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## Empirical Study of the Impact of Chronic Disease Conditions on the Willingness to Age in Nursing Homes among Rural Chinese Elderly

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### Abstract

With the aging of China's population and the seriousness of rural population loss, the problem of the old-age care for the elderly in rural China is becoming more and more serious. This paper focuses on the impact of chronic diseases on the willingness to choose nursing homes for the old age of the rural elderly, and uses the data from the 2019 "Thousands of People, Hundreds of Villages" project to conduct regression analyses. The study finds that rural elderly with chronic diseases have a higher willingness to choose nursing homes than those without chronic diseases, and those with more or more serious chronic diseases have higher willingness. Meanwhile, age and personal income also have significant effects on willingness. To improve the quality of life of them and to ensure their basic needs in old age, this study suggests that attention should be paid to the chronic disease status of the rural elderly and that the rural old age pension system should be actively improved.

**Keywords:** rural elderly, chronic diseases, willingness to choose nursing home old-age care

### Introduction

With the rapid growth in demand for social services for the elderly, coupled with huge changes in family and social structures, the traditional model of family care for the elderly has been difficult to adapt to the new form, posing a serious challenge to the current social security policy. The China government attaches great importance to the work of old-age care for the elderly in rural areas; in May 2022, a number of government departments jointly issued the Opinions on Improving Comprehensive Functional Services at the Village Level, and in May



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2023 the Opinions on Promoting the Construction of Basic Old-Age Care Service Systems. These policies ensure the growth of rural senior care, the strengthening of capacity development for basic services in rural regions, the complete promotion of rural revitalization, and the joint prosperity of farmers and rural areas.

With global population aging and a lack of healthcare resources in rural regions, the frequency of chronic illnesses among rural older people is progressively growing, making them one of the most critical problems affecting their daily life. It can have a substantial influence on older people's quality of life and functional independence. However, China's social security system for the elderly in rural areas is inadequate, and a long-term care system has yet to be established; there is a huge contradiction between the demand for and supply of care services. Nursing homes may be more suitable and fulfilling for chronically ill rural older persons in their old age, and can provide sustainable, in-depth and all-round protection and care.

As a result, this study discloses the requirements and current circumstances of the elderly in rural China based on data from the "1,000 People, 100 Villages" survey, and provides crucial data support for empirical research. This paper focuses on the impact of chronic diseases on rural Chinese elderly people's willingness to choose nursing homes for old age, which not only aids in the development of effective interventions and policies, but also improves the quality of life and health of rural elderly people and promotes the improvement and development of old age services for rural elderly people.

### Objective

The purpose of this study is to investigate the impact of chronic disease status on the willingness of elderly people in rural China to choose a nursing home for their retirement.

1. To study the relationship between whether rural elderly people suffer from chronic diseases and their willingness to choose a nursing home for their retirement.
2. To study the relationship between the number of chronic diseases suffered by rural elderly people and their willingness to choose a nursing home for their retirement.
3. To study the relationship between the severity of chronic diseases suffered by the rural elderly and their willingness to choose a nursing home for their retirement.



## Research Scope

### 1. Study Population and Sample

The data in this article comes from the 2019 "One Thousand People, One Hundred Villages" social survey conducted by Renmin University of China. The study was conducted in 31 provinces in China (excluding Hong Kong, Macau, and Taiwan), within district-level units with more than 5% of the agricultural population, and a sample was drawn from agricultural families in villages whose first digit in the urban/rural classification code was 2. After screening, the project collected a valid sample of 4471 rural residents. According to the research needs of this paper, it was clarified that the target population of this paper was rural elderly people aged 60 and above, and the data was cleaned up to remove missing values and outliers, and a total of 1,400 samples were retained.

### 2. Variables

The dependent variable in this paper is "willingness to choose an old age home". The core independent variable is chronic disease status, which is divided into three variables: "whether or not they have a chronic disease", "number of chronic diseases" and "Severity of chronic diseases". The control variables are gender, age, years of education, nature of work, level of annual personal income, level of annual household income, number of people living in the household, type of pension insurance, whether they have contributed to the construction of the village, and province.

### 3. Study area and data collection time

The data collection time is July 2019. The study area is the district-level units in 31 provinces in China (excluding Hong Kong, Macau and Taiwan) where the proportion of the population living in agriculture is higher than 5%.

## Literature Review

### 1. The impact of chronic diseases on the lives of rural elderly people

The influence of chronic illnesses on the lives of older people has garnered a lot of attention in study. As the population ages, the number of older persons suffering from chronic illnesses rises, having a large and far-reaching influence on their everyday life. Firstly, chronic diseases may lead to a decrease in the physical mobility of older persons. Older persons with chronic diseases often face pain, fatigue and muscle weakness, which can limit their daily activities, thereby affecting their quality of life and ability to care for themselves. Many other chronic conditions can have a direct or indirect impact on older adults' physical



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functioning. Older people may experience problems such as limited mobility, which restricts their daily activities and functional performance, which may further affect their ability to live independently and their quality of life. In addition, chronic diseases may lead to other health problems, further weakening the physical health situation of older persons and exacerbating the challenges and dilemmas they face. Secondly, chronic diseases have a detrimental influence on elderly people's mental health. Chronic diseases can cause emotional issues in the elderly, making them feel powerless, dejected, and despairing (Jinfeng & Haixin, 2023). This has an impact not just on older people's psychological well-being, but also on their everyday functioning and social activities. At the same time, the treatment and management of chronic diseases presents a number of obstacles for older persons, including changes in physical status, pharmaceutical side effects, and interactions with the healthcare system (Yu, Jianfeng & Chonghua, 2018). These problems may put a burden on older people's psychological resilience, resulting in emotional instability, low self-esteem, and social avoidance (Mengyun & Jinlou, 2019). Furthermore, chronic illnesses have a substantial influence on elderly people's everyday routines and behavior. To manage their illness and preserve their health, older folks may need to adhere to certain dietary needs or limitations (Jiansheng, Yuan & Shuigao, 2005). Chronic diseases may also contribute to decreased social interaction among the elderly, as they may need to avoid potential infection risks or deal with physical discomfort.

## 2. The convenience and advantages of rural nursing home care

As the ageing process in China's rural areas has accelerated in recent years, there has been a rising tendency for older people in rural areas to prefer nursing facilities for their old age. Rural elderly persons might profit from nursing home aging in terms of convenience and perks. Firstly, nursing home care may give the elderly in rural areas with more specialized care and attention (Jiehua, Weijin & Weiling, 2013). Nursing home aging facilities are often staffed with competent medical personnel and nursing teams capable of providing full medical, nursing, and rehabilitation services to the elderly. This contributes to meeting the expanding health and care demands of the elderly, improving their physical health, reducing the symptoms and consequences of chronic illnesses, and improving their quality of life (Guoliang, 2021). Secondly, nursing home care offers rural old people with social and spiritual assistance (Ying, 2016). Elderly adults in nursing homes can form social networks with their peers and participate in a variety of social activities and recreational programs, minimizing loneliness and social isolation. Furthermore, nursing home care includes psychological therapy and support services to assist older people in coping with psychological stress and emotional difficulties (Shunlan & Xuwei, 2020), as well as to enhance their psychological health and



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well-being. Thirdly, nursing home care alleviates the burden of family care for rural elderly people. With socio-economic development and changes in family structure, more and more rural elderly people are facing the migration of their children and lack of care (Yadan, Hong & Yu, 2021). Choosing nursing home retirement can reduce the burden of care for children, allowing them to better focus on their work and personal lives. At the same time, elderly people can receive comprehensive care and attention in nursing home retirement and improve their quality of life. Finally, the choice of nursing homes for the elderly in rural areas also has important implications for society. The development of nursing home care can promote the supply-side reform of rural elderly care services (Zheng, 2018), improve the quality and level of elderly care services, and promote the development of the rural elderly care industry (Qingfeng, 2014). This helps to resolve the contradiction between the demand and actual supply of elderly people in rural areas, and promotes social equity and stability.

### 3. Review summary

It is evident from the available research that chronic diseases affect the lives of elderly people in many ways, including physical health, mental health and lifestyle habits. Understanding the impact of chronic diseases on elderly people can help to develop appropriate interventions to improve their quality of life and health status. The choice of nursing home care for rural elderly people has the benefits of providing professional care, social support, reducing family burdens and promoting social development, and can go some way to alleviating the negative impact and negative effects of chronic illness on the lives of rural elderly people in old age. However, the choice of a nursing home for rural elderly people is a complex decision-making process that is influenced by a variety of factors, including personal, family and social factors. However, it is also possible to identify certain shortcomings in the existing research. Firstly, there are many different types and numbers of chronic diseases, and it is not clear how serious they are, or how seriously they affect the lives of rural elderly people, that rural elderly people tend to choose residential care. As nursing homes are a scarce resource, they are unlikely to be available to all rural elderly people, so it is not always the case that those with chronic illnesses will choose a nursing home. Secondly, with the accelerated modernization of towns and cities and the intensification of the urban-rural dichotomy, it is still worthwhile to further explore and analyze whether there are emerging factors that influence rural elderly people to choose nursing homes for the elderly.

To sum up, an in-depth study of the background and influencing factors of rural elderly people's choice of retirement homes can not only provide an in-depth study of the



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mechanisms and intervention strategies of chronic diseases on the elderly only in serfdom, but also provide a scientific basis for the formulation of targeted retirement policies and services, provide better retirement options for rural elderly people, promote the solution of the rural ageing problem and realize the sustainable development of an ageing society.

### Methodology

This study employed a quantitative research approach, utilizing data from the "Thousands of People, Hundreds of Villages" project in 2019. The project is responsible for and organized by Renmin University of China, focusing on the current economic, social and cultural development of China's rural economy and the major realities of the form of field surveys and household social surveys, in-depth hundreds of villages to do systematic and standardized social research activities.

The survey used a three-stage stratified sampling method: In the first stage, districts were used as sampling units, and some districts were selected as samples using unequal probability sampling methods proportional to the size of the population in agriculture; In the second stage, the village was used as the sampling unit, and simple random sampling method was used to draw the village as the sample; In the third stage, the sampling unit was the farm families, and the farmers are selected as the sample using systematic sampling method.

Data were collected using a questionnaire method, with 128 village-level questionnaires and 4,471 farmer questionnaires collected to collect data on individuals' willingness to age in a nursing home, chronic disease situation, and social support (Lei, Dan & Jinhai, 2021). The questionnaire collects information on the basic situation of the rural population, knowledge of pension policies, participation in pension insurance, pension reserves, and willingness to participate in pension-related activities, among other things. In accordance with the research objectives, the study focused on rural elderly individuals in China aged 60 and above. After verifying the data and excluding missing and outlier values, a total of 1400 valid samples were retained.

The dependent variable in this paper, "willingness to choose a retirement home", is a binary variable. So, the logit regression model is chosen. The specific regression model is expressed in equation (1) as

$$P(y = 1 | x) = G(\beta_0 + \beta_1 \text{chronic}_i + \beta_2 X_i + \mu_i) \quad (1)$$



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where  $y$  is the willingness of rural elderly people to age in a nursing home;  $chronic_i$  denotes individual  $i$ 's chronic disease status;  $X_i$  denotes the other control factors affecting individual  $i$ 's willingness to retire in a nursing home;  $\mu_i$  are random disturbance terms.

## Results

### 1. Logit analysis results

Table 1 Results of a logit model of the effect of the presence of a chronic disease on the willingness to choose a nursing home for the elderly

Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
Whether or not suffering from a chronic disease	0.40	0.16	2.46	0.01	0.08	0.71
Gender	0.20	0.19	1.06	0.29	-0.17	0.56
Age	-0.03	0.01	-2.03	0.04	-0.06	-0.00
Years of education	0.02	0.02	1.09	0.28	-0.02	0.07
Nature of work	0.08	0.19	0.43	0.67	-0.28	0.44
Annual personal income level (in logarithms)	0.21	0.10	2.11	0.04	0.02	0.40
Annual household income level (in logarithms)	-0.10	0.08	-1.20	0.23	-0.26	0.06
Number of people permanently living in the household	0.05	0.04	1.33	0.19	-0.03	0.13
Type of pension insurance (X=1 means no insurance)						
X=2 means basic pension insurance for	0.05	0.28	0.16	0.87	-0.51	0.60



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Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
urban and rural residents X=3 means basic pension insurance for urban workers	-0.23	0.50	-0.52	0.60	-1.12	0.65
Whether or not they contribute to rural development province	-0.16	0.17	-0.97	0.34	-0.50	0.17
	-	-	-	-	-	-

Table 2 Results of a logit model of the effect of the number of chronic diseases on the willingness to choose a nursing home for the elderly

Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
Number of chronic diseases	0.18	0.07	2.59	0.01	0.04	0.32
Gender	0.18	0.19	0.95	0.34	-0.19	0.54
Age	-0.03	0.01	-1.96	0.05	-0.06	-0.00
Years of education	0.03	0.02	1.13	0.26	-0.02	0.07
Nature of work	0.08	0.19	0.45	0.66	-0.28	0.45
Annual personal income level (in logarithms)	0.21	0.10	2.11	0.04	0.01	0.40
Annual household income level (in logarithms)	-0.09	0.08	-1.12	0.26	-0.26	0.07
Number of people permanently living in the household	0.05	0.04	1.31	0.19	-0.03	0.13
Type of pension insurance (X=1 means no insurance) X=2 means basic	0.08	0.28	0.28	0.80	-0.47	0.63



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Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
pension insurance for urban and rural residents X=3 means basic pension insurance for urban workers	-0.23	0.50	-0.51	0.61	-1.11	0.66
Whether or not they contribute to rural development province	-0.17	0.17	-1.01	0.31	-0.51	0.16
	-	-	-	-	-	-

Table 3 Results of a logit model of the effect of the severity of having a chronic disease on the willingness to choose a nursing home for the elderly

Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
Severity of chronic diseases	0.09	0.04	2.04	0.04	0.00	0.17
Gender	0.17	0.19	0.91	0.37	-0.20	0.53
Age	-0.03	0.01	-1.96	0.05	-0.06	-0.00
Years of education	0.02	0.02	1.11	0.27	-0.02	0.07
Nature of work	0.07	0.19	0.35	0.72	-0.30	0.43
Annual personal income level (in logarithms)	0.20	0.10	2.04	0.04	0.01	0.38
Annual household income level (in logarithms)	-0.09	0.08	-1.12	0.26	-0.26	0.07
Number of people permanently living in the household	0.05	0.04	1.29	0.20	-0.03	0.13
Type of pension insurance (X=1 means no insurance)						



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Variable	Coef.	Std.Err.	z	P> z	[95% Conf, Interval]	
X=2 means basic pension insurance for urban and rural residents	0.09	0.28	0.31	0.76	-0.46	0.64
X=3 means basic pension insurance for urban workers	-0.23	0.50	-0.51	0.61	-1.11	0.65
Whether or not they contribute to rural development province	-0.17	0.17	-0.98	0.33	-0.50	0.17
	-	-	-	-	-	-

From the regression results in Tables 1, 2, and 3, we can see that whether or not one suffers from a chronic disease, the number of chronic diseases one suffers from, the severity of the chronic diseases one suffers from, age and level of annual personal income have a significant effect on willingness to choose a nursing home for retirement. There is a significant positive effect of whether or not one suffers from a chronic disease on the willingness to choose a nursing home for retirement at the 95% confidence level, i.e., Rural elderly people with chronic diseases are more willing to retire in nursing homes than rural elderly people without chronic diseases. There is a significant positive effect of the number of chronic diseases on the willingness to choose nursing home retirement at the 99% confidence level, i.e., rural elderly people with more chronic diseases are more willing to choose nursing home retirement. There is a significant positive effect of the severity of chronic diseases on the willingness to choose a nursing home for retirement at the 95% confidence level, i.e., rural elderly people with more serious chronic diseases are more willing to choose nursing home care. There is a significant negative effect of age on the willingness to choose a nursing home for retirement at the 95% confidence level, i.e., rural elderly who are younger are more willing to age in a nursing home. There is a significant positive effect of personal annual income level on the willingness to choose a nursing home for retirement at the 95% confidence level, i.e., rural elderly with higher levels of annual personal income is more willing to age in a nursing home.



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## 2. Average marginal effect results

Table 4 Results of the average marginal effect of the presence of a chronic disease on the willingness to choose a nursing home for the elderly

Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
Whether or not suffering from a chronic disease	0.05	0.02	2.46	0.01	0.01	0.09
Gender	0.03	0.02	1.06	0.29	-0.02	0.07
Age	-0.00	0.00	-2.04	0.04	-0.01	-0.00
Years of education	0.00	0.00	1.09	0.28	-0.00	0.01
Nature of work	0.01	0.02	0.43	0.67	-0.04	0.06
Annual personal income level (in logarithms)	0.03	0.01	2.12	0.03	0.00	0.05
Annual household income level (in logarithms)	-0.01	0.01	-1.20	0.23	-0.03	0.01
Number of people permanently living in the household	0.01	0.01	1.33	0.18	-0.00	0.02
Type of pension insurance (X=1 means no insurance)						
X=2 means basic pension insurance for urban and rural residents	0.01	0.04	0.16	0.87	-0.06	0.08
X=3 means basic pension insurance for urban workers	-0.03	0.05	-0.53	0.33	-0.06	0.02



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Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
Whether or not they contribute to rural development province	-0.02	0.02	-0.97	0.33	-0.06	0.02
	-	-	-	-	-	-

Table 5 Results of the average marginal effect of the number of chronic diseases on the willingness to choose a nursing home for the elderly

Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
Number of chronic diseases	0.02	0.01	2.60	0.01	0.01	0.04
Gender	0.02	0.02	0.95	0.34	-0.02	0.07
Age	-0.00	0.00	-1.96	0.05	-0.01	-0.00
Years of education	0.00	0.00	1.13	0.26	-0.00	0.01
Nature of work	0.01	0.02	0.45	0.65	0.01	0.05
Annual personal income level (in logarithms)	0.03	0.01	2.11	0.03	0.00	0.05
Annual household income level (in logarithms)	-0.01	0.01	-1.12	0.26	-0.03	0.01
Number of people permanently living in the household	0.01	0.01	1.31	0.19	-0.00	0.02
Type of pension insurance (X=1 means no insurance)						
X=2 means basic	0.01	0.04	0.29	0.78	-0.06	0.08



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Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
pension insurance for urban and rural residents X=3 means basic pension insurance for urban workers	-0.03	0.05	-0.52	0.61	-0.13	0.07
Whether or not they contribute to rural development province	-0.02	0.02	-1.01	0.31	-0.07	0.02
	-	-	-	-	-	-

Table 6 Results of the average marginal effect of the severity of having a chronic disease on the willingness to choose a nursing home for the elderly

Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
Severity of chronic diseases	0.01	0.01	2.05	0.05	0.00	0.02
Gender	0.02	0.02	0.91	0.37	-0.03	0.07
Age	-0.00	0.00	-1.96	0.05	-0.01	-0.00
Years of education	0.00	0.00	1.11	0.27	-0.00	0.01
Nature of work	0.01	0.02	0.35	0.72	0.04	0.06
Annual personal income level (in logarithms)	0.03	0.01	2.04	0.04	0.00	0.05
Annual household income level (in logarithms)	-0.01	0.01	-1.12	0.26	-0.03	0.01
Number of people permanently living	0.01	0.01	1.29	0.20	-0.00	0.02



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Variable	dy/dx.	Delta- method Std.Err.	z	P> z	[95% Conf, Interval]]	
in the household						
Type of pension insurance (X=1 means no insurance)						
X=2 means basic pension insurance for urban and rural residents	0.01	0.04	0.32	0.75	-0.06	0.08
X=3 means basic pension insurance for urban workers	-0.03	0.05	-0.52	0.61	-0.13	0.07
Whether or not they contribute to rural development province	-0.02	0.02	-0.98	0.33	-0.07	0.02
	-	-	-	-	-	-

From Table 4, 5, and 6, it can be seen that the probability of change in nursing home retirement intentions increases by 5% for every 1 unit increase in the number of chronic diseases among rural elderly people, holding all other variables constant. For every 1 unit increase in the number of chronic diseases among rural elderly people, with all other variables held constant, the probability of a change in the willingness to retire in a nursing home increases by 2%. For every 1 unit increase in the degree of chronic disease among rural elderly people, all other variables held constant, the probability of a change in willingness to age in a nursing home increases by 1%. For every 1 unit decrease in the age of the rural elderly, the probability of a change in the willingness of the rural elderly to retire in a nursing home decreases by 0.4%, holding all other variables constant. The probability of a change in the willingness to retire to a nursing home increases by 3% for each 1-unit increase in the level of annual personal income of rural elderly people, holding all other variables constant.



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## Conclusion and Discussion

Chronic illnesses have a significant impact on rural Chinese older people's desire to choose nursing facilities for their old age. Chronic diseases are a major risk factor affecting the quality of life of rural older people in their later years; they have a long duration of illness, complex causes, are prone to causing individual health damage, necessitate varying degrees of medical care and old-age care, and consume a large amount of family and social resources (Xingwen, Yimin, Zhiling & Xiaoliang, 2016), all of which have a significant impact on rural older people's willingness to age in a nursing home.

Firstly, chronic ailments have a direct influence on rural old people's inclination to age in nursing facilities. Chronic diseases are frequently accompanied by bodily discomforts such as pain, discomfort, and dysfunction, all of which have a negative impact on the elderly's capacity to conduct daily tasks and quality of life (Bo, Xiaona & Wanqin, 2009). In this case, rural elderly with chronic diseases is more likely to choose nursing homes, not only because they need others to assist them with daily activities, but also because nursing homes provide more professional nursing services and old-age care than family or personal care, which can satisfy their needs for old-age care and medical care.

Secondly, the more chronic ailments there are, the more rural old people are willing to age in nursing facilities. The more chronic ailments that rural Chinese old people suffer from, the more likely they are to select nursing facilities as a way of aging. The number of chronic illnesses experienced by the elderly may be connected to their overall health. The greater the number of chronic diseases, the greater the disease burden of the rural old (Quiones Ana **R**, 2016), which will have a negative impact on their quality of life, social involvement, and family life. These rural older people may require more than just medical care and old-age care, as they may face both physical and psychological challenges, and nursing homes provide a social and supportive network where older people can connect with others in similar situations (Thompson, 1998), share experiences, and receive emotional support, reducing isolation and psychological stress and assisting them in better coping with their illnesses.

Finally, the rural elderly is more likely to choose to live in a nursing facility if the chronic condition is severe. More severe chronic illnesses result in a longer course of illness, greater use of medical resources, a longer period of time, and a higher rate of disability and incapacity, which affects the elderly's ability to care for themselves and has a significant impact on the burden of care costs on the family and society (Ying, Lifang & Qinghua, 2020). A nursing home reduces the burden of care on the family, provides more specialized nursing services and ensures that older people receive appropriate care and attention. Nursing homes can also



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successfully respond to emergency issues. It can respond to situations quickly by offering immediate aid or relocation to a higher level of care. This sense of protection and security may boost the inclination of elderly people suffering from severe chronic conditions to select a nursing home.

## Suggestions

### 1. Clarifying and strengthening the functions of rural nursing homes

The supply of beds in rural old-age institutions is increasing year by year, but the utilization rate is not high due to various reasons such as funding and management. The fundamental reason for this is that the construction of rural nursing homes is detached from the actual needs of the elderly (Jin, 2017). Rural nursing homes should clarify and gradually enrich their own functions, expanding from a single function of old age care to a carrier of medical and nursing integration, providing comprehensive old age services, meeting the old age life and health needs.

### 2. Upgrading of rural nursing home services

On the basis of clarifying their functions, rural nursing homes should further improve their elderly care services. Firstly, rural nursing homes should increase the number of professional medical and nursing workers, and to provide personalized elderly care services tailored to the needs and characteristics of each elderly person as far as possible. Secondly, nursing homes should actively co-operate with the community and attract community resources and volunteers to participate in elderly services, so as to provide more social activities to enrich the lives of the elderly. Thirdly, a monitoring and evaluation mechanism should be established and improved to regularly assess and improve the quality of services provided by nursing homes, and complaints and problems should be dealt with in a timely manner.

### 3. Focus on chronic disease situation of rural elderly

The chronic disease situation of the elderly in rural China can no longer be ignored. Not only do they pose a serious threat to the survival function, physical health and psychological well-being of the elderly, but they also impose a large burden on the family economy. Problems such as low reimbursement rates for medical expenses are prevalent in rural areas (Yiling, 2018), adding to the medical burden of rural seniors. In addition, rural elderly people have relatively low awareness and health consciousness of chronic diseases. It can



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lead them to neglect the prevention and control of chronic diseases and delay the diagnosis and treatment of diseases.

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