

# 0027 Who cares?

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## 1. Who cares?

In the future, many experts argue, **the vast majority of** old people should be looked after at home /for as long as possible. In **all but** 几乎；差不多；除...外全部 **the most severe cases** /this is cheaper. It is also what most old people want. 主 Putting them in big institutions 系 **is the opposite 对立面；反面 of** what they say **they value most:** autonomy 自治；自主 and independence. And [for those who still need it], **residential care** 福利社为需求比住宿更多的照应的人(如儿童或智力残疾人士)提供的带有社工监管的家庭式住宅 should be transformed.

### *Example 1. 标题*

#### *residential care :*

N the provision (by a welfare agency) (of a home (with social-work supervision)) for people (who need(v.) more than just housing accommodation), such as children in care or mentally handicapped adults 福利社为某些人提供的家庭式住宅, 该住宅带有社工监管. 那么是为哪些人提供的呢? 如儿童或智力残疾人士.

许多专家认为，未来，绝大多数的老年人，应该尽可能地在自己家里得到照顾。除了最严重的情况外，这是更便宜的护理方法。这也是大多数的老年人想要的。把他们放入大型机构里来照料养老，与他们所说的他们最看重的东西——自治和独立——相反。而对于那些仍然需要这类大型机构的老年人来说，住宿护理的方式应该得到转变。

Most people will need care [as they age]. [In some countries] that will bankrupt them. 主 Some 70% of Americans who reach the age of 65 谓 will eventually need help(v.) doing at least two basic daily activities, such as washing or dressing 穿衣服; 48% will receive **paid care**; 16% will get dementia(n.) 痴呆; 精神错乱. The risks are higher [for women].

## Example 2. 标题

*dementia* :

/dɪ'menʃə/ n. ( medical 医 ) a serious mental disorder caused by brain disease or injury, that affects the ability to think, remember and behave normally 痴呆; 精神错乱

⇒ de-去掉 + -ment-记忆,智力 + -ia名词词尾

随着年龄的增长，大多数人都需要护理的帮助。在一些国家，这将使他们破产。美国65岁以上的人中，大约有70%的人最终会需要有人帮助他们，来做至少两项基本的日常活动，如洗衣或穿衣；美国65岁以上的人中，48%的人将接受有偿护理；16%的人将患上老年痴呆症。女性的风险更高。

[All around the world] staff(n.) at care homes **turn over 移交(职位、责任) quickly**. In Germany nearly a third of long-term-care workers leave their jobs after only one year. In France a fifth of **home-care positions** were vacant in 2018. **That is not surprising (表示原因) 考虑到 given that** carers are paid on **average** 35% less than people who do similar jobs in hospitals, according to the OECD 经合组织, a club of mostly rich countries. 主 Receiving care [from a **rotating 旋转的 cast (一出戏剧或一部电影的) 全体演员 of strangers**] 系 is bad for everyone, but **it is a particular problem** for people (with dementia 痴呆). They **make up the majority of** care-home residents but 主 mostly 谓 do not live

in institutions (that specialise in their condition). [At the height of the **outbreak** in London] more than one-quarter of staff in care homes for the elderly could not work, or would not. Officials **sent in** 派某人去 (应付困难局面) temporary workers to replace them. That probably spread(v.) the virus even further.

*Example 3. 标题*

*send sb in :*

to order sb to go to a place to deal with a difficult situation 派某人去 (应付困难局面)

- Troops were sent in to restore(v.) order. 部队被派去恢复秩序。

在世界各地，疗养院的工作人员很快就会换岗。在德国，近三分之一的长期护理人员仅在一年后就离职了。在法国，2018年有五分之二的家庭护理职位空缺。根据经济合作与发展组织(OECD，一个主要由富裕国家组成的俱乐部)的数据，这并不令人惊讶，因为养老院中护工的报酬，比在医院做类似工作的人平均要少35%。对每个人来说，接受陌生人的轮流照顾，这种情形是糟糕的，但这对老年痴呆患者来说，这还是一个特别严重的问题。而他们构成了疗养院中居住者的大多数，这些人中的大多数也并不住在专门治疗他们这种疾病的机构里。在伦敦疫情最严重的时候，养老院工作人员中有超过四分之一的人，不能工作，或者不愿意工作。官员们只能派来临时工来接替他们。但这很可能会同时将病毒也传播得更远。

As well as **exposing(v.) fragile business models**, the pandemic **has highlighted(v.) the tension** between keeping old people safe and keeping them happy and well, says Adam Gordon of the University of Nottingham. Regulators encourage nursing homes **to focus relentlessly(ad.)**不放弃的；严格的；苛刻的；无情的；不停的；持续强烈的；不减弱的 **on negative** 负的；消极的 **metrics** 度量标准；公制的；米制的 such as falls, **bed sores** 褥疮 and **weight loss** 体重减轻. But there is more to quality(n.) of life than **not falling over** 跌倒，摔倒；绊了一跤. Anne Tumlison, an expert on ageing, would like to see care homes **become less “custodial”** (a.) 监禁的；拘留的；监护权的；监管职责 and **more enthusiastic** 热情的；热心的 **about** “making people happy”.

#### Example 4. 标题

##### *bed sore :*

N-COUNT Bedsores are sore places on a person's skin, caused by having to lie in bed for a long time without changing position. 褥疮.

压疮又称压力性溃疡、褥疮，是由于局部组织长期受压，发生持续缺血、缺氧、营养不良而致组织溃烂坏死。皮肤压疮在康复治疗、护理中是一个普通性的问题。

##### *custodial :*

/kʌ'stəʊdiəl/ a. connected with the right or duty of taking care of sb; having custody 监护权的；监管职责的；有监护权的

⇒ 来自PIE\*skeu, 覆盖，遮盖，词源同sky, house, hide.

- The mother is usually the custodial(a.) parent after a divorce. 离婚后通常是母亲拥有孩子的监护权。

诺丁汉大学(University Of Nottingham)的亚当·戈登(Adam Gordon)表示，这除了暴露出商业模式的脆弱外，疫情还突显了“保障老年人的安全”与“让他们生活得快乐安康”之间的冲突关系。监管机构鼓励疗养院要不断严格关注老年人的跌倒、褥疮和体重下降等负面指标。但是，生活质量不仅仅是摔倒问题。老龄问题专家安妮·汤姆林森(Anne Tumlinson)希望看到养老院变得不那么“监护”，而应更热诚关注于“令老人们活得幸福”。

For some people, particularly **the very lonely** and **those with dementia**, **home visits** are not enough. Day-care centres can help them. Some of those in Switzerland **pick people up** from their homes, help them **get dressed** and **return them home** at the end of the day. In Sweden **day care** for the elderly is offered by the state, **in much the same way as** child care is. Chile 智利 has only a small formal care sector, but its government has decided **to make** day care for the elderly **a priority** 优先；优先权；重点.

#### Example 5. 标题

对于一些人，特别是非常孤独和患有痴呆症的老人来说，家访是不够的。日托中心可以帮助他们。瑞士的一些人会把老人们从家里接走，帮他们穿衣，然后在一天结束时把他们送回家。在瑞典，老年人的日托服务由国家提供，与托儿服务的方式大致相同。智利只有一个很小的正规护理部门，但其政府已决定将老年人的日托作为优先事项。

**Day-care services** can improve older people's mental and physical health. They also **provide** advice (n.) and **respite** (n.) **短暂的延缓；喘息 for** their families. In rich countries 主 more than one in eight people (aged over 50) 谓 provide care to another person /at least once a week. 主 **Keeping them from burning(v.) out** 耗尽体力；积劳成疾；累垮 系 is key to helping(v.) people (age at home). More support for these carers /also helps **reduce(v.) the risk that their own health will decline**, and **makes it less likely /that they will drop out of 不参与，退出 the workforce** ( 国家或行业等的 ) 劳动力，劳动大军，劳动人口. In America /主 48% of people (who provide help to older adults) 谓 **care for** someone (with dementia) /(a quarter of those people have **at least** one child /under the age of 18 /to look after [as well]). Of those who previously had jobs, 主 18% 谓 **moved from full- to part-time work** [when **called upon 请求，要求，要 (某人做某事) to help**]. Some 16% **took a leave of absence** /and 9% **quit(v.) altogether**.

### Example 6. 标题

#### *respite* :

/respit/ n. a short delay allowed before sth difficult or unpleasant must be done 短暂的延缓；喘息 / ~ (from sth) a short break or escape from sth difficult or unpleasant 暂停；暂缓

⇒ 来自古法语 respit, 延迟，来自拉丁语 respectus, 考虑，思考，来自 re-, 再，-spect, 看，词源同 despite, retrospect. 比喻用法，即再看再研究，引申词义暂停，暂缓。

- His creditors agreed to give him a temporary respite. 他的债权人同意给他一个喘息的机会。

- The drug brought a brief respite(n.) from the pain. 药物暂时缓解了疼痛。

*burn out | burn yourself/sb out :*

to become extremely tired or sick by working too hard over a period of time 耗尽体力；积劳成疾；累垮

*call on/upon sb :*

(formal) (1) to formally invite or ask sb to speak, etc. 邀请，要求（某人讲话等）；恭请

- I now call upon the chairman to address the meeting. 现在请主席向大会致辞。

(2) to ask or demand that sb do sth 请求，要求，要（某人做某事）

- I feel called upon (= feel that I ought) to warn you that... 我觉得我应该警告你...

日托服务可以改善老年人的身心健康。他们还为老人的家人提供建议和喘息之机。在富裕国家，超过八分之一的50岁以上的人(以下称乙方)，每周至少为另外一个人(以下称甲方)提供一次护理。帮助人们在家中养老的关键是，防止他们(乙方)在照顾其他老人时累垮。对这些照顾者(乙方)的更多支持，也有助于降低他们(乙方)自己健康状况下降的风险，也能降低他们退出劳动力大军的可能性。在美国，为老年人提供帮助的人(乙方)中，有48%在照顾痴呆症患者(其中四分之一的人(乙方)，至少还有一个18岁以下的孩子要照顾)。在那些以前有工作中的人中，18%的人(乙方)在被要求帮助时，从全职工作转为兼职工作。约16%的人请假，9%的人干脆辞职。

ChatGPT: 这句话的意思是，在美国，48%照顾老年人的人照顾的对象是患有痴呆症的人（其中四分之一的人还要照顾至少一个18岁以下的孩子）。在那些此前有工作中的人中，18%的人从全职工作调整为兼职工作以便提供帮助；16%的人请了休假；9%的人干脆辞掉了工作。这说明照顾老年人的负担很重，可能会对照顾者自身的健康和职业造成负面影响，因此需要更多的支持和帮助。

Some old people will have to move out of **unsuitable homes**. But most **need not move to** an institution, even then 即使那样；即使在那时. Denmark is a leader in providing alternatives 替代选择. Its government spends more on **non-residential 非居住的;非住宅的 care** than **the residential sort**. Options for ageing Danes 丹麦人 include retirement communities 退休社区（退休人员、老年人居住） and flats (built **close to** but not in care homes). Authorities in some other places /are trying to **make it easier** for families to build annexes 附属建筑物；附加建筑物 that old relatives can move into. Students and some other youngsters 年轻人；少年；儿童 in the Netherlands /are encouraged to share courtyards or buildings with elderly people /who are not part of their family, sometimes **in exchange for** cheaper rent. The idea is that /they will provide them with companionship 友情；交谊；友谊 and occasional help.

### Example 7. 标题

#### *annexe :*

/ˈæneks/ a building that is added to, or is near, a larger one and that provides extra living or work space 附属建筑物；附加建筑物

⇒ 前缀an-同ad-, 去，往，在n开头词根前同化为an-. -nex, 同词根nect, 联结，见connect.

一些老人将不得不搬出不合适他们养老的家。但即使到那时，大多数人也不需要搬到养老机构里去。丹麦在提供替代方案方面，处于领先地位。丹麦政府花在非住宅类护理上的钱，比花在住宅类上的更多。老年丹麦人的选择包括，搬到靠近养老院的老年社区，或公寓里去住。其他地方的政府，帮助家庭能更方便地建造家庭附加房间，来为年老的亲戚提供住处。荷兰则鼓励学生和其他一些年轻人，共享出自己庭院或房间，来给不是他们家人的老年人住，以换取年轻人能得到便宜的租金。这样做的目的是，年轻人能为老年人提供陪伴和偶尔需要帮助时的帮忙。

Improving(v.) care will not be cheap. But 主 **settling for** 勉强接受；将就 bad care 谓 **only stores up** 储备，（把强烈的感情或问题）郁积，憋在心里 **costs for later**. Research in America links a 10% cut(n.) (in **Medicaid reimbursement** 报销; 偿还) to a nearly 10% decline(n.) (in older people's ability to do things such as

walk and bathe 用水清洗 (尤指身体部位), 洗澡), as well as a 5% increase(n.) (in **persistent pain**). [Each month] **the health system** in Britain /loses about 83,000 hospital days to “bed-blocking” 赖病床; 不能居住在老人院的年老病人因无法离开医院而对医院病床的使用 that results (因...) 发生; (随...) 产生 when **stuck** there [because no good care is available /outside of it].

### Example 8. 标题

#### *reimburse*

/ˌriːɪmˈbɜːrs/V-T If you reimburse someone for something, you pay them back the money that they have spent or lost because of it. 报销; 偿还  
→ re-, 向后, 往回, -im, 进入, burse, 钱包。引申词义偿还, 补偿。

改善医疗护理的成本不会低。但是, 将就于糟糕的护理, 只会把负担推到未来。美国的研究表明, 在医疗报销上削减10%的费用, 就与老年人在走路、洗澡等活动能力上下降近10%, 以及持续性的疼痛增加5%, 有因果关联。英国由于医院外缺乏良好的护理机构, 造成那些不需要住院治疗的老年人, 依然赖在病床上, 给医院每月都会损失83000天的住院时间。

## 2. Who cares?

In the future, many experts argue, the vast majority of old people [should be looked after at home [for as long as possible. In all but the most severe cases [this is cheaper. It is also what most old people want. Putting them in big institutions [is the opposite of [what they say they value most: autonomy and independence. And for those [who still need it, residential care should be transformed.

Most people will need care [as they age. In some countries [that will bankrupt them. Some 70% of Americans [who reach the age of 65 [will eventually need help [doing at least two basic daily activities, such as washing or dressing; 48% will receive paid care; 16% will get dementia. The risks are higher [for women.



All around the world [staff at care homes [turn over quickly. In Germany [nearly a third of long-term-care workers [leave their jobs [after only one year. In France [a fifth of home-care positions were vacant [in 2018. That is not surprising [given that carers are paid on average 35% less than people [who do similar jobs in hospitals, according to the OECD, a club of mostly rich countries. Receiving care from a rotating cast of strangers [is bad for everyone, but it is a particular problem [for people with dementia. They make up the majority of care-home residents [but mostly do not live in institutions [that specialise in their condition. At the height of the outbreak in London [more than one-quarter of staff [in care homes for the elderly [could not work, or would not. Officials sent in temporary workers [to replace them. That probably spread the virus [even further.

As well as exposing fragile business models, the pandemic has highlighted the tension [between keeping old people safe [and keeping them happy and well, says Adam Gordon of the University of Nottingham. Regulators encourage nursing homes [to focus relentlessly on negative metrics [such as falls, bed sores and weight loss. But there is more to quality of life [than not falling over. Anne Tumlinson, an expert on ageing, would like to see care homes become less “custodial” [and more enthusiastic about “making people happy”.

For some people, particularly the very lonely [and those with dementia, home visits are not enough. Day-care centres can help them. Some of those in Switzerland [pick people up from their homes, help them get dressed [and return them home at the end of the day. In Sweden [day care for the elderly is offered by the state, in much the same way as child care is. Chile has only a small formal care sector, but its government has decided to make day care for the elderly a priority.

Day-care services can improve older people’s mental and physical health. They also provide advice and respite for their families. In rich countries [more than one in eight people aged over 50 [provide care to another person [at least once a week. Keeping them from burning out [is key to helping people age at home. More support for these carers [also helps reduce the risk [that their own health

will decline, and makes it less likely [that they will drop out of the workforce. In America [48% of people [who provide help to older adults [care for someone with dementia (a quarter of those people [have at least one child [under the age of 18 [to look after as well). Of those who previously had jobs, 18% moved from full- to part-time work [when called upon to help. Some 16% took a leave of absence [and 9% quit altogether.

Some old people will have to move out of unsuitable homes. But most need not move to an institution, even then. Denmark is a leader [in providing alternatives. Its government spends more on non-residential care [than the residential sort. Options for ageing Danes include [retirement communities and flats [built close to [but not in care homes. Authorities in some other places [are trying to make it easier [for families to build annexes [that old relatives can move into. Students and some other youngsters [in the Netherlands [are encouraged to share courtyards or buildings [with elderly people [who are not part of their family, sometimes [in exchange for cheaper rent. The idea is that [they will provide them with companionship [and occasional help.

Improving care will not be cheap. But settling for bad care [only stores up costs for later. Research in America [links a 10% cut in Medicaid reimbursement [to a nearly 10% decline [in older people's ability to do things [such as walk and bathe, as well as a 5% increase in persistent pain. Each month [the health system in Britain [loses about 83,000 hospital days to "bed-blocking" [that results [when elderly patients [who are no longer sick enough to remain in hospital [get stuck there [because no good care is available outside of it.

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