



## THE NEEDS OF CHINESE ELDERLY: IMPLICATION OF SOCIAL WORK PRACTICE IN CHINA

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**THE NEEDS OF CHINESE  
ELDERLY: IMPLICATION OF  
SOCIAL WORK PRACTICE IN  
CHINA**

老人服务的需要及社工的角色

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# CHINESE ELDERLY IN CHINA

## 中国老年人在中国的需求

- ▲ China's elderly population (Aged > 65) is 2.68 times of U.S.  
为美国国内华裔老年人口的2.68倍
- ▲ Adults aged >60 account for 12% of total population
- ▲ Characteristics of Chinese older adults 老年人口特色
  - Predominance of female in elder population: 3.64 million of older adult women aged >60 than older adult men 女性多于男性
  - Predominance of the young-old (Age 60-69): 50% of the older adult population 60-69 岁人口族群占华裔老年人口总数的一半
  - Having good health conditions 健康状况好
- ▲ Elderly employment 老年就业状况
  - Males has higher employment rate 男性就业人口比例高
  - Young-old has higher employment rate 老年初期人口就业比例高
  - 1/3 elderly living in cities want to have a job, but employment rate of elderly in cities decreased
  - 1/3 老年人倾向持续就业，但，市场提供就业机会逐年降低



# NEEDS OF CHINESE ELDERLY IN CHINA

## 中国老年人在中国的需求

### ▲ Needs for the oldest old aged 80 - 109

Lack of professional, skilled nursing care services in both rural and urban China 医疗专业及专科护理师供不应求

### ▲ Rural factors contribute to unmet needs 乡村地区状况

Cognitively impaired: lack of diagnosis and treatment due to poor health literacy and limited access to medical services

专业医疗认知及资源的不足

Being a male 男性角色的社会期待

Lower caregiver education 照顾者的再教育资源少 → Lower quality of care 低照护品质

### ▲ Urban factors contribute to unmet needs 都会地区状况

Having daughter/son-in-law as primary caregiver

对媳妇及女婿担任主要照顾者的期待

Having severe activities of daily living disability 失能者的日常生活照护



# NEEDS OF CHINESE ELDERLY IN US

## 华裔老年人口在美国的需求

- ▲ The Long-range Planning Committee of the Chinese Community Center (CCC) conducted a needs assessment surveying the elder Asian population in Houston and the Greater Houston Area in consultation with the Asian Senior Coalition

由中华文化服务中心主导，与华裔长者联盟合作，进行大休士顿地

### 区华裔长者照护需求评估计画

- ▲ The Graduate College of Social Work at the University of Houston (UH-GCSW) provided technical support for the project.

休士顿大学社工学院提供学术与研究指导



# NEEDS OF CHINESE ELDERLY IN US

## 华裔老年人口在美国的需求

### ▲ Issues of loneliness : (Dong, Chang, Wong and Simon, 2012)

#### 老年孤独

78 Chinese older adults

Perceptions of loneliness: 1) Emotional-absence of intimate partnerships 伴侣情绪支持的忽略, 2) Social-lack or limited social contact 有限的社会支持系统

Social, psychological and physical health correlated to loneliness with the most common being social. Specifically, a difficult relationship with a child 与下一代的交流代沟, fewer social contacts 社交活动不足, language/cultural barriers 语言及文化障碍, elder mistreatment 不当的长者照护方式.

### ▲ Implications: 影响议题

Increased emphasis on improvement of intergenerational relationships 不同世代间的亲子关系

Improve satisfaction with social support 强化社会支持系统



# NEEDS OF CHINESE ELDERLY IN US

## 华裔老年人口在美国的需求

### ▲ Issues of depression: (Dong, Chang, Wong, Simon, 2011)

#### 老年忧郁

78 older adults participated

Six categories of depressive symptoms with the most often described one as feelings of helplessness

Societal conflicts社会冲突, family conflicts家庭冲突, financial constraints经济限制, personality个性and physical health健康状况were main contributing factors.

Health consequences of depressive symptoms:

- Worsened health conditions健康状况下降, physical function decline身体功能下降, cognitive function decline/impairment认知功能缺损, abnormal weight changes不正常的体重改变

### ▲ Implications: 影响议题

Reduction of mental health disparities among Chinese older adults

心理健康状况下降

Culturally sensitive depression screening instruments

具备文化因素考量的忧郁评估量表

Increase agreement in family expectations to increase family support

强化家庭支持系统



# NEEDS OF CHINESE ELDERLY IN US

## 华裔老年人口在美国的需求

- ▲ Issues of healthcare communication & self-rated health: (Tsoh, Sentell, Gildengorin, Le, Chan, Fung, Pasick...& Nguyen, 2016):

705 participants

Majority (70.9%) indicated needing at least some assistance reading health information 阅读病例与相关医疗讯息的协助

65.7% rated themselves as having poor health

- ▲ Implications:

Identify and address healthcare communication barriers

医疗需求与照护需求的沟通（医病沟通）

Implement culturally sensitive programs to address the communication barrier needs of the population

提供具备文化与语言沟通考量的服务计画



A decorative graphic consisting of two overlapping triangles, one grey and one yellow, pointing downwards.

# GOALS 研究目标

1. To understand the needs of the Asian elderly 需求理解
2. To prioritize the needs as identified by the Asian elders 需求优先顺序评估
3. To provide recommendations to the Asian Senior Coalition and the Asian communities. 提供专业建议





# METHODOLOGY 研究方法

- ▲ The instrument was developed by the staff of CCC in consultation with the Asian communities and UH-GCSW.
- ▲ Data collection started in October 2012 and ended on January 31, 2013. Data were collected from nursing homes 护理之家, senior housing 老人公寓, social service agencies 社会服务机构, and local Asian communities 当地亚裔服务中心.
- ▲ About 1,200 surveys were distributed in the Asian communities.
- ▲ Surveys were translated from English into Chinese-Mandarin, Gujarati, Vietnamese and Korean. 问卷翻译



# DEMOGRAPHICS 人口统计资料

▲ 191 Chinese participants returned the survey

▲ Gender

Male: n=59, 30.9%

Female: n=125, 65.4%

▲ Age

<65: n=38, 19.6%

66-75: n=56, 29.4%

76+: n=91, 47.6%

Mean=74.58, S. D. =9.508



# DEMOGRAPHICS 人口统计资料

## ▲ Migratory Status 身份/移民身份状态

US Citizen: n=122, 63.9%

US Resident: n=54, 28.3%

Other: n=7, 3.7%

## ▲ Years in the U.S.

0-10: n=56, 29.1%

11-20: n=50, 25.9%

21-30: n=30, 15.5%

31-40: n=20, 10.5%

41-50: n=13, 6.7%

51-60: n=7, 3.5%

60+: n=5, 2.5%



# DEMOGRAPHICS 人口统计资料

## ▲ Living location of respondents: 居住状态

41 respondents (21.5%) indicated they live alone 独居

80 respondents (41.9%) indicate they live with their spouse 与伴侣同居

15 respondents (7.9%) indicated they live with friends/family 与朋友或家人同居

103 respondents (53.9%) indicated they live in Senior Housing 居住在老人社区

4 respondents (2.1%) indicated their living option as other 其他



# I NEED HELP WITH 我需要协助的是...

▲ The findings indicate that the following areas exceeded 10% of the respondents who need help **需求种类评估**

Minor home repairs (n=23, 12%) 居家维修

Finding affordable utility services (n=23, 12%)

基本日常生活所需之服务方案(例如：水、电供应)

Choosing senior housing (n=20, 10.5%) 老人住宿选择与安置



# I WANT TO LEARN HOW TO 教育需求

▲ The following learning items exceeded 10% of the respondents who want to learn how to: 教育需求

Managing health (n=59, 30.9%) 健康管理

Use computers (n=45, 23.6%) 电脑使用

Crime/scam protection (n=42, 22%) 犯罪与诈骗预防

Affordable medical services (n=34, 17.8%) 医疗服务选择

Use metro buses (n=25, 13.1%) 大众交通工具使用

Affordable meals (n=21, 11%) 饮食计划



# I NEED HELP GETTING TO AND FROM A PLACE I GO TO 外出需求

▲ The following areas exceeded 10% of the respondents who need help getting to and from a place they go to: 外出需求

To medical services (n=44, 23%) 就医

To exercise (n=29, 15.2%) 运动

Shopping (n=28, 14.7%) 购物

To learn something I like (n=25, 13.1%) 学习课程

To have fun (n=24, 12.6%) 娱乐

To get food (n=21, 11%) 外食





# I NEED HELP WITH 我需要协助的是...

▲ Regarding “I need help with” items, the following areas exceeded 10% of the respondents who needed assistance with: 需求评估

On translation (n=54, 28.3%) 翻译

Improving memory (n=33, 17.3%) 增强记忆力

Improving speech (n=28, 14.7%) 增强口说能力

Understanding doctor's direction (n=26, 13.6%) 医病沟通/医嘱理解

Improving my health (n=25, 13.1%) 增强自身健康状态

Cleaning (n=21, 11%) 清洁



# ADULT CAREGIVING 成人照护

- ▲ 27.2% of elders indicated someone takes care of them.

## 倚赖他人照顾

- ▲ 7.9% of elders indicated their caregiver is paid.

## 支付照顾者薪水/所需费用

- ▲ 16.2% indicated the person who takes care of them is a family or friend.

## 照顾者为家人或朋友

- ▲ 8.4% of participants reported they cannot afford hiring someone.

## 无力额外支付费用雇用专业照顾人员



# ADULT CAREGIVING 成人照护

- ▲ 13.6% of respondents indicated they care for family/friends.

照顾对象为家人或朋友

- ▲ 28.8% of elders indicated they are not taking care of someone.

无需要照顾的对象

- ▲ 15.2% of elders reported they take care of someone.

有需要照顾的对象



# HEALTH-CARE健康照护

- ▲ 64.9% indicated they have an annual check-up  
接受年度健康检查
- ▲ 62.8% of elder report having a regular doctor  
有固定的家庭医师
- ▲ 64.9% take medication regularly  
有固定/长期服用的药物
- ▲ 51.3% have a health condition that needs regular care by a doctor  
有固定就医的需求
- ▲ 59.7% reported they did not need help purchasing medication



# RELATIONSHIP BETWEEN DEMOGRAPHICS AND NEEDS

## 人口统计资料与需求



# AREAS NEEDING HELP BY GENDER

## Males (n=59)

- ▲ Going to medical services (20.3%) 就医
- ▲ Going to exercise (16.9%)
- ▲ Choosing senior housing (15.3%) 老年住宿选择
- ▲ Going to have fun (13.6%)

### 团体娱乐活动

- ▲ Going to have fun by myself (11.9%) 个人娱乐活动

## Females (n=125)

- ▲ Going to medical services (25.6%)
- ▲ Going shopping (18.4%) 购物
- ▲ Going to learn something I like (16%) 学习课程
- ▲ Going to exercise (15.2%) 运动
- ▲ Going to get food (14.4%) 外食
- ▲ Affordable utility services (14.4%) 购置可负担基本生活需求
- ▲ Going to have fun (12.8%) 娱乐



# TOP 5 AREAS OF NEED FOR U.S. CITIZENS (N=122) 具备公民身分 住民

## ▲Top Five Areas of Need:

- ▲On translation (28.7%) 翻译
- ▲Going to work (23.8%) 就业
- ▲Going to medical services (18.9%) 就医
- ▲Improving memory (17.2%) 增强记忆力
- ▲Going shopping (15.6%) 购物



# TOP 12 AREAS OF NEED FOR U.S. RESIDENTS (N=54) 合法居留身分住民

- ▲ Going to medical services (35.2%) 就医
- ▲ Improving speech (31.5%) 提升口语沟通能力
- ▲ On translation (27.8%) 翻译
- ▲ Going to exercise (18.5%) 运动
- ▲ Going to learn something I like (18.5%) 继续教育课程
- ▲ Going to get food (16.7%) 外卖
- ▲ Going to have fun (16.7%) 娱乐
- ▲ Improving memory (16.7%) 提升收入
- ▲ Understanding doctor's direction (16.7%) 医嘱理解 / 医病沟通
- ▲ Minor home repairs (14.8%) 居家维修
- ▲ Finding affordable utility services (14.8%)





# TOP 7 NEEDS OF THOSE ABOVE POVERTY LEVEL (N=29) 高于贫穷线人口群

- ▲ Crime/scam protection (27.6%) 犯罪与诈骗预防
- ▲ Managing health (27.6%) 健康管理
- ▲ Minor home repairs (24.1%) 居家维修
- ▲ Improving memory (20.7%) 提升记忆力
- ▲ Affordable medical services (17.2%) 医疗服务选择
- ▲ Going to have fun (17.2%) 娱乐
- ▲ Going to exercise (17.2%) 运动



# TOP 10 NEEDS OF THOSE BELOW POVERTY LEVEL (N=109) 低于贫穷县人口群

- ▲ On translation (39.4%)
- ▲ Managing health (33.9%)
- ▲ How to use computers (33.9%)
- ▲ Going to medical services (27.5%)
- ▲ Crime/scam protection (21.1%)
- ▲ Affordable medical services (21.1%)
- ▲ Improving speech (20.2%)
- ▲ How to use metro buses (18.3%)
- ▲ Improving memory (18.3%)
- ▲ Finding affordable utility services (17.4%)
- ▲ Going shopping (17.4%)
- ▲ Improving health (17.4%)
- ▲ Going to learn something I like (16.5%)
- ▲ Affordable meals (15.6%) 饮食方案
- ▲ Going to exercise (15.6%)



# LIVES ALONE (N=41) 独居人口

*Elders who live alone state...*

*Elders who live alone need help with... 需求项目*

- ▲ I take medication regularly. (78%)  
有固定/长期服用药物
- ▲ I have a regular doctor. (73.2%)
- ▲ Annual check-up (70.7%) 年度健康检查
- ▲ I have a health condition that needs regular care by a doctor (53.7%)  
固定就医需求
- ▲ Going shopping (19.5%)
- ▲ Going to medical services (19.5%)
- ▲ Understanding doctor's direction (19.5%)
- ▲ Help cleaning (19.5%)
- ▲ On translation (17.1%)
- ▲ Going to have fun (17.1%)



# ELDERS WHO LIVE WITH OTHERS NEED HELP WITH...(N=4) 与他人同住

- ▲ Managing health (50%) 健康管理
- ▲ Improving strength (50%) 优势提升
- ▲ Improving speech (50%) 提升口语能力



# ELDERS LIVING WITH THEIR SPOUSE NEED HELP WITH... (N=80) 与伴侣同住

住  
Elders living with their spouse state that...

Elders living with their spouse need help with...

▲ I have a regular doctor. (66.3%) 有固定的家庭医生

▲ Annual check-up (66.3%)  
年度健康检查

▲ Don't need help purchasing medication (66.3%)

无药物购买需求协助

▲ I have a health condition that requires regular

▲ Managing health (32.5%)

▲ On translation (26.3%)

▲ Crime/scam protection (23.8%)

▲ How to use computers (23.8%)

▲ Going to medical services (23.8%)

▲ Improving memory (17.5%)

▲ Minor home repairs (16.3%)

▲ Affordable medical services (16.3%)

▲ Improving speech (16.3%)

▲ Going to exercise (15%)

▲ Improving health (13.8%)



# THOSE NOT LIVING WITH SPOUSE NEEDS HELP WITH...(N=99) 未与伴侣 同住

- Managing health (32.3%)
- On translation (30.3%)
- To use computers (26.3%)
- Going to medical services (25.3%)
- Crime/scam protection (23.2%)
- Affordable medical services (21.2%)
- Gong shopping (20.2%)
- Understanding doctor' s direction (19.2%)
- Improving memory (18.2%)
- To use metro buses (18.2%)
- Going to learn something I like (17.2%)
- Going to exercise (17.2%)

# THOSE WHO LIVE WITH FAMILY FRIENDS NEED WITH...(N=15)与朋友或家人同住



社会工作专业教学资源库

- ▲ Affordable medical services (53.3%)
- ▲ Managing health (46.7%)
- ▲ Minor home repairs (33.3%)
- ▲ Finding affordable utility services (33.3%)
- ▲ Crime/scam protection (33.3%)
- ▲ Going to learn something I like (33.3%)
- ▲ Going to have fun (33.3%)
- ▲ Going to exercise (26.7%)
- ▲ Going to medical services (26.7%)
- ▲ Affordable meals (26.7%)



# THOSE WHO DO NOT LIVING WITH FAMILY OR FRIENDS NEED HELP IN...(N=164)

## 未与家人或朋友同住

- ▲ Managing health (31.1%)
- ▲ On translation (29.3%)
- ▲ How to use computers (25%)
- ▲ Going to medical services (24.4%)
- ▲ Crime/scam protection (22.6%)
- ▲ Improving memory (18.3%)
- ▲ Affordable medical services (15.9%)
- ▲ Going shopping (15.9%)
- ▲ Going to exercise (15.2%)





# LIVING IN SENIOR HOUSING (N=103)

## 老人小区住民

- On translation (40.8%)
- Managing health (34%)
- Going to medical services (29.1%)
- Crime/scam protection (27.2%)
- How to use computers (27.2%)
- Going shopping (21.4%)
- Improving memory (20.4%)
- Improving speech (19.4%)
- Understanding doctor's direction (19.4%)
- Affordable medical services (18.4%)
- How to use metro buses (17.5%)
- Improving my health (16.5%)
- Choosing senior housing (15.5%)
- Cleaning (15.5%)



# NOT LIVING IN SENIOR HOUSING

(N=78)

## 非老人小区住民

- ▲ Managing health (29.5%)
- ▲ How to use computers (21.8%)
- ▲ Minor home repairs (23.1%)
- ▲ Affordable medical services (19.2%)
- ▲ Going to exercise (19.2%)
- ▲ Crime/scam protection (17.9%)
- ▲ Going to medical services (17.9%)
- ▲ Going to have fun (15.4%)



# AGE CATEGORY: <65 YEARS OLD

(N=38)

小于65岁人口

Help with minor home repairs (34.5%)

Learn about managing health (34.5%)

Learn about affordable medical services (34.5%)

Help on translation (24.1%)

Learn how to use computers (24.1%)

Help finding affordable utility services (20.7%)

Crime/scam protection (20.7%)

Help going to learn something I like (20.7%)

Help going to exercise (20.7%)

Help improving speech (20.7%)

Help understanding doctor's direction (17.2%)

Help going to medical services (17.2%)



# RECOMMENDATIONS



# RECOMMENDATIONS

- ▲ Provide free assistance in transportation to medical services.

提供免费交通与医疗服务

- ▲ Provide free transportation to shopping for respondents to who live alone.

提供免费购物交通服务给独居老人

- ▲ Provide free translation services for seniors via phone services

提供免费电话预约交通服务

- ▲ Hire more social workers to teach respondents about crime/scam protection.



# RECOMMENDATIONS

- ▲ Provide assistance with health management.

提供健康管理协助

- ▲ Offer educational classes for elderly who want to learn how to use computers.

开办计算机课程

- ▲ Researching ways to provide affordable medical services to those without health insurance.

针对没有医疗保险民众，提供低费用或免费的医疗服务

- ▲ Increase volunteers for home services including minor home repairs.

增加义工(志愿服务者)人数以提供居家服务，例如：居

# CONCLUSION

Questions and Answers? 问与答

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