

Study on Actively Coping with Population Aging in Dalian Lushunkou District

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Abstract: *Health and longevity are the eternal pursuit of human development. The report of the 20th National Congress emphasized: "Implement a national strategy to actively respond to population aging and develop the elderly care industry". It is estimated that during the "14th Five-Year Plan" period, the number of elderly people aged 60 and above in my country will exceed 300 million, and my country will enter a moderate aging stage from a mild aging stage. Population aging has brought several practical challenges to social and economic development. How to judge China's aging situation? How to respond to the challenges of aging? How to ensure and improve the quality of life and life of the elderly? These issues have become the focus of attention from all walks of life. Therefore, we must recognize aging, grasp aging, and use aging to serve my country's modernization construction.*

Keywords: Dalian, Population Aging.

1. Introduction

Liaoning Province has an aging society that arrived early and developed rapidly. Among them, Dalian is a city with a low fertility rate, and the problem of low fertility rate has appeared since the late 1980s. In addition, the distribution and development of the elderly in Dalian are unbalanced. The aging situation of urban and rural districts of different genders is different. The population aging problem in Lushunkou District is more serious. The aging of the population tests the ability of local governments in elderly care governance.

The aging problem is a major problem in Dalian in the new era. The aging, empty nest and single living of the elderly are aggravated. The elderly care function of the family is increasingly weakened, the mutual assistance relationship between neighbors is gradually disintegrating, and the community home-based elderly care system needs to be improved. On the one hand, the elderly care services in Lushunkou District, Dalian City have achieved obvious results, but on the other hand, there are also problems that need to be improved.

2. Population Aging Trend in Lushunkou District

According to the results of the seventh national census, the permanent population of Dalian's Lushunkou District is 355,427, of which 87,596 are over 60 years old, accounting for 24.65%, of which 61,001 are over 65 years old, accounting for 17.16%. Compared with the sixth national census in 2010, the proportion of the population aged 60 and above increased by 9.52 percentage points, and the proportion of the population aged 65 and above increased by 7.36 percentage points. The aging development speed of the region is obvious, far exceeding the national proportion of the elderly aged 60 and above, which is 18.7% and 13.5% of the national population. According to the international standard that a deeply aging society is entered when the population aged 65 and above accounts for 14%, Lushunkou District has entered a deeply aging society.

The Outline of the 14th Five-Year Plan for National

Economic and Social Development of Dalian and the Long-Term Goals for 2035 points out: "Our city has entered a stage of severe aging. The three accelerations of population aging, family fertility reduction, and reduction in the working-age population have brought tremendous pressure to social security, medical resources, elderly care resources, and economic development."

The intensification of the aging trend of the population has not only put forward higher requirements for the economic development, social security system, and elderly care service facilities of Lushunkou District, but also posed new challenges to the quality of life and social participation of the elderly. In the face of this trend, the Lushunkou District Government has actively taken measures to optimize the pension insurance system, improve the medical security system, develop elderly care institutions and community elderly care services, support the employment of the elderly, and use technology and innovation to improve the quality of life of the elderly, in order to build a social support network that comprehensively responds to population aging.

3. Factors Affecting the Aging of the Population in Lushunkou District

The intensification of the aging trend is closely related to the decline in fertility, the extension of life expectancy and the change in population migration patterns. The decline in fertility can be partly attributed to the accelerated pace of modern life and young people's concerns about the cost of childbearing, while the extension of life expectancy is due to the advancement of medical technology and the improvement of public health conditions. In addition, with the development of the economy and the advancement of urbanization, many young people choose to move to cities to seek better employment opportunities, resulting in the loss of young labor in rural areas and small towns, further exacerbating the aging problem in Lushunkou District. Faced with this challenge, the Lushunkou District Government needs to adopt a comprehensive strategy to build a comprehensive social security system to cope with the aging of the population by optimizing the pension insurance system, improving the medical security system, developing nursing homes and

community nursing services, and encouraging the employment and social participation of the elderly.

In the process of urbanization, the aging, empty nesting and single living of the elderly are intensifying, the elderly care function of the family is increasingly weakened, the mutual assistance relationship between neighbors is gradually disintegrating, the community home-based elderly care system is still imperfect, and the aging problem in urban communities is becoming more and more serious. While facing the problem of an aging population, we must also adapt to the requirements of the times such as Dalian's rapid industrialization and informatization. Based on this, we must propose optimization measures based on actual problems, starting from the government, community, institutions, and families. Combined with the development of the "silver economy" with information technology and artificial intelligence in the new era, we will comprehensively improve the response efficiency and development model of Dalian's Lushunkou District, and put forward suggestions for building a harmonious aging society.

4. Policy Measures of Lushunkou District to Cope with Aging Population

4.1 Overview of National and Local Policies

In the process of coping with the problem of population aging in Dalian's Lushunkou District, the formulation and implementation of national and local policies have played a vital role. According to data released by the National Bureau of Statistics, as of 2020, China's elderly population aged 60 and above has exceeded 260 million, accounting for 18.7% of the total population. Faced with this grim situation, the national level has issued the "13th Five-Year Plan for the Development of China's Aging Industry", aiming to build a social environment that adapts to population aging by improving the policy system in various aspects such as elderly care, medical care, and social participation.

As an important part of Dalian City, Lushunkou District has actively responded to the national call and introduced a series of local policies based on local actual conditions. For example, the Lushunkou District Government has launched a "silver economy" development plan, encouraging social capital to invest in the elderly care service industry through financial subsidies, tax incentives and other measures to meet the growing elderly care needs of the elderly. In addition, Lushunkou District also pays special attention to the social participation of the elderly, and provides opportunities for learning and communication for the elderly by establishing platforms such as elderly day care centers and elderly universities, so that they can continue to contribute to society. Lushunkou District is committed to creating a better living environment for the elderly through policy guidance and practice.

4.2 Optimization of Pension Insurance System and Medical Security System

In the strategies and practices of Dalian Lushunkou District in coping with population aging, the optimization of the pension insurance system is a key link. With the intensification of

population aging, the pension insurance system is facing unprecedented pressure. In order to meet this challenge, a number of measures should be taken to optimize the pension insurance system, including raising the level of pensions, expanding the coverage of pension insurance, and promoting the sustainable development of pension insurance funds. Special attention should also be paid to the fairness and sustainability of the system. For example, the introduction of the "multi-pillar pension insurance system" model encourages the development of enterprise annuities and personal savings pension insurance, forming a multi-level pension security network.

With the increase in the proportion of the elderly population, the demand for medical resources is growing, which requires not only the medical system to provide a wider range of services, but also requires more accurate and efficient services. Therefore, it is necessary to increase investment in medical facilities, promote family doctor contract services, and use big data and artificial intelligence technologies to optimize the allocation of medical resources. For example, by analyzing the health records and medical behavior of the elderly, Lushunkou District can predict the demand for medical services, so as to make good arrangements for medical resources in advance. In addition, it is also necessary to focus on improving the capacity of primary medical services, and by establishing community health service centers, provide convenient primary medical services for the elderly and reduce the pressure on large hospitals.

4.3 Elderly Care Service System Construction

In terms of the construction of the elderly care service system, Lushunkou District focuses on the coordinated development of elderly care institutions and community elderly care services. The district has not only increased financial investment in elderly care institutions and improved hardware facilities, but also encouraged social forces to participate in elderly care services and introduced a number of private elderly care institutions, effectively alleviating the pressure on public elderly care institutions. In terms of community elderly care services, Lushunkou District has implemented a "home elderly care" service model. By establishing community elderly care service centers, it provides day care, rehabilitation care, cultural entertainment and other services to the elderly, which has greatly improved the quality of life of the elderly. In addition, the district also uses modern information technology to provide online health consultation, emergency calls and other intelligent services for the elderly through the "Internet + Elderly Care" model, making elderly care services more convenient and efficient.

Therefore, we should vigorously develop the elderly care service industry, support the formation of elderly care industry clusters with long industrial chains, wide coverage, and significant economic and social benefits. Focus on the elderly's clothing, food, housing, and transportation, and accelerate the development of diversified services based on the elderly's economic status, cultural level, health status, etc. diversified and multi-modal elderly care services and industries. It is necessary to cultivate and expand domestic service market entities, strengthen industry supervision, encourage and support qualified elderly care institutions, and

promote high-quality development of the domestic service industry. It is necessary to meet the emotional needs of the elderly and vigorously develop community home care services by promoting the establishment of community home care service centers and strengthening the construction of supporting facilities.

Currently, Lushunkou District has dozens of various elderly care institutions with thousands of beds. However, compared with the huge elderly population, there is still a large gap. Therefore, we should vigorously develop the elderly care service industry, support the formation of elderly care industry clusters with long industrial chains, wide coverage, and significant economic and social benefits. Focus on the elderly's clothing, food, housing, and transportation, and accelerate the development of diversified services based on the elderly's economic status, cultural level, health status, etc. diversified and multi-modal elderly care services and industries. It is necessary to cultivate and expand domestic service market entities, strengthen industry supervision, encourage and support qualified elderly care institutions, and promote high-quality development of the domestic service industry.

In addition, Lushunkou District should actively build a community-based elderly care service network and improve the efficiency and quality of elderly care services by introducing intelligent and information-based means. For example, through the establishment of an "Internet + elderly care" service platform, the elderly can conveniently make appointments for door-to-door services, health management, spiritual comfort, etc., achieving precise docking and personalized customization of services. In addition, communities can also cooperate with professional nursing homes and introduce professional nursing staff to provide comprehensive care services for the elderly. This kind of innovation in community elderly care services not only improves the quality of life of the elderly, but also promotes social harmony and stability.

4.4 Employment and Social Participation of the Elderly

In terms of employment and social participation of the elderly, Lushunkou District has taken a number of measures to break traditional concepts and encourage the elderly to continue to participate in social activities. The government has launched the "Silver Talent" plan to provide re-employment opportunities for elderly people who are willing and able, such as serving as community volunteers, lecturers at senior universities, etc. At the same time, by organizing various cultural and sports activities, a social platform is built for the elderly to promote their social participation. These measures not only enrich the spiritual and cultural life of the elderly, but also enhance their sense of social value and happiness. "Meeting the growing diversified and personalized educational needs of the elderly population is an important measure for our country to implement the national strategy of actively responding to population aging. Giving full play to the role of colleges and universities is an important way to increase the supply of elderly education and develop high-quality elderly education [1]."Therefore, Lushunkou District can cooperate with local universities to offer courses such as computer and Internet applications for the elderly to

help them better integrate into the digital working environment.

In order to promote the social participation of the elderly, the government and all sectors of society have jointly built a variety of platforms. These platforms provide opportunities for the elderly to learn new knowledge and skills, and can also become social venues for them to exchange ideas and share experiences, allowing the elderly to transcend time and space barriers and participate in a wider range of social activities. These platforms not only provide channels for the elderly to obtain information and learn knowledge. Through these platforms, the elderly can participate in community services, cultural activities, health lectures and other aspects, effectively improving their quality of life and sense of social value, but also injecting new vitality into the harmonious development of society.

4.5 The Development of Smart Elderly Care Technology

With the aging of the population in Dalian's Lushunkou District, the development of smart elderly care technology is particularly important. "Scientific and technological innovation and its widespread application will effectively change the traditional labor employment model and make it possible to use 'virtual labor'. By expanding the human resource base and improving labor productivity to maintain sustained and stable economic growth, it will create a solid social wealth foundation for the governance of an aging society [2]." Smart elderly care technology can not only improve the quality of life of the elderly, but also effectively alleviate the pressure of social elderly care.

In Lushunkou District, the application of smart elderly care technology should also be reflected in the construction of smart communities. By installing facilities such as smart call systems and emergency response buttons, the elderly can quickly get help when they encounter emergencies. For example, smart wearable devices such as health monitoring bracelets can monitor the elderly's heart rate, blood pressure and other vital signs in real time, and transmit data to family members or medical staff through cloud platforms to achieve remote health management. In addition, smart elderly care robots have also shown great potential in providing companionship, daily care, and medication reminders. The development of smart elderly care technology has also promoted the improvement of the elderly's social participation. Through virtual reality (VR) technology, the elderly can experience a variety of activities such as travel and sports at home, which not only enriches their spiritual life, but also delays the decline in cognitive function caused by aging.

In short, Lushunkou District, as an important part of Dalian City, is facing severe challenges from an aging population. In the face of this trend, Lushunkou District must formulate and implement long-term plans to cope with the social and economic impacts of aging. To build a comprehensive and sustainable aging response system, this includes not only a sound social security system, but also innovations in elderly care services and the expansion of social participation by the elderly. The focus should be on creating more opportunities for the elderly to participate in society while ensuring they have access to high-quality elderly care services.

References

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