

Analysis on Relevant Policies of Aging-Friendly Transformation in Beijing

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Abstract

Aging is a general trend of global population development, and it is also the primary national condition of my country for an extended period in the future. At the end of the 20th century, China's elderly population aged 60 and above accounted for more than 10%, and it entered an aging society. It is expected that at the end of the "14th Five-Year Plan" period, the aging will shift from mild aging to a moderate stage (accounting for more than 20%). Around 2035 it is entering the severe phase (accounting for more than 30%). In the face of such a large elderly population, creating a livable elderly care environment is urgent. Facility safety issues in senior communities, "unsuitable" internal living facilities, lack of barrier-free facilities, and other hardware problems hinder the life of every elderly person around us; In the digital age, in the process of the outbreak of the new crown epidemic in the past three years, there has also been repeated news that the elderly are blocked from traveling because they do not use smart devices. Based on the reading of the "Guiding Opinions on Promoting the Construction of Sub-district and Township Elderly Service Consortiums," this paper analyzes the policy of "creating a friendly and livable environment for the elderly and comprehensively promoting the aging-friendly renovation of elderly families," and introduces the background of the problem and relevant cases. Analysis and reading pertinent literature and policies put forward suggestions on the future trend of Beijing's aging-friendly transformation.

Keywords

The Elderly; Aging-Appropriate Transformation; Future Trend.

1. The Background of the Question

1.1. The Characteristics and Distribution Differences

As a megacity, Beijing has a large population, a severe aging population, and the following characteristics: (1) The registered population has a high degree of aging, rapid growth, and a large base of the elderly population (Zhao, 2017). The number of registered older adults aged 65 and above in Beijing is increasing yearly, and the proportion of the total registered population is also growing. By the end of 2014, the city's registered population was 13.334 million, and the registered older people aged 65 and above were 2 million, accounting for 15.0%

of the total population. With the continuous improvement of the material level and the improvement of supporting policies and facilities for the elderly, the number of older adults in Beijing has been increasing in recent years, and the characteristics of longevity are apparent. According to statistics, from 2016 to 2020, the number of registered older adults aged 80 and above increased yearly, from 595,000 to 633,000, an increase of 38,000. From 2016 to 2020, the number of centenarians increased yearly, from 751 to 1,438, an increase of 687 (Zhao, 2017). (2) There are significant regional differences in the degree of aging of the registered population. From the perspective of the distribution of the elderly population, Beijing is currently showing a high degree of aging in the central urban area and a relatively low distribution in the suburbs. As of the end of 2020, Chaoyang District, Haidian District, and Fengtai District ranked the top three in terms of the number of permanent residents aged 60 and above, with 709,000, 578,000, and 479,000, respectively; the number of registered populations aged 60 and above ranked the top three are Chaoyang District, Haidian District and Xicheng District, with 640,000, 552,000 and 437,000 respectively.

1.2. Significant Regional Differences

China has a large population base of elderly people, and the living environment generally has great security risks. As of the seventh national census, there are 190 million people aged 65 and above in China, and most older people still prefer home-based care. However, the towers and slab buildings purchased by ordinary income families in mainland China have no calling and alarm facilities. The bathrooms also lack handrails without artificial secondary decoration. Old buildings have no elevators, and the corridors are dimly lit... These may bring inconvenience and safety hazards to the elderly at home. Making the elderly feel safe at home has become a topic of increasing social concern.

1.3. Historical Basis

China's pension problem has a long history, and the government has permanently attached great importance to this problem. Looking back from a historical point of view, the history of setting up particular institutions to support the elderly was founded in the Southern and Northern Dynasties 1,500 years ago. Emperor Liang Wu of the Southern Dynasties ordered the establishment of lonely gardens to adopt and care for unsupported older people and their funerals. Subsequent dynasties have set up pension institutions with different names and similar forms. Since the founding of the People's Republic of China, the Party and the government have permanently attached great importance to elderly care work and have set up several social welfare institutions and now a variety of elderly care institutions to support the elderly. A total of 8.21 million beds (2020 Statistical Bulletin of Civil Affairs Development), especially on November 24, 2021, the "Opinions of the Central Committee of the Communist Party of China and the State Council on Strengthening Aging Work in the New Era" were issued, and the country will actively respond to population aging strategy.

1.4. Relevant Policy

At present, China's aging-appropriate renovation mainly refers to the improvement of the living places such as bedrooms, kitchens, and bathrooms of the elderly's families to increase the safety and convenience of the living environment of the elderly, so that they can continue to live independently in their familiar living environment. at home. On July 10, 2020, 9 ministries and commissions, including the Ministry of Civil Affairs, the National Office on Aging, and the Ministry of Housing and Urban-Rural Development, jointly issued the "Guiding Opinions on Accelerating the Implementation of the Elderly Home Aging Reconstruction Project," proposing to adopt government subsidies and other methods to deal with particular difficulties. Families of the elderly implement home-based aging-appropriate renovations. The deployment of this series of tasks is an important starting point for consolidating the primary status of family care

for the elderly, promoting the consumption of elderly care services, and promoting the quality and expansion of home care services. Significance (Zhou, 2022).

2. Relevant Case Study

In the past two years, Zhoushan City has listed the aging renovation of the families of the elderly in difficulty as one of the top ten livelihood projects, aiming at the problems of no indoor lighting; lack of handrails and dim lighting in the bathroom; no call, alarm devices and other facilities in the home. Eight hundred six families of the elderly in difficulty have undergone aging-appropriate renovations, striving to continuously improve the quality of home care for the elderly and create a comfortable and secure living environment for the elderly.

Case 1:

Mr. Yuan, 64 years old, lives alone and has a physical disability, which makes it difficult for him to move around. During the interview, the street staff learned that the client's biggest dream was to have a water heater. After an on-site evaluation, the client's family became one of the objects of aging-suitable renovation for the family of the elderly in difficulty. The civil affairs department immediately contacted a professional organization for him, and the renovation plan was formulated and completed within a week. In half a month, the client's home bathroom has been remodeled. Toilets, water heaters, bath chairs, and shower room handrails are all available. The relevant person in charge of the Civil Affairs Bureau said, "Complete the acceptance of one household and one household, and ensure that the work tasks are completed within the specified time to the greatest extent." During the aging-appropriate renovation and acceptance period, The Civil Affairs Bureau will assign special personnel responsible for coordinating and solving the existing problems and difficulties in project construction and acceptance at any time.

The street staff worked with the city government to help the client solve the water heater problem. The client sincerely said, "It's freezing in winter, it's inconvenient to take a bath, and sometimes I catch a cold. The water heater, I can finally take a hot shower!"

Case 2:

Ms. Luo, 93, who lives in Beijing, lives with her children and a nanny. The client suffers from heart disease and high blood pressure and can take care of himself in daily life. However, due to a hip fracture caused by a fall at home, his leg strength has weakened, and now he can only use assistive devices to complete his daily activities. The family members of the case owner said that the older man usually carries a wireless pager with him and will call for help at any time if there is a problem.

Knowing that it is possible to transform the home environment to improve the safety and convenience of the elderly at home, the family members of the client found the Angel Service Team of Anxin Health Care Group to help the family carry out aging-appropriate transformation. Taking into account the essential self-care of the elderly in their daily life, the service team suggested that the core of the renovation is to prevent the elderly from falling, and the bathroom, shower area, and bedroom can be renovated. According to the renovation plan, the service team carried out anti-skid treatment for the client, installed handrails on the walls she often passed by, installed toilet boosters and bath chairs in the bathroom, and updated the previous simple toilet stool to be more suitable for the elderly. The toilet seat and the older man's crutches and pagers have also been replaced.

After a series of aging-appropriate renovations, the client said it is convenient and safe. Walking around the house occasionally slipped, but not now; you can get up with a borrowing force, which is much more convenient. Regarding the handrail by the bedside in the bedroom, the client also said that with it, he no longer has to worry about turning over and falling off the bed.

3. Suggestions on the Future Trend of Beijing's Aging-Friendly Transformation

3.1. Strengthen Digital Construction

Aging-appropriate transformation is a prerequisite for the realization of home-based care in contemporary times, and it has also become a basic policy for countries to deal with the rapid aging of the population. At present, the city's aging-friendly transformation is still dominated by hardware transformation, but digital construction is also an indispensable part, which also determines whether the aging-friendly transformation can keep up with the times and whether it can truly be "appropriate for the elderly". Some scholars have pointed out that the "efficiency" of the current social "intellectual" public service supply is not good, resulting in a low "sense of gain" for the elderly. Therefore, we need to pay attention to the diverse needs of the aging process due to environmental differences, and strengthen the elderly. Human products are intelligent and intelligent products are "suitable for aging", and smart home care equipment such as audio-visual auxiliary equipment and physical auxiliary equipment are developed to expand the activity space of the elderly. In addition, a smart old-age care service platform should be established, so that the needs of the elderly can be reflected and handled more efficiently and conveniently, and the satisfaction of the elderly with suitable aging transformation can be improved (Li, 2021).

3.2. Smart Device

The social work organization has set up a learning group. The service targets are mainly the elderly living alone, the elderly with a low education level, and do not know how to use smart devices to travel. They can use PPT to explain, mainly in pictures, which can help older adults with different cultural levels. It is easier to understand and also avoids the disadvantage of a group study that takes too long due to reading text and affects the learning effect. The main content of the explanation should be closely related to the content that the elderly are most concerned about, and questionnaires should be done in the early stage. At the same time, in the context of epidemic prevention and control, the number of group activities can be increased, and the elderly can be taught how to show the health code, itinerary code, and place code—some simple and practical knowledge.

3.3. Professionals

At present, not every community in Beijing has professional social workers doing community work, and the coverage of elderly social workers explicitly targeting the elderly is incomplete. Therefore, the importance of community services for the elderly is highly professional—one spot.

A social worker service center in Xiamen summarizes the "three-dimensional" service model of social work for the elderly: three-dimensional service based on demand stratification, multi-dimensional service promotion, and three-dimensional service orientation and output. To respond to the diverse needs of the elderly in a more comprehensive, systematic, and precise manner. Among them, demand stratification refers to stratification and classification according to the priority of the needs of the elderly; multi-service refers to the organic combination of cases, groups, and communities around a specific demand; three-dimensional service orientation is output, which relates to prevention, treatment, develop three dimensions to design services and sort out their effectiveness. Referring to the division of social work service models for the elderly in the above service models, I believe that at present, professional social workers in Beijing should organize regular training and assessment for elderly service workers in towns and communities to ensure the social work functions of the elderly. Stable performance. At the same time, elderly social workers and community service personnel should

strengthen communication with the elderly, clarify the needs of the elderly, and formulate service plans more accurately.

From the experience of specific countries, aging-appropriate renovations have relatively complete service systems, including the division of responsibilities from central to local government departments, effective collaboration between government departments and social organizations, and operational procedures for renovation services. However, a service system suitable for aging in China has not yet been established. Therefore, social workers should also take the initiative to bring multiple parties to participate, breakthrough vertical and horizontal barriers, establish contacts with responsible departments, and formulate and clarify integrated service processes.

3.4. Synchronized Transformation

The Beijing municipal government has set the standard for renovation projects in old neighborhoods to be residential buildings built before 1990. In the specific implementation, combined with the actual situation of the community and the residents' wishes, some residential buildings constructed after 1990 have also undergone energy-saving renovations. When the streets, towns, and communities carry out aging-appropriate renovations, they must follow the principles of "suitable for aging" and "de-aging." The focus of the combination is not only the necessary software and hardware environment for home care but also reasonable cost operation control to avoid unnecessary waste of "suitable for the elderly (Deng 2022)." At the same time, when assessing whether the infrastructure needs to be transformed, it should be carried out from the following aspects:

How much is the overall utilization of public places in the community, and is there any phenomenon of occupation? Taking my community as an example, it is not an old community. Still, in recent years, with the influx of foreigners, it is not uncommon for the public area of the community to be occupied. Most of them are parking bicycles, battery cars, etc. Personal items such as wheelchairs, garbage, and recyclable waste at the door of the house; children's skateboards placed on the barrier-free passages, etc., seriously hinder the travel of the elderly and pose a significant threat to their safety (Ying 2021).

Whether infrastructure and public facilities are lacking or in disrepair, especially in the old community, many older adults live there, but most do not have elevators. It is highly inconvenient for the elderly to go up and downstairs. In a community in Tongzhou District, during my internship, I found that many older people do not have elevators. However, choosing not to go downstairs for activities is far more harmful than beneficial to the physical and mental health and interpersonal communication of the elderly. This makes their living environment unsuitable for the elderly and cannot meet the living needs of residents, especially the elderly (Li 2021).

4. Conclusion

As the happy or bumpy life approaches the end, we will all enter old age, research, discuss and try to develop and innovate the current pension policy, and promote the aging-appropriate transformation of streets and towns, not only to help the elderly who need home-based care now. People are allowing themselves decades later.

As a social worker, I believe that the mission of the elderly is to regard aging as a positive life experience, reduce age discrimination, and make full use of social resources to serve the elderly. The work of the elderly is always on the way. It can protect the elderly from harm, help them maintain their fundamental rights, ensure their essential spiritual and material quality of life, and maintain and improve the social functions of the elderly. It must be combined with specific social conditions and united with multiple subjects. Participate. Based on the current reality,

the epidemic is like the wind to the fire. It blows away the hypocrisy and encourages the strong. On the premise of cooperating with our city's epidemic prevention and control policy, I hope there will be more cities and communities in the future. Establish and improve relevant old-age security policies, and more sub-districts, towns, and neighborhoods will take the lead in piloting related projects to protect the rights and interests of the elderly so that more older people can take care of their lives after a lifetime of running around.

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