



## Social Policy in The Context of Population Aging: Complex Answers to Difficult Challenges

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### Summary

The Article is devoted to the characteristics of social policy in the context of population aging. Peculiarities of complex monitoring of level and quality of life of old citizens in the city of Moscow which is carried out under the auspices of Department of Labour and Social Protection of Population of the town of Moscow twice a year during six years. The Author of the Article has been taking part in researches during recent years. 11 stages of monitoring which covered over 62 000 thousand elderly respondents in Moscow have been interrogated unique information which allows to analyze changes on each of main living standards and quality of life of elderly Muscovites and to develop measures for the benefit of elderly citizens of Moscow.

### Keywords

Population aging, elderly people, social policy, social service, monitoring, level and quality of life, management recommendations.

Population aging is the process which is typical practically for all regions round the World. Especially intensively it proceeds in the developed countries, which pull includes Russia.

According to the UN in the middle of 2015 the world's population at the age of 60 years and older is totally 901 million people that is 4.5 times more, than in 1950 (202 million people)<sup>1</sup>. By 2030 population of 60 years old and older will exceed 1.4 billion people, and by 2050 – 2 billion people (fig. 1).

Generally in the World the proportion of the population aged over 60 years and older has increased from 8% in 1950 up to 12.3% in 2015. By 2030 this proportion of population will increase up to 16.5%, and by 2050 – up to 21.5%. In other words, if now every the eighth person on the Earth has already stepped over an age boundary of 60 years, then in 2030 every sixth will concern this age group, and in 2050 – every fifth person.

Observations show that, at quickly growing population of the Earth the number of elderly citizens, people of the senior age groups, long-livers increases the advancing rates. The ratio of number of the working citizens who provide the activity of the society and elderly people who require economic support and long-term care constantly changes.

<sup>1</sup> <http://demoscope.ru/weekly/2015/0667/barom01.php>

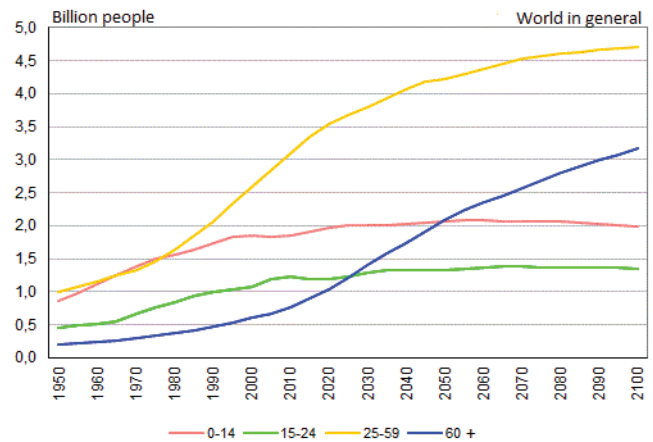


Figure 1. World Population on separate age groups, 1950-2100, by option of average birth rate, billions of people.

The Russian Federation met this challenge at the end of the last century. Solving the problems which display the consequences of such socio-economic situation is the focus of civil society and the public authorities of Russia.

Moscow is the largest in terms of economic scale and the most inhabited region of the Russian Federation. There are 12 330 thousand people among whom every fourth has reached retirement age<sup>2</sup>.

Nearly 350 thousand people living in the capital aged 80 years and older, 43 thousand people – over 90 years. About 1000 people have celebrated 100 anniversaries and 5 years ago the number of such long-livers was only 478 people. This number of 100-year-old citizens is recorded in Moscow for the first time. The proportion of "young" pensioners (men of 60 years and older, women of 55 years and older) has increased in 5 years for 7% (nearly 2 million 600 thousand people), and it is the most large group in proportion of elderly people. It is typical that over the last 5 years the number of long-livers has increased more than by one and a half times whereas the number of elderly people in general - has increased by 10%.

<sup>2</sup> Among the elderly are women aged 55 years and over, men aged 60 years or more. These indicators were established in 1932 and since then have not changed. In Russian society there are active discussions about raising the retirement age, but no legislative decisions have been made.

Despite reaching retirement age, nearly a quarter of the elderly continues to work. However, many older people have health problems and almost four of every five were among persons with disabilities, i.e., have limited mobility and autonomy.

Retirement benefit is a major source of funding for elderly Muscovites. At the same time the maintenance of the worthy standard of living of nearly 2 million pensioners receive monthly social payments to regular pension on average size of more than 4 thousand roubles.

Disabled people and veterans of the Great Patriotic War, the other categories of distinguished citizens, receive more than 30 thousand rubles that in the conditions of Russia makes rather considerable monthly payment.

Creating conditions for high quality life of elderly people, ensuring their active, healthy and safe wellbeing is in the focus of attention of public authorities of the Russian Federation and Moscow. The realized measures are based on principles of the "Strategy of Actions for the Benefit of Elderly People till 2025" approved by the Government of the Russian Federation on February 5th, 2016 (Order No. 164-r.). The core goals of the Strategy – steady increase of life expectancy, level and quality of life of senior citizens, stimulation of their active aging.

It is supposed that achievement of worthy level and quality of life of elderly people will be reached by increase of level of material security; assistance in employment, professional and personal self-realization, improvement of medical care and pharmacological provision; development of social service; ensuring availability of educational, cultural and leisure services, services in the sphere of physical culture and sport; formations of the comfortable consumer environment.

#### **The priorities of the Strategy are the follows:**

- Stimulation of employment of older citizens
- Increase in level of their financial literacy
- Ensuring access of older citizens to information and educational resources
- Development of modern types of social service, improvement of health care system, development of social services market, protection of the rights of citizens of the senior generation
- Formation of conditions for the organization of leisure activities for the elderly
- Application of the differential approach to definition of forms of social support of citizens of the senior generation.

The differential approach, targeted measures of social support, assessment of individual needs for social service – this pull of the tools allows estimating real structure of elderly people and their actual needs.

Under the modern conditions at least two strata possessing various social characteristics and not coincident requirements. "Young" elderly have formally reached retirement age, most often continue to work, their life style is active, and they are interested in communication, intellectual and cultural development, obtaining new knowledge and impressions.

The persons approaching the 80th anniversary more and more require expanded social and medical services, assistance and permanent care. However, age characteristics are not dominant. The main thing is an existence or lack of ability to internal activity and independence, limited mobility and autonomy. Taking into account this differentiation the activities of civil society and the state has to be addressed to elderly people.

State policy for the benefit of citizens of advanced age is a cornerstone of social policy of the city of Moscow. It is noticeable that in the medium-term Program "The State Support of Residents of Moscow for 2012 - 2018" the central place is occupied by the sub-programme "Social Support of the Senior Generation, Veterans of the Great Patriotic War, Combat Veterans and Members of Their Families" – for which very considerable financing over 5 trillion rubles is allocated.

#### **Main objectives of this sub-programme:**

- Increase in level of material security of pensioners
- Increase in coverage social services of citizens of the senior generation.

It is necessary to recognize that in the structure of measures for realization of social policy the social service development occupies the leading place. A number of federal normative legal acts, state documents of the city of Moscow have been adopted in the last 5 years to expand a range of social services, to increase their quality, to provide to citizens of advanced age active, substantial independent life in old age.

In recent years in Moscow such intensive types of service as mobile teams when the emergency care is provided to the lonely elderly depended citizens are developed. The number of such teams is more than 50, rendering over 75 thousand services annually. In the frame of medico-social patronage the service of social nurses is being developed.

Nearly 5 thousand elderly people from participants of the Great Patriotic War are involved in Sanatorium at Home Program. According to the law sanatorium treatment can be free to participants of Patriotic War. However old people are not able to go to sanatorium establishment due to health state. The above program is developed in order that honored elderly citizens could enjoy the social guarantees. Home based care is provided by a doctor and a nurse during 21 day and veterans are engaged in recovery treatment, including clinical nutrition, necessary drugs, and physiotherapeutic procedures.

Services of remote control of health and emergency help - "Emergency Alarm Button" and "Alarm Bracelet" are demanded.

The device of mobile communication is provided to participants of the Great Patriotic War free of charge.

At last, the most mass form of social service is complex home based services which are received by about 140 thousand people in Moscow.

Such type of support allows the senior age groups to keep stay in habitual, favorable social conditions, till the most advanced years

to keep community based accommodation, preventing transfer to residential care establishment. Nearly 15 thousand social workers render social and personal, social and psychological, advisory and other services. During last 5 years the system of social protection of the population carries out mass survey – complex monitoring of level and quality of life of elderly in the city of Moscow<sup>1</sup>. This regular inspection of opinions, judgments of elderly people on various aspects of their social wellbeing<sup>2</sup>. Within only five years more than 55 thousand respondents – elderly Muscovites have been interviewed<sup>3</sup>.

Survey is conducted on representative sample; the questions of monitoring are raised by the main spheres of activity of elderly people. The substantial unity of tools allows to trace constancy of observed indicators and to estimate dynamics of health, opinions and judgments of elderly people. On the basis of information revealed in the course of monitoring there is obvious a need of formation of new approaches at creation of system of social protection of citizens of advanced age.

Monitoring of quality of life can be applied in the basis for acceptance of the regulating measures in the respective areas of economic and social policy. Based on the results of monitoring the recommendations were elaborated which have to be realized in the organization of social policy for the benefit of elderly. It is possible to allocate the following:

1. The worthy material provision of old citizens requires first of all creation and/or maintenance of conditions for their labor employment, including implementation of programs of their retraining for the professions demanded in labor market, training of computer literacy, revival of institute of mentoring.

For this purpose it is necessary to carry out the profound analysis of labor potential of elderly people of Moscow with involvement of social security authorities, employers, and public associations. Following the results of inspection it is necessary to elaborate the city employment programme, vocational training and retraining of elderly people, using for these purposes both means of the federal budget, and regional budget.

2. For improvement of quality of life of the senior generation connected with use of information technologies it is necessary to create conditions on increase in level of computer literacy of elderly people at the expense of various sources of financing. It is necessary to put not only social departments, schools, libraries, but also business and NGOs.

1 In the last two years doctors also carried out monitoring of level and quality of life of invalids in Moscow

2 Gracheva, E. O., Mkrumov I. V. et al., Global monitoring of level and quality of life for senior citizens: information-analytical report. The seventh stage. – M.: Publishing house of IPK DSN, 2013. 183 p.

3 Gracheva, E. O., Uspenskaya T. N., et al.. Comprehensive monitoring of the level and quality of life of elderly people: information-analytical report. The tenth stage. – M.: Publishing house of IPK DSN, 2015. 196p.

3. Transformation of social service system of old citizens has to be addressed, first of all, to increase quality and accessibility, introduction of modern forms and technologies of work in activity of social institutions by development of social services market. It is advisably to stimulate development of non-state sector in social services provision, differentiation of technologies and services with accounting of peculiarities of social and demographic cohorts of elderly people of the city of Moscow.

4. Special attention is offered to pay to the development of the separate project of complex system of social service for persons over 80 years on interdepartmental basis, considering specifics of needs and requirements of people of these social and demographic striations.

5. For the purpose of implementation of system of preventing decrease in negative emotions of elderly people, (tension, irritation, fear, depression), social threats (fear to fall, to be a victim of a crime, swindlers, terrorism, to lose means of livelihood, to face callousness, roughness, to be neglected etc.) it is necessary to develop and introduce the service "Telephone trustline for the Elderly", including technologies of online consultation on the basis of psychological and social services, and also to provide distribution of experience of the separate social organizations of the city for implementation of the projects "School of Safety for Elderly People", "School of Self-Defense for Elderly", etc.

6. Development of regional Strategy of actions for the benefit of elderly Muscovites for the long-term period is expedient.

In only five years following the analysis of results of monitoring more than 130 forecasts and recommendations on improvement of quality of life of people older working-age were issued in order to improve system of social service, use of innovative technologies and introduction of new types of service<sup>4</sup>. The Department of Labour and Social Protection of Population of the city of Moscow has approved around 90 administrative decisions aimed to increase effectiveness of social protection of citizens of advanced age, improvement of quality of social service, accessibility of social services for beneficiaries.

#### Literature:

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