottom up, and the services of each center complement each other to constitute a perfect urban service space. In the community elderly service, with the community elderly service main body as the central point, the radiation range of each service supply main body is constructed through factors such as the activity distance and travel time of the elderly, the coverage and cost of institutional services, so that the corresponding main body is complementarily constructed to promote the level of equalization of community elderly service.

The spatial layout of equalization of community elderly services under the central place theory is not equivalent to the layout structure of "center + site", but rather a "multi-center" pattern, where each service provider is of the same level, and the degree of overlap is analyzed according to the radiation range of the service [7]. When the radiation range of each service supply main body in the region overlaps, the service items and service main bodies available to the elderly group are more diversified and more convenient to reach, which enables the elderly group to freely choose different services from community elderly service main bodies and achieve parity in terms of spatial opportunities and complementary outcomes, and the highest degree of community elderly service parity.

### ***3.2. Standardize Community Medical Service Institutions***

Medical service is the core issue of elderly care, and the current community nursing homes rely mainly on community medical services. As a whole, community health service centers are small, lack adequate investment, and lack medical-related facilities and equipment, most of which are routine, and do not match the large number of elderly people and their needs for elderly care [8]. There are no professional medical equipment and facilities to provide complete medical services. There is a large shortage of professional medical personnel, and the low level of medical services for medical staff, coupled with the reality of low wages and poor benefits, make the profession less attractive to professionals. The content of medical services is not rich enough, the service level is not high, and most of the services are limited to traditional consultation and consultation, with little involvement in daily examination and care.

The standardization of medical services should be guaranteed by law, so that the law can be followed, illegal, strict law enforcement, to ensure the implementation of the standardization of medical services. Encourage medical staff of higher-level medical institutions, in the form of volunteers to work in community hospitals, absorb more medical graduates to join the community medical team, to achieve the professionalization and formalization of the community medical talent team. Medical personnel and good medical facilities are the basic elements, and management should be standardized, normalized and institutionalized services. At the same time, the advantages of "Internet+" and big data should be used to establish cooperation and extended services between community medicine and general hospitals [9]. Increase the investment in community health care, including capital construction projects, basic medical services and preventive health services, etc.

### ***3.3. Adopt "Government-Enterprise Cooperation" Operation Method***

Cooperation is the intersection of two or more individuals or groups, working together for a common purpose. Government is a state administrative organ or authority executive organ. Enterprises are organizations that engage in production and business activities for profit and provide goods or services to society. "Government-enterprise cooperation" is a horizontal exchange, communication, mutual assistance and work between government organizations and different types of business organizations for a common economic or social interest goal, contributing their different professional specialties. Community nursing homes are operated through government-enterprise cooperation, with the government making the planning, the enterprise acting as the main body, and applying for a certain amount of financial support from the government to carry out the overall team action.

We widely publicize and advocate for those entrepreneurs with economic strength or caring people from all walks of life to provide support to the elderly care business, alleviate the contradiction of insufficient funds, improve the conditions of the nursing homes, and form a good culture of respecting the elderly in the whole society. The government-enterprise cooperative operation method breaks the boundaries between government departments and integrates the resources between departments, which, on the one hand, saves social resources and avoids unnecessary duplicate construction and cross management; on the other hand, introduces institutional competition mechanism and allows institutions to participate in the elderly care industry, optimizes the allocation of social resources and improves the efficiency of resource utilization.

### ***3.4. Promote the Industrialization of Community Nursing Home***

The industrialized development of community nursing homes, from administrative to market-oriented operation, from career management to enterprise management, from non-economic entity to economic entity, from financial maintenance to self-financing. We should advocate voluntary service, based on dedication and free service, but also follow the value law of market economy, seek

the road of industrial development, and lay the material foundation for the development of community nursing home. At present, China's society is in transition, and the continuous deepening of reform and opening-up and the continuous improvement of the market economy system provide a realistic basis and objective environment for promoting the industrialization process of elderly care services, and industrialization is an inevitable trend for the development of community nursing homes [10].

As the service projects of community nursing home continue to expand and the quality of service continues to improve, they are bound to face the problem of shortage of funds. Therefore, we should use market mechanism and take the road of industrialization to solve the contradiction between the expansion of service demand and the shortage of funds. Abandon the old ideological understanding and clear the obstacles that restrict the development of community nursing home from the mind. Establish and improve the industrial organization system, vigorously develop multi-functional community nursing home and senior service stations and other operational entities, continuously grow the scale of community nursing home, and accelerate the process of industrialization of community nursing home. Open up investment channels for the state, collectives, social organizations and individuals, and encourage various enterprises and institutions, social organizations and individuals and other social sectors to provide financial assistance. Cultivate and develop various non-governmental organizations to give full play to their role in raising funds for community elderly care.

### ***3.5. Improve the Service System of Community Nursing Home***

To improve the community nursing home service system, it is necessary to further explore community resources, set up day service care institutions covering all communities, and improve physical organizations such as home-based senior service centers and community helper service clubs. From the actual needs of the elderly, the services will be expanded gradually from the current services such as help, meal delivery and daily life care to medical delivery, accompanying sickness and bed, providing medical care services such as care and nursing for the bedridden, demented, disabled and critically ill elderly, and also carrying out services such as chatting with the elderly, who can choose different service items and service forms according to their needs and habits.

In response to the current urgent needs of the elderly, the following three types of services are provided: first, nursing care services. The services are provided by medical professionals with medical and nursing qualifications. The services include consultation, inspection, cleaning and care, etc. For the elderly with diseases, we provide medication, rehabilitation care and health care massage, as well as professional care designed for common geriatric diseases. Second, meal assistance services. The use of existing institutions and facilities to provide meal services for the elderly, or in the extension of the area to set up elderly meal points, with full-time management and service personnel, to provide quality and convenient catering services for the elderly, can also be carried out in cooperation with the market catering enterprises. Third, help bathing services. Community nursing homes can open the internal public bathroom to the elderly, set up dedicated management, or equipped with elderly-friendly portable bathing service equipment, set up a special bathing service team, the establishment of bathing service safety operation norms, and actively provide bathing services for the elderly.

## **4. Conclusions**

The community nursing home model has been developed to create a more suitable service model for the elderly, improve their physical health, focus on their mental health, make them happy in their old age, and improve their overall sense of well-being. We will focus on the "empty nesters", a socially disadvantaged group, and conduct precise analysis to explore innovative senior care models, abandoning the traditional closed model of nursing homes and providing a more flexible senior care model, drawing the attention of society as a whole to the elderly. It is conducive to alleviating the pressure of life of the working population, making children's time to take care of the elderly more flexible, improving the efficiency of the whole society, alleviating family and work conflicts, and promoting social and family harmony.

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