

Japan's Solution to the Aging Problem and the Significance of Reference for China

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Abstract. Japan has one of the oldest populations in the world. By 2050, the elderly population over the age of 65 in Japan will account for more than 40% of the total population. This poses huge social and economic challenges for Japan, especially when it comes to old-age care. This paper will discuss the problems of Japan's elderly care and put forward significance of Japan's measures to tackle with aging problem. This research is based on existing studies and will be helpful for policy-makers to take relevant action in China. The Chinese government should strengthen the planning and top-level design of elderly undertakings, focus on the future pension situation and implement a more active pension policy, and clarify the division of responsibilities between central and local governments and local governments at all levels in promoting old-age care. In the future, scholars could do more detailed comparisons between China and Japan in the field of dealing with problems derived from aging.

Keywords: Japan's aging problem, pension, government policy, china's aging problem.

1. Introduction

All to legislate for the elderly, Japan's old-age security to promote ten years. In 1961, the Japanese government enacted the National Pension Law, and the rest is borne by enterprises and individuals. When an individual reach the age of 60, that individual will receive a fixed pension [1, 2].

Later, the Law on Living Protection, and the Law on Health Care for the Elderly were successively promulgated, establishing a complete social security system involving the government, society, families, and individuals in old-age care and medical care.

The establishment of these legal systems in Japan has given birth to the rapid development of Japan's pension industry [3, 4].

2. Countermeasures

2.1. Japan Government's Solution to Aging Problem

2.1.1 Japanese Countermeasures

The national pension in Japan is similar to China's pension. But individuals can choose to receive it in one lump sum or in installments. The amount is generally relatively high, which can guarantee the basic life without any problems. Japan has a perfect pension system, which is divided into three kinds of pensions, one is the national pension, the other is the welfare pension and the mutual aid pension, and the enterprise pension and the commercial pension. The pension system is also facing great challenges. First, the burden of pension payments is becoming heavier due to the increase in the elderly population. Second, Japan's birth rate continues to fall, and the labor force is shrinking, which will reduce pension income. the Japanese government has taken some measures. For example, the government has increased the contribution rate and age limit of pensions to increase the income of pensions; The government has also rolled out a series of policies to encourage childbirth and employment to increase the labor force population. Pension payment: Japanese people generally receive their pension after the age of 65, and then increase it year by year, if they receive it in advance, it will be reduced. No contribution, no pension. These principles provide an intrinsic incentive for enrollees. Self-effort and self-reliance during the working period should be taken as the prerequisite

for preventing poverty in old age. Second, the insured can avoid paying pension insurance premiums during pregnancy and childcare, but these periods are considered to have been paid when calculating pension benefits. Third, a non-contributory, income-tested transitional pension system was introduced in 1959. Fourth, the spouse of a regular employee, usually a full-time housewife, is automatically entitled to a basic pension without having to contribute. Fifth, students aged 20 and over can delay starting their contributions until after graduation. If a student over the age of 20 suffers a disability, he or she can start receiving the disability pension immediately [5-7].

2.1.2 China's reference significance

Delayed retirement: Japan has revised the retirement age several times, and now extends the retirement age to 65, and stipulates that enterprises must hire employees under 65 who still want to work. Japan's normal retirement age is 60 years old, some companies are 65 years old, pension is 65 years old. That means you can retire at the age of 60, but there is no pension between the age of 60 and 65. In addition, in order to make up for the 5-year gap period, some large enterprises and civil servants can receive a one-time retirement payment, which varies according to the length of work and salary, generally working for about 40 years of large enterprises and civil servants can get more than 20 million yen as a one-time reward for working life, but many small and medium-sized enterprises do not have this treatment, even if the amount is not much. China has also begun to implement the policy of postponing retirement [8, 9].

Intelligent innovation: In recent years, Japan has vigorously supported scientific and technological innovation, actively developed products for the elderly, and developed robots for the elderly, which not only solves the labor problem, but also promotes economic development. All kinds of nursing homes, now to deal with the problem of insufficient manpower, there are several major trends, one is the popularization of robots, chatting and singing robots, handling, lifting the elderly robot, etc., the second is to recruit interns from abroad (Vietnam and other countries). Both of these are a little unacceptable, mainly because the elderly also need spiritual care in their old age, robots and foreigners with different languages and cultures, which is difficult to do better than the native people.

At the same time, many elderly people in Japan like to exert their surplus heat and are active in all walks of life. There are also a lot of people who enjoy life and travel everywhere. For example, in a real case, an old man who has retired for many years rents a few acres of land near his home. Every morning, he runs, swims and baths at the gym in Forest Park, then studies at the university for the elderly downtown, where he takes a course in horticulture. In the afternoon, he went to work in the fields, sowing, fertilizing, watering, and pulling weeds until sunset. After dinner, he either wrote the experience of farming in the notebook, or looked up information on the computer to eliminate the various doubts encountered in the field during the day. Everyday life is a cycle of applying what you learn and repeating it [10].

In addition, it is true that there are a lot of rich elderly people in Japan, which is the same as that in China, they are the beneficiaries of rapid economic development. However, there are indeed many elderly people in Japan who are deeply in poverty, which is mainly caused by the economic crisis of that year. On the one hand, the stock market and the real estate market slump led to the bankruptcy of investors and they lost everything overnight. Many skilled workers are unemployed, and their old-age care is difficult to protect. China's experience is that economic crisis and aging are very scary, but China is heading down this road [11].

But getting to where we are today was not always easy, and Japan has struggled for a long time. For at least the past 40 years, the most important figure in the policymaking of Japan's pension system has not been the leader of the ruling party (nor the health minister), but the director of the pension bureau of the Health Ministry. Its directors have almost always been the best and brightest, and have proved to be good at planning ahead and wise enough to do their jobs (though there have been occasional exceptions). They have always made pension systems flexible to adapt to changing and unpredictable circumstances [12, 13].

So in Japan, when a person enters old age, what kind of old-age care services can he enjoy?

First, the Japanese government will give him a sum of 200,000 yen (about 12,000 yuan) to renovate his personal home to create an environment suitable for the elderly. For example, the need to install hand guards everywhere in the home, the appropriate renovation of the toilet, the addition of a bathtub for the elderly, etc., can be reimbursed to the local municipal government. This is a special benefit for every elderly person over the age of 65 in Japan.

Secondly, the elderly buy wheelchairs, canes, nursing beds, etc., 90% of the cost is borne by the government, and individuals only need to bear 10%. The government also gives the elderly 100,000 yen a year, equivalent to 6,000 yuan, to buy diapers and other elderly care products.

Third, the Japanese government will pay you different amounts of care insurance premiums according to the physical health, the lowest is 50,000 yen per month, the highest is more than 100,000 yen, equivalent to 10,000 yuan.

For the elderly, the Japanese government also has a special "safety confirmation system", that is, to keep track of the elderly's health status, whether they are still alive, and what they need. Then this confirmation system is jointly implemented by the government in contact with public utilities or enterprises. China should learn from Japan's experience and practice and actively and effectively deal with the trend of accelerating population aging [14].

First, strengthen the planning and top-level design of elderly undertakings. Guide market players and social players to respond in advance, and make relevant plans and layouts. When planning the development of the elderly service, it is necessary to not only make a good response strategy, so as to form a benign interaction between the development of the elderly service and economic development.

The second is to focus on the future pension situation and implement a more active pension policy. Chinese government will gradually postpone the retirement system, provide free health check-ups and prevention, diagnosis and physical examination services for people over 40 in some localities on a pilot basis, further loosen the policy on childbirth and financial subsidies for child rearing, and formulate a care system for the elderly suited to China's national conditions.

Third, further clarify the division of responsibilities between central and local governments and local governments at all levels in promoting old-age care, and clarify the responsibilities of governments at all levels [15].

At the same time, peaceful medicine is becoming more and more popular in China. The hospital has functional areas such as wards, medical staff offices, nurses' stations, treatment rooms, disposal rooms, discussion chambers (evaluation rooms), care rooms (departure rooms), pantry rooms, bath rooms and multi-functional activity Spaces. Each bed room should have a curtain or curtain to help protect patient privacy. Each bed shall be equipped with bedside cabinets and calling devices, and equipped with bed stoppers and height adjustment devices.

There is a care room for terminally ill patients and their families. The care room consider the needs of folk customs and traditional culture, respect national habits, reflect the characteristics of humanity, humanity and care, and be equipped with facilities to meet the needs of family members to bid farewell to the deceased. There is a talk chamber (evaluation room) for professionals to communicate with patients/patients' families. Ventricle area, light, temperature suitable, good air circulation; The layout should choose warm colors, configure sofas, appropriately arrange green plants, etc., to create a warm, comfortable and natural atmosphere.

3. Conclusion

Japan's solution to the aging problem and the significance of reference for China are important. The article cited included an analysis of Japan's aging problem. The number and impact of specific elderly people are mentioned. It also analyzes the Japanese government's decision on pension and retirement period in detail. At the same time, the article also analyzes the significance of these measures for the aging problem in China.

All in all, the Japanese government has managed the ageing problem well. China also faces the problem of aging in the future. China could well learn from these measures. How to deal with the challenges brought by aging is not only relevant to the future development of the country, but also to the well-being of all people. Japan, as a neighboring country with similar culture and ideology, has some methods and measures to deal with the aging problem, which can be used as an object of reference for China. Japan rapidly fell from the under-fertility stage to the ultra-under-fertility stage in 8 years, and gradually became the country with the highest aging rate and the fastest aging speed in the world. After decades of development, the Japanese pension industry has formed its own characteristics of the system system, among which there are many outstanding attempts worth seeing.

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