

Existing Problems and Solutions of Senior Living

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Abstract. Aging is a serious problem in the world. How to support the elderly has become the hottest topic nowadays. In many cases, children simply do not have the time or energy to take care of their parents when they are sick. And many older people have no children to support them. The truth of the matter is that taking care of oneself in old age is not an easy thing to do, as is known to everyone. For the elderly to be able to meet their daily needs, they need to be able to have a caregiver who can assist them on a regular basis so that they can take care of themselves on a day-to-day basis. Going to senior living is an excellent way to care for the elderly. Old people can be taken care of and enjoy their old age in senior living. But there are also doubts about the quality of life for the elderly that reside in senior living facilities.

Keywords: Aging; older people; senior living.

1. Introduction

Globally, there is an important trend. All different nationalities care more and more care about the provision for the aged. According to Retirement savings research, it is found that the consciousness of providing for the aged is increasing. The rate of people invests their money to provide for the aged which increases year by year.

There are some reasons which cause this happens. Firstly, the baby boom. Many countries went through a baby boom. According to a report published by the U.S. Census Bureau Projected, on account of the aging of baby boomers, the aging population is growing rapidly, and chronic diseases are increasing. It is hard for the government to support those elder citizens [1].

Secondly, Nowadays, because the economic pressures, many people have no children. This means many people are older, there are no children to support them. Or their children have many pressures from work and money. Children have not enough money and time to support their parents. Thus, people need to prepare for their old age.

Third, when people age, following they need suffer many illnesses. Such as senile dementia, cancer, hearing disorder, and so on. At this time. Those elder people need to be taken care of by others.

Forth, Today's old people not only need to be taken care of but also need more recreation. The number of universities for the elderly increase can prove this opinion of elder people needs more amusement.

Finally, through COVID-19. People realize the importance of healthy. People are paying more attention to their health. Therefore, people are willing to pay more for healthy and quality of life. In the market, people be anxious to find someplace where can enjoy their elder life and be healthy.

Through those research, data, and analysis it can be seen that people be anxious to provide for the aged. In China, there are many demands to provide for the aged. But have no specialized industry. In China, many old people's homes are simple and crude. However, old people have worked hard all their lives, they also need a good living environment and facilities in their old age. Chinese old people's homes can not satisfy elder people's requests. There is a huge gap in the elderly care industry. This means that high-end senior living has a huge market.

This study can provide solutions for developers who have concerns about senior living. The main research is the doubts of the elderly about living for the elderly. By investigating the doubts of the elderly about the apartment for the aged, the paper summarizes and finds out the appropriate solutions. It enables developers to understand the problems that may occur in senior living and know how to deal with them.

2. Problems in Old Age

2.1. Elderly Living Standard

Many senior people pay attention to the equipment and atmosphere in senior living. The atmosphere and equipment decide the life level of people live at there. There are many details which decide the senior people if they are more convenient and safe living at the senior living. It is also an important element for people to choose to live at there.

There are many bullies happened to senior people. In the world of old people, there will be the same bullying as at school. This bully not only causes in language but also physical. Take a resident Marsha for example. She always suffers other bullies, such as rabbit Punch, Flip over her desk, and so on. Bully also happened to others [2]. According to research, one in four old people had seen bullying between older people. There are many old people who will gather together to isolate one senior people. The bully between the older people is worse than I thought. Most of the bullies are linguistic and social. Thus, it's hard for people to notice [3]. Many old people are living in the senior living, they do not have any relatives to help them. The only thing they can do is suffering those bullies. But it also causes many senior people to have many mental and physical problems.

Old people need safety measures to keep them safe. Many old people are dying because tumble, strikes and slips. This highlights the importance of protection facilities. People will be concerned about those protection facilities if it can prevent elder people accidental death. Many old people's house have no any facility to make sure elder people's safety. Sometimes there is not enough bed for senior people to use. A part of the seniors uses makeshift bed which is easy broken [4].

A good living environment can make people feel comfortable. It is very important for the elder people. Elder people need keep be delighted, which can help them enjoy the senior living and keep a good mindset is the secret to a long life. No one do not like living at a good environment. By contrast, many of the old people's house in China are no plants. There is only an open space for the old man to rest. Elder people can not be living at a good environment.

They want to take some activity to enrich their boring old age. Nowadays, the elder people are willing to accept the new things. It is found that in recent years, In China, many elderly universities set up. More and more elder people are joining into the elderly university. They always do many activities in the whole day. It is not like in the past, the elder people just stay at home, only watching TV or being in a daze. Which means they want to have more activities to enrich their life.

There is something will happen at the senior living, this is causing many old people unwilling live at senior living.

2.2. Doubts of Elderly

Senior people have some bad ideas about senior living and personal reasons. This causes them to fear living at senior living.

In the traditional Chinese concept, the elderly need to be supported by their children when they get old. Many Chinese old people fear living at old people's houses and senior living. Elder people think when they go to the old people's houses, this means they are abandoned by their families. Especially the elder people are very sensitive to abandonment. When people are elder, they will be more emotional. Putting them into senior housing, from their point of view, means their children don't want them anymore. Every elder people want to spend the rest of their life with their family in China.

Another reason why old people do not want to live in senior living is that they need to adapt to a new environment. It is hard for senior people to do. They live in the old house for many years, they are already familiar with the people around them, and they have their social circle. All of the things around them are familiar, and they are used to the present life. If put in a new situation, they need to build a new social circle and need to adapt the new environment. All the things they had before have gone to zero. This is undoubtedly a heavy blow to the elderly. When they go to senior living, they need to face some problems, such as no one talking to them, do not know where they need to go, just

staying alone, and having no one to accompany them. This is terrible for old people. Many elder people may not adapt to the new environment anymore [5].

Old people are afraid of being cheated of their money. Many elder people have no stable income. They think they cannot afford the cost of senior living, and they worry about when they pay for the senior living, but there is low quality, and do not achieve the expectation. Their few possessions will be lost. They don't think their property is secure and spend a lot of money, but they don't have the life they want. There are a lot of false claims about nursing homes. In advertising, developers make good, comfortable old people's houses to attract old people living there. Yet, when old people living at there, they find the truth is not as good as the hype. But they can not get their money back. That causes many old people to not believe in any senior living.

Elder people's thoughts and those stereotypes hold back the marketing of senior living.

2.3. Health of the Elderly

Older people are most concerned about their health, which is a very important aspect of their lives. People are more likely to contract diseases when they are older, as they are at a greater risk of contracting them. There are a large number of people who suffer from chronic diseases, which means that they need constant medical attention. There are times when an unexpected illness can lead to the death of an old person. The fact remains that everyone will die someday, everyone fears death, and everyone hopes to live a long, happy, and healthy life. This is especially true for the elderly, who are nearing the end of their lives and will soon pass away. Thus, they need tender care to help older people live longer [6].

Currently, the company is having trouble finding nursing workers who have a wealth of experience, are devoted, and are ready to give anything to take care of elderly people. A country such as China does not have a complete industrial chain, as opposed to other countries that do. Similarly to the United States, there is a complete industrial chain of nursing workers in this country as well. In this way, senior citizens living in America can live in peace with each other. There is a company that trains those nursing workers, and they are trained by that company. There are still a lot of issues to be solved in China when it comes to the train system. Even though this job is only done by a very small number of companies. As a consequence, many senior living communities are unable to hire qualified nursing staff to deal with their residents. Quite a few nursing workers in Chinese senior living facilities are temporary workers on a contract basis. It is estimated that most of those workers have no experience taking care of elderly people [7].

This causes many elders to fear living at senior living can not be delicate care, there are some things that nursing workers will ignore. More specifically, nursing workers, sometimes will forget to give medicine to old people and forget to take some exercise.

3. Suggestions

3.1. Improve Living Standard

The elder people group plays the most important role in preventing the bullying that occurs among them. Training staff on recognition and anti-bullying techniques is a strategy which can help prevent bullying from taking place in the first place. Among the topics included are a commitment to zero tolerance for bullying, safe and effective intervention strategies, reporting mechanisms, and identifying behavior changes in the resident by recognizing his/her background. As well as early identification and assessment of the problem [3].

A developer needs to make sure that there is some sort of special facility included to help the elderly have a safe situation. Such as many handrails everywhere and a sloping area for wheelchairs to pass. A hospital bed could be fitted into the elevator if it was small enough. It is possible for those things to reduce some of the incidents that may occur during an emergency. In the meantime, there needs to be enough space and beds reserved for any extra people that may arrive.

As a matter of fact, there are many senior living communities with poor environments. This is why it is essential that there is a space at the senior living facility where some plants can be planted in order to create a healthier environment. A larger open space would allow older people and an older community to go for a walk and exercise in some open space. Natural lighting is highly valued in China. Chinese participants with more work experience placed more importance on building layout [8].

It has been proven that some activities can increase the life satisfaction index of senior citizens. Senior living communities need to continue to organize activities for the residents. Furthermore, it is suggested to open a university that is dedicated to the elderly in order to promote the physical and mental health of these individuals. In addition to exercising and doing some creative activities, elderly people can also be more physically fit and have better brain activity and mental function if they do not do any activity at all [9]. Bowling Green, KY, a vibrant university community, and one of the original seven US cities to join the World Health Organization (WHO) Age-Friendly Cities and Communities Initiative, has demonstrated that a cohesive community is friendly to all ages [10].

3.2. Solve the Mentality Problem of the Elderly

Among the Chinese people, this family is considered to be one of the most inveterate. The Chinese people find it hard to live with their family when they are away from their family. The first thing that has to be done is to remove this opinion from the discussion. It is these elderly living facilities that require media publicity to inform citizens that it is nothing like what they expected. A good way to support the elderly is by allowing them to visit nursing homes. The elderly living will be able to convince them to believe what they are told when they see it with their own eyes. In this place, there are people who describe every detail in great detail, making it possible for elder people to live in peace here.

Assisting the elderly in adapting to a new environment can make their lives easier if they are accompanied by a professional. It is possible for elderly people to find friends quickly by involving human intervention. As a result of the fact that there are not always people present to talk to elderly people, the nursing workers need to pay more attention to them. Also, have professional psychological counselors conduct regular inquiries and check-ups for the elderly. The older person should be aided by a manual intervention as soon as it has been determined that they aren't able to adapt on their own. Assisting older people to integrate into the community in which they live.

It is important to make the old man feel good about his new home, which is why good employees are necessary to show them respect and care. For this reason, it is very important to look for a nurse who is able to do this type of work and some other professionals who handle these types of tasks.

3.3. Address the Health Problems of the Elderly

In China, not many caregivers are trained in order to care for their loved ones. Most nursing workers lack the necessary knowledge and experience to take care of elder people due to a lack of experience in caring for them. The senior living industry, on the other hand, needs many workers with a lot of experience in the industry. As a result, senior living centers need to make sure that their nursing workers undergo a prolonged training process. In order to ensure that all nursing workers have sufficient skills to take care of older people, it is essential to ensure they are trained. The senior living facility should also hire medical staff in order to meet the needs of its residents. The qualification of the candidates needs to be checked before they are hired. There is a guarantee that medical workers can bring some useful cures for the old people in their communities.

The nursing workers need to have the training, and the professional medical personnel who are trained in the field are also in need. However, it is also important that senior living facilities are fitted out effectively. This is especially important when it comes to the COVID-19 when people find that it is an important element for the construction process [4].

Each area of the building has a circulation system to ensure that the air can easily circulate, telemedicine, and natural ventilation to keep the area warm [8]. I believe that such requirements and

fittings are important for the elder's health, as well as for the fighting of pandemic diseases such as COVID-19, as well as for the prevention of cancer.

4. Conclusion

In senior living, developers need to consider many things. Not only the buildings and facilities but also the health and mentality of the elderly. In order to let the elderly in senior living have a healthy body and good mentality. Developers need to take into account the standard of living of the elderly in senior living. Things like bullying, facilities and activities can have an impact on the standard of living of older people. But by raising awareness among caregivers, increasing safety facilities, creating activities, the happiness index of the elderly can be improved. The old people's stereotyped influence on nursing homes will also affect the occupancy rate of senior living. This can be solved by increasing positive marketing. The primary concern of the elderly is health. If the senior living is equipped with good medical measures and decoration. These can improve the health of older people. It will be a trend for old people to enter nursing homes. It turns out that more young people are busy with work and have no time to take care of the old. The standard of living in old age is not guaranteed. But when the nursing home has the above preparation. This can improve the living standards of the elderly to some extent. So that the elderly can live a peaceful old age. And children don't have to spend too much time and experience taking care of the old. More and more elderly people will prefer to live a secure old age in a nursing home. The children can also rest assured that their parents have professional care.

This paper provides some possible countermeasures for the developers of living for the elderly. In the future, a better understanding and solutions for the development of senior living should be put forward.

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