

Research on "Mutual Support for the Aged" in Rural Communities under the Background of Aging

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Abstract: In order to understand the form of "mutual support for the aged" in rural communities under the background of population aging, this paper analyzes the existing forms of mutual support for the aged in rural communities in Shandong by using the method of analyzing the existing qualitative and quantitative data, and proposes that "mutual support for the aged" has strong practical significance in coping with the challenges of rural population aging and meeting the needs of the aged. At the same time, it puts forward the rationality and feasibility of developing "mutual support for the aged" under the background of population aging. Finally, some suggestions and countermeasures are put forward in the aspects of laws and regulations and publicity.

1. Introduction

According to the 14th Five-Year Plan for National Economic and Social Development of the People's Republic of China and the Outline of 2035 Long-term Goals, China should vigorously develop inclusive elderly care services and actively develop rural mutual assistance nursing homes and other new models of mutual assistance for the elderly [1]. The number of people aged 65 or above in China's provinces and cities reached 190 million, accounting for 13.5 percent of the country's total population, according to the seventh national census. Compared with the sixth national census, the proportion of people aged 60 and above increased by 5.44 percentage points, and that of those aged 65 and above increased by 4.63 percentage points. The above data all indicated that the degree of population aging of our country was further deepening. The data show that the rural resident population is gradually decreasing, while the urban population continues to increase. This population loss also leads to the phenomenon of "hollowing out" in the countryside, which is followed by the pension problem which arouses the high attention of the people. In the rural areas of our country, traditional family care is still the main way for the aged. But with the rural "empty-shell" phenomenon, now the operation mode of family care cannot better meet the high level of the practical needs of the elderly. Therefore, the mutual care mode has been developed increasingly in rural areas.

2. Review of relevant literature

2.1. The concept of "mutual support for the aged"

"Mutual support for the aged" is a new way of supporting the aged. In China it has not made a unified and clear definition of its meaning, but after understanding, we find that scholars' understanding of "mutual support for the aged" is much the same.

The mode of mutual support for the aged in rural communities is mainly reflected in four aspects: "collective hospital building, centralized residence, self-security and mutual assistance service" [2]. The new mutual assistance pension model enables the elderly who are always in the left-behind, empty nest, alone, and difficult state to enjoy their happiness on the spot, realizing the elderly "leave home from the village, stay away from relatives" [3]. Under the guidance of the local government, the rural mutual support for the elderly is to unite the elderly in need of help in the countryside and let them help each other and exchange with each other to realize their own needs

[4].

Drawing on the above concepts, the author believes that mutual support for the elderly refers to the major organizations of professional social work services for the elderly to carry out in-depth specific work in the community, to enhance the vitality of the elderly as the first thing for the elderly, through exercise, diet, emotional management to form a systematic healthy life guidance and learning program.

2.2. Disadvantages of traditional pension model

The basic nursing modes in our country include family nursing, community nursing and institution nursing. Home care mode, literally, is to choose to live with children and descendants, at home to provide services for the traditional way of pension. Influenced by traditional national culture, this pension model is suitable for the elderly who have concerns about living in nursing homes and the elderly, and also suitable for families with poor family economy. However, the disadvantages of home care are as follows: first, the elderly lack professional nursing services. Second, this pension model will cause children to take poor care of the elderly due to commuting and other reasons. The burden on the family members of the elderly is heavy, and it is difficult to guarantee the health of the elderly in the long run. Third, in today's society, the population of empty-nesters is gradually increasing, and the elderly are basically in a state of self-care. The mode of family support for the elderly has spread far in China, which originates from the culture of filial piety. At the same time, the responsibility and obligation of certain family support are also dependent on the consent. With the change of modern family structure, the traditional family pension model is playing a weaker and weaker role in society [5].

Community endowment is a new endowment model which combines old people's living at home with the community's related organizations' entry service. The difference between it and family pension is that there is more community participation in the process of pension. With the increasingly weakened function of family pension, the inability of institutional pension, and the reluctance of some elderly people to leave the familiar living environment, community pension has become the main way for many elderly people in cities to support themselves [6]. From the domestic situation, the lack of people and money is still an important problem that troubles the improvement of community elderly care services and facilities. Community pension makes up for the lack of family pension. The investment amount of this pension operation mode is small, and the capital pressure is not big for the later pension operation process. However, a large number of community facilities are obviously backward. First, the number is insufficient, unable to accommodate many elderly people; second, the quality is not high, elderly care services lag.

Institutional pension specifically refers to a pension service model in which government departments or social forces provide comprehensive services such as diet care, health and recreational activities for the elderly with the help of investment and establishment of pension service related institutions. At present, professional institutions providing basic pension services mainly include social welfare homes, nursing homes for the elderly, nursing institutions for the elderly and other types, which are suitable for the single elderly who like a lively life. However, this pension mode also has disadvantages: first, the elderly will think that being sent to the pension apartment by their family members is abandoned by their family members, and they will have psychological feelings of rejection. Second, up to now, the relevant system design of institutional pension has not been perfect and improved, the elderly's daily diet, daily living are only qualified standards, cannot meet the growing needs of the elderly service. Thirdly, under the shackles of traditional concepts, the children of the old people who go to institutions for the aged are likely to be condemned by the world, which will have a certain negative impact on the reputation of their children and offspring. Fourth, the infrastructure is perfect, the pension service is comprehensive, the management organization is sound, but the high price makes most of the old people hesitate. Although public pension institutions are cheap and abundant, they are unable to provide better services for the elderly due to imperfect policies and infrastructure.

3. Present situation of mutual support for the aged in rural communities in Shandong Province

According to the seventh national census, Shandong has a permanent population of 101,527,000. About 21.22 million people were 60 years old or above, accounting for 20.90% of the population, of which about 15.364,000 were 65 years old or above, accounting for 15.13%. "The 14th Five-Year Plan for the Development of Aging Cause in Shandong Province" shows that the development of aging cause in Shandong Province is in an unbalanced and inadequate state. In terms of ensuring people's livelihood, elderly care services, and health for the elderly, imbalance and inadequacy exist between regions and between urban and rural areas. With the increasing severity of the aging problem and the increasing number of empty nesters, Shandong Province proposes to meet the diversified and multi-level needs of the elderly as the goal, strengthen the design of policies and systems for the elderly, increase the supply of services for the elderly, improve the service system for the elderly, and promote the development of the province's aging cause. Efforts should be made to encourage the elderly to help each other in a new type of old-age care, encourage all regional organizations to set up organizations related to mass mutual assistance for the elderly, and guide all regions to publicize and promote the new model of mutual assistance for the elderly. Take three prefecture-level cities in Shandong Province as an example to analyze the form of mutual support for the aged in Shandong Province.

3.1. Wendeng District, Weihai City, Shandong Province

Wendeng District of Weihai City is the hometown of longevity in China and the capital of coastal health. The aging is serious, and the proportion of the elderly in rural areas is about 60%. It is the most urgent and realistic appeal of the rural elderly to explore a new way to support the rural elderly, fill the gap of home care in rural areas and solve the problem of supporting the rural elderly. In terms of financial funds, most funds of rural mutual assistance nursing homes come from financial allocation and collective economy. However, the tedious approval process makes the application period of funds longer, which brings certain resistance to the development of nursing homes [7]. The Wendeng District government not only combines the immediate reality, effectively solves the specific problems of rural home care, but also takes a long-term view, focuses on the distribution of rural home care service system, focuses on the exploration of rural home care model, and forms the "good-neighborly mutual assistance +N" model with good-neighborly mutual assistance as the center and multifunctional radiation.

Such a sound management, complete organization of rural mutual pension mode, cracked the problem of rural pension. Through the neighborly and mutual assistance method of "intergenerational relay", we provide various service needs for the elderly, satisfy the elderly care complex, provide better services for the elderly, let the elderly have someone to care for, take care of and help, and create a good social atmosphere.

3.2. Linzi District, Zibo City, Shandong Province

In order to take care of the elderly who are empty nesters, left-behind elderly and unable to take care of themselves, Linzi-District has explored a new mode of low-cost mutual support for the elderly in rural areas by activating fixed assets, purchasing services and introducing enterprise management, combined with public voluntary services, which has effectively alleviated contradictions such as shortage of professional pension service personnel and limited government pension funds. Alleviating the burden of the elderly. The main methods are: first, the target population precision. A wide range of thorough investigations should be carried out to accurately grasp the real situation of the elderly, and policies should be implemented in a timely manner according to relevant requirements. For elderly people living alone, it is suggested that they should live in nursing homes. Second, the implementation of public operations. Spring Rain Ciguang Nursing Home in Qidu Town renovated and expanded nearly 5,000 square meters of abandoned houses. The town government invested in the renovation and upgrading of the infrastructure of the nursing home. Three, the old mutual help can be quantified, time savings for huddle heating. The

nursing home selects a group of nursing workers who are in good health, have a certain ability to work, have enough time and have the idea of volunteering to set up nursing staff to provide services for other elderly people. The policy of "time savings" is implemented for nursing workers. Those who have served for 8 years can live in the Spring Rain Ciguang nursing home for free until they die. It allows them to retire cheaply and build up time for their future retirement. At the same time, you can also donate your accumulated time to the "public time pool" [8]. Iv. Diversity of voluntary services, external blood transfusion activates endogenous motivation. Qidu Town combines the volunteer service activities of Spring Rain Love Studio. For those who do not want to live in Spring Rain Ciguang nursing home, Spring Rain Love Studio regularly organizes volunteers to provide door-to-door service.

Shandong, known as a "land of rites", has a beautiful tradition of respecting and caring for the elderly, mutual assistance and harmony since ancient times. The mode of mutual assistance for the aged in rural areas is not only to carry forward this tradition, but also to adapt to the new era of concept and action innovation [9]. This new rural community pension model in Linzi District has alleviated the rural pension problem and made up for the shortcomings of rural pension services. Let the elderly give full play to their strengths and advantages and gain more happiness and sense of gain through labor.

3.3. Zhangqiu District, Jinan City, Shandong Province

During the National "Two Sessions" in 2021, Zhangqiu District's rural home care service work of "Helping the poor and the poor" was reported and broadcast on CCTV as a typical case of national mutual care for the elderly, focusing on showing Zhangqiu District's innovation achievements in poverty alleviation and home care. The Yellow River Street in Zhangqiu District hired the poor households with labor force to do the housework for them, and got better help. Zhangqiu District Civil Affairs Bureau summarized and refined the pilot work of each street and made a series of implementation plans for the pilot work. In some poor villages in the township, the construction of "community service centers for the elderly" has been carried out, and they are equipped with warm bottles and washing machines. Zhangqiu District also uses self-raised funds for the construction and operation of "helping the poor and the poor" home care, distributing filial piety love bags for the elderly left behind in rural areas and building a cultural square for the elderly, so that more elderly people can feel warm.

Since the implementation of the "Help the Poor and the poor" project, while providing for the elderly, more civilized folk customs and positive energy of mutual help and love have also begun to spread in rural areas. The local rural mutual assistance pension model has formed a major feature, and the local rural mutual assistance pension model has become a unique development trend. On the basis of constantly strengthening the rural extremely poor, the plan is also gradually extended to the elderly in need, in order to seek to establish a more perfect pension security system for the rural elderly. In the process of deepening the project, this method has been gradually transformed into a means of rural social governance, and also promoted the development of rural culture.

4. Countermeasures and suggestions

In today's society, with the increasing aging of the population, old age is a big problem. How to do a good job of pension measures and how to improve the happiness of the elderly need the continuous efforts of the country, society and even citizens. The state should formulate corresponding policies and regulations to promote the construction of a new mutual pension system. Government departments can also attract the participation of individuals, organizations, enterprises and other social forces through tax relief, investment attraction and other ways, so as to promote the sustainable development of mutual pension service. At the social level, gathering social consensus is the basis for effectively promoting the new mutual pension model. All parties in society should make correct judgment and reach consensus on issues such as promoting mutual support for the elderly and recognizing mutual support for the elderly. At present, mutual aid endowment recognition is not high, which is an important reason for the low occupancy rate and even vacancy

phenomenon of mutual aid nursing homes. In this regard, it is necessary to actively publicize the benefits of the mutual aid pension model through both the network and the field, and carry out personal observation and experience in the field, so that people can further improve their understanding of the new model of mutual aid pension, and to some extent reduce people's concerns about the mutual aid pension model. Personally, the elderly need to change their own ideas, establish a positive and healthy attitude to the mode of mutual support for the aged. And the elderly's children and family members should also take the initiative to cooperate and give support.

5. Conclusion

In rural communities, the implementation of "mutual support for the elderly" new pension model has been developing and gradually accepted by people. However, different regions are affected by different traditional cultures, which makes the development of the mode of mutual support for the elderly also limited to a certain extent. Due to the economic, cultural and other differences between different areas, it is difficult to formulate a model to adapt to all areas of the nation. At the same time, the different modes of mutual aid for the aged in different regions lack certain standardized management, which also reduces its effect. Therefore, the promotion of the mutual assistance pension model should be developed in accordance with local conditions and local conditions under a macro-sound system [10].

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