

Practical Experience of Volunteer-Based Mutual Support Elderly Care Model: A Case Study of the Time Bank in Y Community, D City

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Abstract

With the acceleration of China's ageing process, traditional elderly care models are increasingly unable to meet the growing demand. The volunteer-based mutual assistance elderly care model, especially the time bank, has gained attention as an innovative solution. Time banks operate on the principle of "I serve for everyone, and everyone serves for me," through the mechanism of time storage and service exchange, fostering mutual cooperation within communities. This paper examines the operation model, implementation outcomes, and role of the time bank in the mutual assistance elderly care system, taking the time bank in Y Community, D City, as a case study. The research finds that through accurate identification of older adult's needs, resource integration, and multi-party collaboration, the time bank provides a variety of services, including health checks, daily living assistance, and emotional support, all delivered to older adults at their homes. These services have effectively improved older adults' quality of life and enhanced their sense of social participation. The project has successfully promoted community autonomy and strengthened residents' mutual assistance awareness and social cohesion. The use of incentive measures, such as points systems, has mobilized volunteers' enthusiasm, laying a solid foundation for the project's sustainability. This study concludes that the time bank model provides a sustainable solution to the challenges posed by population ageing and offers significant reference value for the implementation of similar programs in other regions. The integration of social resources and the emphasis on community collaboration represent a promising direction in the development of elderly care services. This paper examines how time banks contribute to the advancement of social governance. By enabling the saving and exchange of time, time banks establish community-driven support systems that address the limitations of conventional elderly care models. These systems encourage a shift from a centralized, single-entity approach to a more inclusive and collaborative governance structure. Time banks strengthen community independence, optimize resource utilization, and promote greater social engagement and well-being for older individuals. The study analyzes the operational mechanisms, service frameworks, and broader social impacts of time banks, offering recommendations for their expanded application. The



findings highlight that time banks complement existing elderly care services and contribute to a broader transformation in social governance, moving from traditional management to a co-governance model.

Keywords: Time Bank; Volunteer Service; Social Governance; Mutual Support Elderly Care

How to Cite

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