

# *Population Aging and Study of Aging Care Policy*

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**Abstract:** As the census of population shows that the problem of population aging is becoming serious in China, the society has to solve the problem of supporting people whose age is over 60. The previous research shows various policies that society helps old people to spend their old years. They also evaluate these policies, pointing out their benefits and downsides. Most of their evaluations and analysis are based on the data and some visible impacts on the society. From my research, I will use the method of interview to analyze these policies of the society. The research aims to evaluate these policies from the perspective of old people and give some suggestions to the governments to take care of old people. The result of my research shows that the society has made many improvements to support old people, which are effective and bring much convenience for them. However, these improvements also have some negative impacts on these people.

**Keywords:** Old people, Population aging, Aging care policy, Census of population

## 1. Introduction

In recent years, the census of population in China shows that the problem of population aging is becoming more serious than before, because now the birth rate is lower and people are able to live much longer than before [1]. The tendency brings much pressure for the society to take care of people whose age is over 60. To solve the problem and help these people to spend their old years, the society in China provides three methods with old people and they can choose one from these ways. The first one is family endowment, which refers to that old people will stay at home to spend their old years and they rely on their children to take care of them. The second form is institution care, which refers to that they will live in some specialized institutions and these institutions will be responsible for their lives. The last one is community-home care, which is a mode between the institution care and family endowment.

However, from the research before, it can be seen that most old people prefer the mode of family endowment rather than institution care, because they will feel lonely when they stay in the institutions without the accompaniment of their families [2]. In addition, they will suffer stigmatization because it indicates that their children do not take care of them well [3]. However, their children will too exhausted to take care of them if these old people choose to live in their own homes. In order to solve the problem, the government made some decisions to promote the development of community-home care. These policies obtain support from many people, while they also have plenty of disadvantages and unintended consequences.

This paper will contribute to solve two problems. The first is if old people are satisfied with the policies and decisions of the government. The second is what the government can do to give old people better care. The paper will use the method of collecting resources and data from previous research and analyzing the information to obtain the conclusion. The method of interviews will also be used to finish the paper.

## 2. Literature Review

According to the census of population of recent years, society now faces a terrible problem that China has a higher rate of people whose age is over 60 than before. The reason is that now the rate of birth is declining and people are living longer lives than in previous decades. Since 1950, life expectancy has increased by two decades [1]. The problem will last for an extended period of time. In this way, in October 2022, China has an updated strategy to actively respond to population aging by providing vigorously developing inclusive elderly care services [4]. The society gives many choices for these people to support them. The first one is family endowment, which refers to that all family members are responsible to care for the elderly in their families. The second is the community-home care, which is a mode between family care and institution care. The last one is institution care, which refers to that some specialized institutions take the responsibilities to take care of the elderly. In fact, from 1994 to 2005, China encouraged the development of institutional homes. The goal of 30 beds per 1000 elderly individuals was set within the 12th Five-Year Policy Plan (12th FYP hereafter). However, now only about 4 percent of these choose the institution care, and about 90 percent of people would like to use the way of family endowment [5]. Also, the institution care in rural regions is relatively rare to cities and towns [6].

From the data and information above, it can be seen that few old people would like to go to the institutions to spend their old years. The reason is that if they choose to go to institutions to spend their old years, they will have a sense of loneliness [2]. If they stay in the institutions for a long time, they will feel lonely without the accompaniment of their families, so it is harmful for their mental health if their families decide to let them live in these institutions. When these people were asked where they would prefer to meet with their death, nobody said that they would like to die in a nursing home [5]. Also, if these people stay in these institutions, they will suffer stigmatization because it indicates that their children do not take care of them well [3]. In this way, most people tend to choose to spend their old times in their homes instead of in these institutions. Nevertheless, the offsprings of old people will have much pressure to take care of their parents, and they felt exhausted because now the number of each family members is now decreasing, and they have to spend more time taking care of their parents if old people choose to spend their old years in their homes.

In order to facing the problem of population aging and supporting more and more old people, the government in China promotes some developments. Some scholars emphasized that exploring the public-private partnership (PPP) model, simplifying administrative procedures and establishing a “green channel” need the purpose of attracting social capital into the endowment service industry [5]. In addition, the government of China began to utilize a network like some other countries like Sweden. Because people old people do not want to live in nursing homes to spend their old years and they prefer to live in their homes or communities, the residential aged care facilities do not have good reputations. In this way, the government promotes the development of Community Aged Care Service Centre (CACSC) network. This network provides medical care and nursing care with old people. They provide some basic services such as living, group meals, life care, rehabilitation care, spiritual comfort, and cultural entertainment as well as some long-term services for bedridden elderly patients, disabled patients, and terminally ill patients who need tranquility care. Through this network, the government is able to help the children of these parents to offer professional services to their parents, so they do not have so much stress. Old people can also achieve their goals, because they can receive

the services without going to institutions to spend their old years. However, according to the research, most people consider that CACSC is beneficial for the society to take care of old people, some people think that the strategy has some negative impacts. The study shows that the establishment of the CACSC is similar to facilities such as power plants, garbage dumps and chemical plants. In that case, the use of CACSC requires more research and observations [4].

Although the government has some developments in order to improve the lives of old people, the society still faces some terrible problems. The government found that the environment is closely related to the lives of old people because these people are plagued by chronic diseases caused by environment problems recently. The government has many policies to reduce the pollution to offer better lives to old people. The research also suggested that the implementation of the environmental information disclosure system will have positive influence on the health of old people. That is why the government needs to enhance the system in order to improve the lives of old people. What's more, though during the old years of old people, they have many difficulties to live in their homes or in the communities, they are familiar with the independent lives. They accustomed to an "acquaintance society", so when they have many inconveniences when they decide to live in their homes, they do not want to seek help from the community [7]. It is not helpful enough for old people if the communities can help these people to live in their homes and communities, the government also needs to do some other things to encourage these people to make more use of these facilities and resources in the communities.

Now the government in China has some ways to support old people to face the problem of population aging, but these ways also have many problems. In this way, the government needs to solve these problems and enhance the quality of lives of old people in the country in the future.

### 3. Methods

The method of interview is used in this paper to gain information and to analyze the question in the topic. I gain access to the interviews of people whose age is over 60. Old people who choose various methods to spend their old years were all interviewed. I did interviews for seven people who choose the mode of institution care when I was the volunteer in the nursing home. The nursing home is in the center of the city, and it charges 800 dollars per month. Five people I interviewed have high school degrees, and two of these people have college degrees. I also did interviews with old people relatives who choose the mode of family endowment and community-home care. Each person was asked to answer two questions. The first one is whether they can utilize the resources of the society to spend their old years. Another one is how the society can make some improvements to support them. The analysis of the paper is based on the outcomes of the interviews.

The method of secondary research is also used in the paper to conduct the consequences of the research. The data from authoritative institutions is utilized to explain the problem of the paper. I use the previous research as the basis of the paper as well. The resources from previous reliable research about models to support old people and what the society have done to help these people to spend their old years are collected here to analyze my topic of the paper.

### 4. Results

From the previous resources, it can be seen that although the government is trying to make some developments to improve the lives of people whose age is over 60, there are still many problems which cause inconvenience for these people.

After I gave the two questions to seven old people who choose to spend their old years in institutions, they have different answers towards my questions. In the first question that how they can use the resources of the society to spend their old years, all these people in the institutions answered

that they are able to make use of the equipment in their nursing homes which can bring a lot of convenience and pleasure for them. However, all people that have high school degrees answered that their nursing homes now use online systems to offer services for old people, so they can obtain food and know how to go somewhere else in the nursing homes services from their cell phones. Nevertheless, usually they do not know how to use their cell phones to get services and look for information they need. In addition, when they meet some emergencies, for example, when they are not comfortable and need professional health care, they can only ask help from doctors in the institutions from the online system. If such situations happen, the arrangement in the nursing homes will bring many troubles for them, even these situations will threaten their lives.

With regard to the second problem that what the society can make some improvements to support them, 80 percent of people in the nursing homes answer that the society had better cancel the online system that provides services and continues using traditional ways to take care of them, or the institutions need to teach them how to use the system from the Internet. In this way, they will be more convenient to live in these places.

Six old people who do not choose the mode of institution care are also interviewed. The results show that they face to the same problems as people who live in nursing homes to spend their old years, especially after Covid-19. After Covid-19, the community requires them to use their cell phones to fill in their body temperature and other information. When they go out to different places, they are also required to use their mobile phones to scan the QR code. Although these people can be taken care of by their families, it is difficult to live without the experience about how to use electronic devices, particularly when their children do not accompany them. Over half of them also suggest that the government needs to offer the guideline about how to use these mobile phones to do these things to them.

## 5. Conclusion

This paper examines the policy and methods of the governments to support old people to spend their old years and several conclusions can be obtained from the research.

Firstly, many new developments of the society to support old people is approved by old people, and they agree that the development brings a lot of convenience for them. The previous research also suggests that the imitation of other countries like Sweden is actually useful for old people because the society now has a network for old people so that they are able to acquire different types of services [6].

Although it can be seen from the research that the living quality of old people is increasing because of the efforts of the society, it also reveals some of the unintended consequences of the development. Other researchers suggest that the technology brings the improvements for the living quality of old people because the use of information and communication technology can support old people and enhance the effectiveness of taking care of them [8]. My interviews show that the use of technology also brings some unintended consequences. Many people do not know how to use modern technology to obtain services in the institutions and people who choose family endowment and community-home care also have troubles going out because of the lack of experience to use electronic devices. In addition, previous research indicates that people accustomed to an “acquaintance society”, so when they have many inconveniences when they decide to live in their homes, they do not want to seek help from the community [7].

This research has several limitations. Firstly, just about 13 people were interviewed to acquire the conclusion of this essay because I am not able interview so many people because of the time limit. In this way, the conclusion of the paper may not be universal due to the number of the sample. Secondly, the research was conducted in Tianjin, a city in China. It did not analyze the situation in other places and other countries. The situation in Tianjin might not be similar to other cities and other countries.

From the analysis and conclusion above, it can be seen that future studies should focus on some other aspects about the living quality of old people, such as the diets and mental health of these people. If time is sufficient, it is better for future studies to collect resources from more people or use the method of questionnaire to conduct their research so that their conclusions will become more persuasive. Also, studies in the future should not limited to people in a single city or a country, it is more beneficial to analyze the problems around the world. For the governments, they need to make more efforts in order to help old people to spend their old years. They should pay more attention to the unintended consequences of the methods and try to avoid these problems. Some elements that are more appropriate to old people should be added to the online systems and other technologies of nursing homes to help old people to adapt to their lives. If advanced technologies are needed to take care of these people, the governments had better teach old people how to use them to make sure that they will not meet many difficulties in their lives.

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