Psycho-Social Support for Home-based Elderly Career in Guangzhou, China

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Background

- Home-based Elderly Care Service begun in 2006
- Limitation of Government Input
- Lead to poor paid of Career
- Lead to the limitation of service
Aims

• To describe the situation of Home-Based Elderly Careers from one center’s experience
• To explain why psycho-social support to Careers is important
• To share what we have done
The Situation of Home-Based Elderly Career

- Elderly Career are required to be:
- People without work because of the reform of government or collective organized enterprises, (Xia Gang)
- 40s-50s years old
- Government’s intention: A policy to increase employment to compensate the reform’s victims
The Situation of Home-Based Elderly Career

Gender:
- 7 women

Age:
- average 47.3, 42-58

Education level:
- 1 less than primary school, can’t write and read
- 4 junior school
- 2 high school

Marriage:
- 5 Married, 2 Husband dead left children to raise up

Family:
- 2 domestic violence victims, 2 husbands have stroke, 2 husbands don’t work or have been retired, 3 benefit from lowest income compensation, 3 have more than one child
The Situation of Home-Based Elderly Career

Income counted by service hours

- 10.6 RMB/h, the lowest salary per hour in Guangzhou
- Time spent on way don’t pay

Average income:

- 1015 RMB/month
The Situation of Home-Based Elderly Career

- Come from poor family, have to work to raise husband, children, parents
- With poor relationship with husband or children
- Face a great pressure both from family and work, both economical and psychosocial
Relationship between Elderly and Career

Poor, unhappy, women, Careers

Poor, lonely, weak, elderly, Clients
Why Psychosocial Support to Careers?

Social Work
- Psychosocial Support to Careers
- Empower Careers
- Pressure Management

Elderly
- Better Service
- Higher Satisfaction

Career
- Higher Self-esteem
- Positive thinking
- Better mental health
- Better social networks of workmates
Intervention Methods

- Providing more chance for sharing experience and meet workmates, so as to increase peer support
Intervention Methods

- Train them some skills to communicate with elderly; so as to decrease work pressure and increase self-confidence;
Intervention Methods

• Show concern to themselves individually, to increase belongingness and to make sure career take good care of themselves;
Intervention Methods

- Provide case work to difficult elderly to release career from pressure. After intervention, careers shows greater work satisfaction, elders’ feedback shows they are more satisfied with the careers.