

Exploring the Path of Population Aging and Pension Apartment Development

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Keywords: population aging; pension apartment; development path

Abstract: In the process of actively responding to the development of China's population aging society, it has evolved from "healthy aging" to "successful aging" to "active aging". In the context of population aging, we are always adhering to the emerging concept of "active aging" and exploring new types of old-age care. The pension apartment has achieved good development since it was proposed. Based on the population aging background, this article proposes the general idea of the development of pension apartment combining medical care and nutrition. Combining new models to innovate the vertical road.

1. Necessity and importance of the construction of pension apartments

1.1. Adapt to the needs of the age structure of the population

With the development of the national economy, the advancement of science and technology and the improvement of medical care, especially since the 1970s, the family planning work has been carried out deeply. The population situation in China has undergone significant changes, and the birth rate has declined significantly over a long period of time.^[1] The decrease in the number of births and the decline in the proportion of the juvenile population, as well as the increase in the average life expectancy, have caused the age structure of our population to change from young to typical adult, and will change to the elderly at a faster rate. China has faced the severe situation of population aging. With the rapid increase of the elderly population, relying on family pensions alone can no longer solve the problem of support and care for all elderly populations. We must vigorously develop social pension methods and set up "elderly apartments" to solve the problem of urban elderly support.

1.2. Adapt to the needs of family structure changes

According to a survey conducted by the Institute of Sociology of the Chinese Academy of Social Sciences on five urban families, including Beijing, Tianjin, Nanjing, Chengdu, and Shanghai, the proportions of nuclear families, immediate families, and joint families in the five cities were: 67.75%, 19.28% and 2.420.6, the proportion of single- or second-child families in nuclear families is significantly higher, accounting for 77.7% of the total number of urban nuclear families. It is predicted that at the end of this century, "Four two two" family types will become the main type of family in our cities,^[2] which shows that with the changes in family structure and the fast pace of modern life, many "dual workers" have no time to take care of elderly or sick elders, so families Middle-aged care for the elderly becomes a heavy burden on young people. Therefore, the development of community service centers, the establishment of apartments for the elderly, and the implementation of apartment-based pensions for the elderly are the guarantee for the elderly to live a good life in the old age, as well as a major social task to address the worries of each family.

1.3. Adapt to the needs of the elderly's own development

The establishment of "elderly apartments" can effectively solve the five "existing" problems of urban elderly, especially retired elderly. The apartment for the elderly can provide the elderly with support, medical care, and pleasure, reduce the mental burden on children, and provide an objective environment for remarriage. Coupled with the changes in people's ideology, in the past the elderly had the idea of "raising children and preventing the elderly"; while children were sent to the elderly homes, they were afraid of being described as "unfilial."^[3] Yes, the old man is willing to go.

Therefore, the implementation of apartment-based care for the elderly is also adapting to the needs of this changing concept.

1.4. Needs to improve the old-age security system

The old-age security system should include "income security", "service security", "medical health protection" and "social welfare security". These are four closely related components. At present, China is at an important stage of socialist economic development and reform, with limited socio-economic development. There are many limitations in the forms of social care provided in cities.^[4]The establishment of elderly apartments can make up for the shortcomings of the current social security system for the elderly in urban areas in terms of service methods and scope, and medical care.

2. Overall development ideas for building elderly apartments

2.1. Guiding ideology

Implement the concept of "active aging", break through traditional thinking, adhere to the people-oriented principle, create a new type of old-age care model that meets the national conditions, and better practice the new type of health rehabilitation.

2.2. Multi-form security system

Each location of the apartment for the elderly should be based on the creation of an independent elderly community model. A positive interactive relationship of mutual assistance and cooperation must be established between the state and society in order to achieve the effective management of quasi-public products and ensure certain welfare of the elderly service.^[5]Adhere to the principle of joint participation of the government, enterprises, communities, families, and volunteers: adhere to the principle that the government can organize, and collectives, individuals, enterprises, units, charities, etc. can also set up.

2.3. Standardization of Hotel Facilities for Hardware Facilities

1) environmental gardening; 2) facilities should be aging; 3) room family; 4) professional level of care services; 5) standardize the level of service hotel; 6) family-friendly care of living; 7) socialization of elderly care .

3. Innovation of new models for combining nursing care with nursing homes

3.1. Idea Innovation

Although in the form, there are differences in the mode of resource allocation and institution integration in the combination of medical care and support, as a new concept of pension, medical care and support should be unified and recognized in all modes of medical care and support. This is also the current combination of medical care and support A common problem in practice.^[6]First, "medicine" is the "care" service, that is, old age is the guarantee for the elderly to enjoy their old age. The premise must be to handle the health problems of the elderly, promote medical and health services to the community and families, and make it easier for the elderly to see a doctor. Old age. Second, the "home" is the core of support, that is, when implementing the new model of supporting the elderly with medical care, we must still adhere to the core of "supporting the family", so that the mode of integrating medical care and support is no longer as simple as "hospital + nursing home" Overlay. Third, "love" is the basis of medicine, that is, medical care for the elderly should be full of love and warm care, the purpose is to make the elderly live a more dignified and more happy. Under the traditional Chinese culture and human needs, the elderly have a strong desire for the home. The home is provided with hardware and environment for the home. "Closing the door is a small home and opening the door is everyone." There is a home in the institution. " It not only meets the habit of traditional family companions, but also meets the modern concept of self-pursuit. The senior

apartments mainly support hospitals and nursing homes, and develop professional medical and nursing teams such as physicians, pharmacists, rehabilitation physiotherapists, nurses, nurses, and nursing staff. The "care" and "medicine" of the elderly are completed within the affinity source, which not only avoids the spatial separation of traditional medical care services from bringing inconvenience and emotional separation to the elderly and the family, but also "liberates the wife and the children.

3.2. Construction innovation

The comprehensive elderly residential area is designed and constructed according to the physiological and psychological characteristics and needs of the elderly. It is based on the elderly-oriented design concept and provides a comprehensive integration of self-care,^[7] care and assistance for the elderly with different health levels. Services, according to the health status and self-care ability of the elderly, can obtain life care and mental comfort services corresponding to physical conditions. Under the condition of reducing the dependence on the children, the elderly can truly realize that they can support themselves, do something good, and enjoy themselves. It is also a complex residential area for the elderly. It is designed and built according to the physical and psychological characteristics and needs of the elderly, guided by the barrier-free and humanized design concept, providing self-care conditions, housing equipment for the elderly, and integrating and supporting the entire family. optimization.

3.3. Scientific and technological innovation

At the early stage of the construction of senior apartments, it was determined to allow the senior citizens to fully enjoy the achievements of science and technology and social progress, and advocated "technology to help the elderly and smart pension".^[8]The apartment integrates the most advanced software and hardware facilities at home and abroad, and combines its own functional positioning and service goals to design personal consumption, regional positioning, access control security, mobile alarm, and indoor emergency calling as service management ERP systems to build a "smart retirement" life model.^[9]The application of "mobile, cloud, big data, and Internet of Things" technology to promote service improvement, build a platform for the interaction between the elderly and their children, and realize the real technology to help the elderly.

3.4. Continuing Innovation in the Value of the Elderly

Establish a mutual aid system for the elderly and a community support system for the elderly. Through the creation of a "time bank" model, the development of elderly volunteer organizations, the role of "supported" to "self-help pension" in mutual assistance, and self-help in the process of mutual assistance. Through the public welfare classroom, practice the spirit of "the public welfare achieves the value of the elderly",^[10] promote the elders' style of doing something good, and develop the orientation of affinity Social youth education activities, Sudoku, fun painting, recitation, table tennis, harmonica and other projects have become the featured projects of summer public welfare classrooms, and have received widespread attention from the society.

4. Conclusion

The concept of the combination of medical care and elderly care in the construction of elderly apartments reflects the basic service concept of taking the elderly as the center. Taking into account the different needs of the elderly at the physical and spiritual levels, the social value of the elderly is brought into play. The value system of "being happy for the old" provides unique experience and reference for the practice of combining medical and nursing in China.

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