

# Discussion on the mechanism of professional social workers' intervention in community elderly service

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**How to cite this paper:** Li, H., Han, X., & Zhang, S. S. (2025). Discussion on the mechanism of professional social workers' intervention in community elderly service. *Education and Social Work*, 1(2), 224–228. ISSN Print: 3079-515X, ISSN Online: 3079-5168.

<https://doi.org/10.63313/ESW.9027>

**Published: 2025-04-25**

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## Abstract

At present, China's aging problem is becoming more and more serious, so it can be seen that the improvement of the elderly service mechanism plays a crucial role in alleviating the problem of population aging to a large extent. In the operation process of the specific community elderly service mechanism, it is necessary to further combine the actual situation with the effective introduction of professional social workers, so as to ensure that the elderly can be provided with better and more professional services, so that the quality of life of the elderly can be significantly improved. Combined with this situation, this paper analyzes and discusses the necessity and rationality of professional social workers' intervention in the community elderly service mechanism, and focuses on the analysis and discussion of the relevant ways of professional social workers' intervention in the community elderly service mechanism. I hope that through the brief analysis of this paper, it can provide some reference for relevant practitioners.

## Keywords

Professional Social Work Institutions; Community; Service Mechanism For The Elderly; Mode

## 1. Overview of community elderly service mechanism

Usually, what we call the community elderly service mechanism is mainly based on the community. All services are effectively carried out at the community level, and the corresponding practical activities are carried out according to the specific situation of the community. In the process of building a community service mechanism for the elderly, professional social workers are required to combine their knowledge, theories and methods with the specific situation of the whole community, make full use of the existing resources of the community, and provide more targeted and effi-

cient professional social workers services, so as to effectively meet the internal needs of the elderly in the community to the maximum extent, eliminate the strangeness and alienation among the elderly in the community, and give the maximum satisfaction in spirit and life[1]. From the perspective of the community, with the intervention of professional social workers, it can further enhance the trust and dependence between individuals, families and society, ensure effective support between them, so that the community can build up common values and community culture, and further create a better and harmonious community environment.

## **2. Main contents of the community elderly service mechanism**

On the whole, there are three ways of community elderly service mechanism, specifically, including home-based care, community care and institutional care[2]. Generally speaking, what we call community pension includes effective cooperation between family members and professional nursing personnel. The objects of institutional pension are mainly the lonely old people and empty nest old people supported by the government, or the old people who have no spare effort in family care, and who can't take care of themselves or half by themselves, and the old people who have a certain financial ability to pay and are willing to go to institutions for pension. But fundamentally speaking, there are many elderly people in real life who are reluctant to leave the community where they have lived for many years. Usually, they will choose the home-based care mode based on their own actual situation. In this case, the community pension service mechanism presents a more significant advantage. It integrates the relevant advantages of home-based care and community pension, making them complementary. It can focus on better pension services for the elderly groups in the community, so that the pension problems existing in practice can be effectively solved. At the same time, it can also effectively deal with a series of related issues such as psychological level and interpersonal communication, and further effectively integrate relevant factors such as government departments, community units, social welfare organizations, and families, so as to provide effective help for the legitimate needs of the elderly to the maximum extent, so as to build a more humane and scientific service mechanism. In the process of promoting the community pension service mechanism, it is necessary to take the community as the main service unit, provide effective services for the elderly who are inconvenient to go out and empty nests in the community as much as possible, provide effective support and care in spiritual and material aspects, and give family like warmth. At the same time, it is necessary to ensure that the government carries out effective regulation and control from the macro level, as well as the support of relevant social organizations and neighborhoods, so as to ensure that the community pension service mechanism is further improved and perfected, and lay a foundation for the elderly to spend their old age safely[3].

### **3. The unique role of professional social work institutions in the social pension service mechanism**

#### **3.1. It can make the elderly better adapt to environmental changes**

After the elderly live in the relevant pension institutions, when facing the new service mechanism, they will have a strange feeling and a sense of alienation from the surrounding personnel and things. How can they more effectively adapt to the new environment and happily enter a new life, which needs the guidance and help of professional social work institutions. At present, there is no professional adaptive guidance for the elderly in China's community service mechanism. Professional social work institutions can further effectively integrate the resources around the elderly, so that they can more timely and effectively adapt to the new environment, start a new life, and improve the quality of life in the community service mechanism to a greater extent.

#### **3.2. Professional social work institutions can effectively guide and help the elderly better adapt to new social relations**

The elderly involved in the community service mechanism have huge differences in character. In the new mechanism, they still have some problems in interpersonal communication and social adaptability, and there will be some friction. In addition, there will be some friction between the elderly and the caregivers of the community service mechanism, and there will be new changes in the relationship between children and husband. In such a case, there will be some disputes, even fights and other related bad events. At present, the conflicts in related aspects are mainly mediated by the elderly themselves or by spontaneous institutions, which is not professional and targeted, and the effect is not very significant. Through the intervention of professional social work institutions and relevant workers, it can more effectively solve the problems related to the old people's adaptability difficulties and bad relations, so that their social interaction is more smooth and good, and a more harmonious community service relationship is built, so that the old people can be more happy.

#### **3.3. It can further effectively improve the quality of life of the elderly**

On the whole, in the operation process of the community service mechanism, the resources of home-based care mode are relatively limited. Through the intervention of professional social workers, it can provide better professional services for them, further effectively use the institutional platform, and integrate the relevant resources through social workers. For example, social caring people and relevant social organizations can further help the elderly receive professional and humane high-quality services in the process of community pension, so that the quality of life of the elderly can be further improved, and the connotation and extension of the community elderly service mechanism can be improved to a greater extent, so that its role can be more effectively played.

### **3.4. The effective integration of case and group work mode can reflect the greater joint force and role**

The intervention of professional social work institutions can further establish and improve the system of elderly physical and mental status files through the professional service team composed of doctors and nurse managers. For the elderly with physical, psychological and behavioral problems, timely and effective intervention and guidance can be carried out to further improve the service quality. Professional institutions can also conduct group discussions for the elderly with common needs and problems through group work, so that the elderly can share their inner feelings and growth experience in group life. From the above review, it can be seen that the effective breakthrough of the community elderly service mechanism, the expansion of the single mode, the introduction of professional social workers, can further improve the living standards of the elderly, and the quality of community service can be more effectively improved. Its necessity and rationality should attract the attention of all sectors of the society.

## **4. Relevant ways for professional social workers to participate in the community elderly service mechanism**

### **4.1. Effective organization and development of recreational activities for the elderly**

Effectively combined with the actual situation and fully combined with the cultural and sports facilities in the community, the elderly were organized to participate in various interest groups and special activities, so as to enrich and improve various literary and art activities, ensure the healthy development of the elderly, further enhance the friendship of the elderly, and ensure the effective enrichment of their cultural life. There are not many resources needed in this way, which is particularly easy to operate, so it is accepted and recognized by the elderly and organizers. 4.2 targeted assessment of the elderly in and out of the hospital

In the old-age activities, it is necessary to conduct a scientific and reasonable assessment of the elderly's physical, mental, family and other related conditions. In the process of assessment, professional groups such as social workers, doctors and nurses should be formed to conduct a comprehensive evaluation of the elderly, and be responsible for the division of labor, so as to ensure a more targeted and efficient hospital entrance and exit assessment, and lay a foundation for the improvement of the quality of life and health of the elderly.

### **4.2. To effectively provide case and group service mode**

It is necessary to take more targeted nursing services for special groups, especially the elderly with dementia, anxiety and other related problems, provide case and group service mode, provide high-quality services in psychological and emotional cognition and other related aspects, so that the elderly can effectively adapt to the

living environment under the mechanism. At the same time, through scientific and reasonable development of group plans, let different types of elderly people participate, so that the cognitive and emotional disorders of the elderly can be effectively alleviated, and ensure its effective integration with the external environment.

#### **4.3.To further establish and improve the social support system for staff**

It is necessary to improve the knowledge skills and business standards of professional social workers to the greatest extent. At the same time, professionals or authoritative experts and scholars are employed to carry out vocational skills training for staff. In addition, it is necessary to make full use of the existing knowledge network and the corresponding resource system in the community to ensure that the subdistrict, government and other departments of the social organization community form a service system, take project management strategies on the basis of appropriate places, integrate the relevant interests of the elderly service system on the premise of respecting the needs of service recipients, so that the quality of life of the elderly can be significantly improved, strictly abide by the values and ethics of the public, protect the privacy of service recipients, fundamentally solve the internal contradictions between community workers and social workers, constantly improve and optimize the original management mechanism and work system of the community, and fully achieve effective convergence.

### **5. Conclusion**

In summary,through the above analysis,we can see that the problem of population aging in China is becoming more and more serious.In this case,it is necessary to effectively analyze the main characteristics of aging,and effectively establish and improve the community elderly service mechanism.In the process of continuous improvement,it is necessary to effectively introduce professional social workers to provide more professional and systematic services,to maximize the performance and advantages of the community elderly service mechanism,so that the quality of life of the elderly can be more effectively improved.

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