

★ Elderly care 老人护理

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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 (v.) most: autonomy (n.)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** (v.).

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。

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。

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** 有偿照顾; 16% will get dementia(n.)痴呆；精神错乱. The risks are higher for women.

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(可能是因为女性寿命更长，需要被照顾的年数也更长的缘故)。

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

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 (v.) their jobs after only one year.

In France a fifth of home-care positions were vacant (a.) in 2018. That is not surprising (表示原因) 考虑到 given that carers are paid (v.) 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 (v.) in institutions that specialise (v.) 专门研究 (或从事) ; 专攻 in their condition.

At the height of the outbreak in London /主 more than one-quarter of staff in care homes 疗养院 for the elderly 谓 could not work, or would not. Officials **sent (v.) in** 派某人去 (应付困难局面) temporary workers (n.) to replace (v.) them. That probably spread(v.) the virus even further.

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年有五分之一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。

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。

As well as 以及，还有 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 (v.) **nursing homes** 养老院；疗养院 **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 Tumlinson, an expert on ageing, would like to see (v.) **care homes** become less “custodial” (a.) 监禁的；拘留的；监护权的；监管职责 and more enthusiastic (a.) 热情的；热心的 about “making people happy” .

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”。

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 :

/kʌˈstəʊdiəl/ 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PIEskeu, 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。

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** 日托；日间护理 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.

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 (v.) 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 (v.) 使显老；使变老；使苍老 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 (v.) for** 照料，照顾 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 (v.) **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** 请假 /and 9% quit(v.) altogether.

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。

Example 5. 标题

respite :

/ˈrespɪt/ 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...

Some old people will have to move out of unsuitable homes. But most need (v.) 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 (v.) retirement communities 退休社区（退休人员、老年人居住）and flats 后定 built close to but not in **care homes**.

Authorities 当局，官方；官方机构 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 荷兰 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.

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，共享出自己创庭院或房间，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。

Example 6. 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.

Improving(v.) care will not be cheap. But 主 settling for 勉强接受；将就 bad care 谓 only **stores (v.) 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 (n.v.) 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 (v.) 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 (v.) (因...) 发生 ; (随...) 产生 when 主 elderly patients who are no longer sick enough to remain in hospital 谓 get stuck there /because no good care is available outside of it.

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。

Example 7. 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。

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.
