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Population Aging and Living Arrangements in Asia: Facts, Observations, and Responses

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Introduction

Objectives

- Describe current situation of population aging and living arrangements in Asia.
- Summarize the situation and models of intergenerational living arrangements.
- Explore the impact of living arrangements on older adults and family wellbeing.
- Propose responses to deal with aging and sustainable development of the society.

Facts: Status of Population Aging and Living Arrangements

Population Aging

- Large and fast-growing aging population
 - ✓ Aging population is large and fast growing in all age groups, especially in those aged 80 years and above.

Table 1 Percentage of Older Adults, Asia Compared to the World, 2022, 2050 and 2100

Year	(%)					
	60 years and above		65 years and above		80 years and above	
	Asia	World	Asia	World	Asia	World
2022	13.7	13.9	9.6	9.8	1.8	2.0
2050	25.3	22.0	19.0	16.5	5.3	4.7
2100	35.3	29.8	29.2	24.0	12.4	9.3

Source: United Nations, Department of Economic and Social Affairs, Population Division (2022). World Population Prospects 2022, Online Edition.

Facts: Status of Population Aging and Living Arrangements

Population Aging - Four Typical Countries



Figure 1 Location of Typical Countries

Facts: Status of Population Aging and Living Arrangements

Population Aging - Four Typical Countries

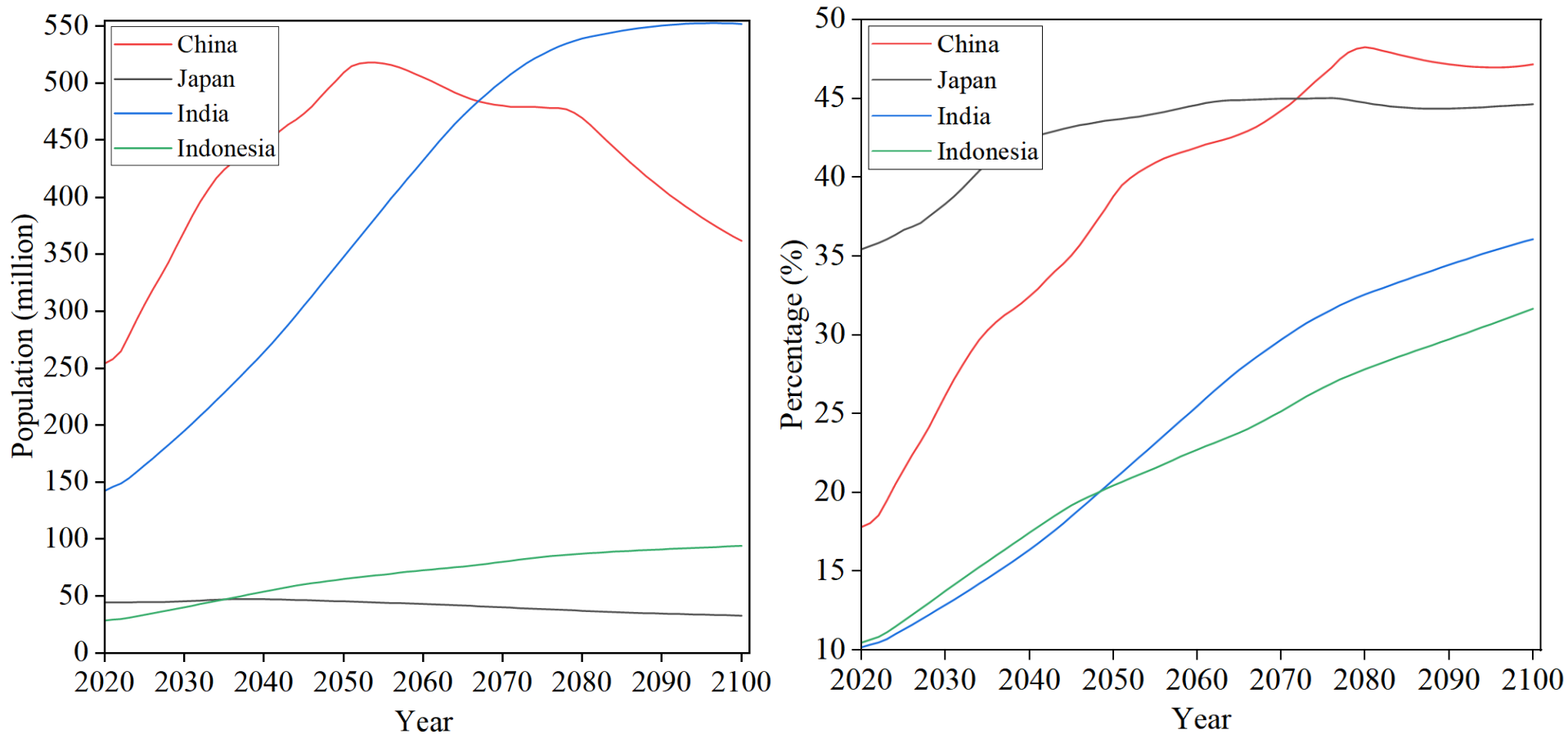


Figure 2 Number and Percentage of People Aged 60 Years and Above in Four Countries, 2020-2100

Source: United Nations, Department of Economic and Social Affairs, Population Division (2022). World Population Prospects 2022, Online Edition.

Facts: Status of Population Aging and Living Arrangements

Population Aging

- Four typical countries for analysis

Table 2 Comparison of Development, Demographics and Culture among Four Countries

	China	Japan	India	Indonesia
GDP per capita (current US \$)	12720.2	33815.3	2388.6	4788
Life expectancy at birth	78	84	67	68
Population (million)	1411.75	125.12	1417.17	275.50
Population aged 65 and above (%)	14	30	7	7
Culture/Religion Diversity	Confucianism, Taoism, Buddhism	Shinto and Buddhism	Pluralistic religions, mainly Hinduism	Islam

Source: <https://data.worldbank.org/>; <https://baike.baidu.com/>

Facts: Status of Population Aging and Living Arrangements

Population Aging

- Four typical countries for analysis
 - ✓ **Japan:** the country with the highest degree of aging in Asia
 - Aging population will begin to decline.
 - The proportion of the aging population remains relatively high.
 - ✓ **China:** the most populous country in East Asia
 - A demographic transition phase of deepening aging.
 - Aging population continues to increase.
 - The aging of the population is happening at an exceptionally rapid pace.
 - ✓ **India:** the most populous country in South Asia
 - Total population is the world's most populous.
 - Aging process is relatively slow.
 - ✓ **Indonesia:** the most populous country in Southeast Asia
 - Just entered into population aging (over 10%).
 - Level of aging is relatively the lowest among the four countries.

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

➤ Four typical countries for analysis

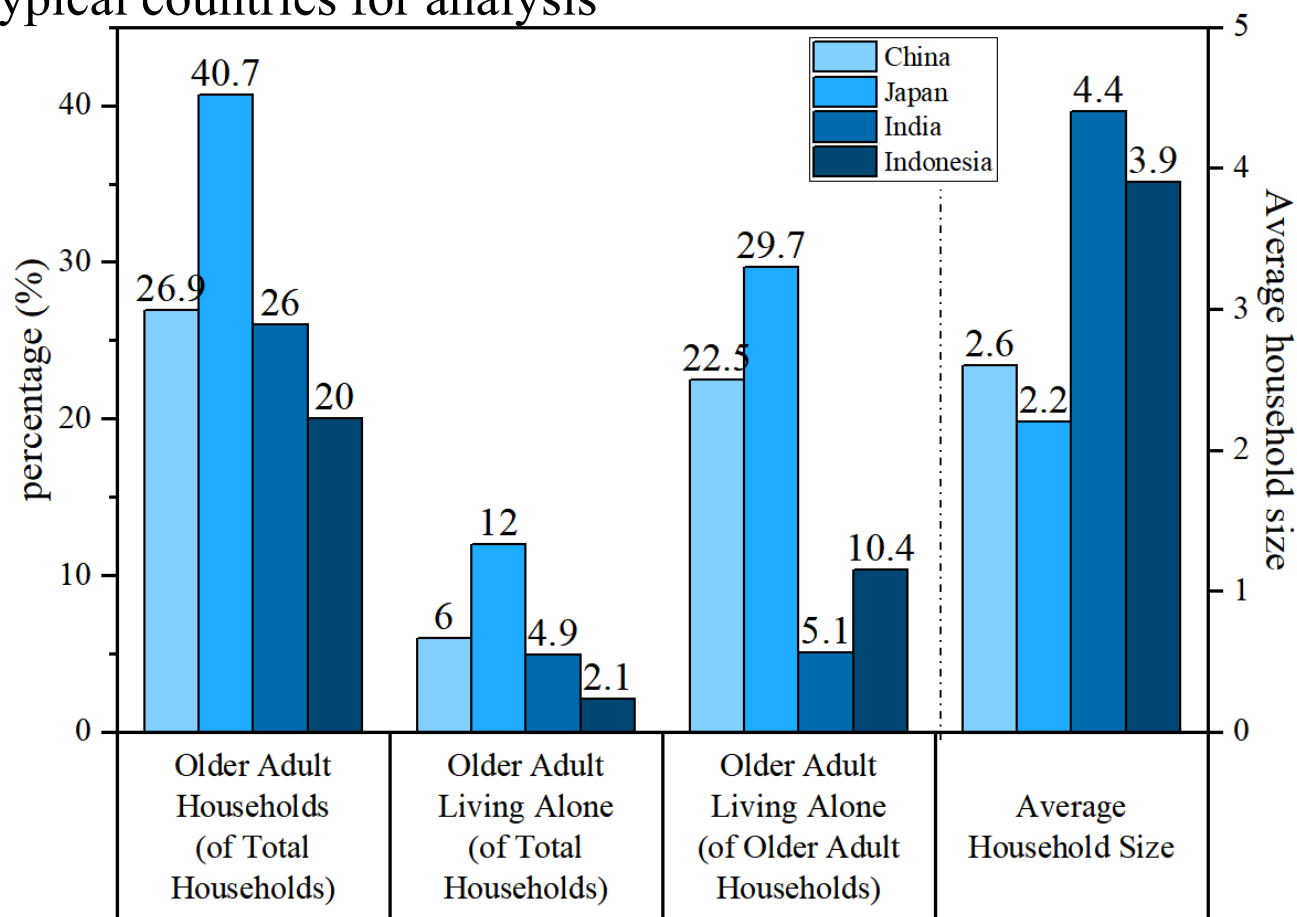


Figure 3 Comparison of Households Among Four Countries

Note: The older adult households in this figure refers to those aged 65 and above.

Source: China (Population Census 2020); Japan (Statistical Handbook of Japan 2022); India (DHS2020); Indonesia (DHS2017); <https://population.un.org/household/>; <https://population.un.org/livingarrangements/>

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

- Four typical countries for analysis

Table 3 Comparison of Living Arrangements among Four Countries

				(%)
Living arrangements	China (2020)	Japan (2020)	India (2018)	Indonesia (2022)
Living with spouse and children	23.12	16.32	40.7	69.11*
Living with children	16.57	14.10	27.6	
Living with spouse	43.70	30.23	20.3	20.85
Living alone	11.98	29.65	5.7	7.25
Living in institution	0.73	-	-	-
Others	3.90	9.70	5.7	2.78

Note: Based on the latest available data, Japan reports the older adults aged 65 years and above, while others are 60, and “-” indicates that no data were found.

* Includes 1) Nuclear family (33.18%); 2) Three generation (35.93%).

Source: China (Population Census 2020), Japan (Population Census 2020), India (LASI WAVE1), Indonesia (Statistics of Aging Population 2022)

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

- Four typical countries for analysis
 - ✓ **In Japan**, deep aging has greatly changed the intergenerational living arrangements of older adults, with a significantly higher proportion of living alone and lower in living with children.
 - ✓ **In China**, though the aging population is developing rapidly, most of older adults choose to live with spouse or extended family.
 - ✓ **In India and Indonesia**, the levels of aging are low. They need to maintain the cultural value of multigenerational living under one roof while strengthening government support policies for older adult care.

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

- Take Mainland China as an example

Table 4 Living Arrangements and Health Status of Older Adults in China

Living arrangements	Healthy	Basically healthy	Unhealthy, with Self-care Ability	Without Self-care Ability
Living with spouse and children	14.86	6.30	1.60	0.36
Living with spouse	25.16	14.13	3.72	0.69
Living with children	7.29	6.03	2.50	0.75
Living alone (with care workers)	0.05	0.06	0.03	0.04
Living alone (without care workers)	5.10	4.63	1.92	0.16
Living in institution	0.09	0.22	0.22	0.19
Others	2.09	1.24	0.42	0.14
Total	54.64	32.61	10.41	2.34

Source: 2020 Population Census of China.

Most of the older adults choose to live at home, while less than 1% are nursed by special agencies or care workers.

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

- Take Mainland China as an example

Table 5 Gender Distribution of Living Arrangements of People Aged 60 Years and Above in China

Living arrangements	Male	Female
Living with spouse and children	26.15	20.29
Living with spouse	48.25	39.46
Living with children	9.82	22.86
Living alone (with care workers)	0.17	0.19
Living alone (without care workers)	10.51	13.01
Living in institution	0.87	0.60
Others	4.23	3.59

Source: 2020 Population Census of China.

A higher proportion of female older adults live with their children than males.

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia

➤ Take Mainland China as an example

Table 6 The Proportion of Empty Nest Households in Urban and Rural Areas in all Older Adult Households of the Same Age Group

		(%)					
		60+		65+		80+	
		Urban	Rural	Urban	Rural	Urban	Rural
	Living alone	20.44	22.42	21.53	23.58	28.47	29.56
Empty nest family	Living with spouse	23.85	22.99	21.74	20.28	8.17	6.17
	Total	43.26	45.41	43.26	43.86	36.64	35.73
	Living with children	56.74	54.59	56.74	56.14	63.36	64.27

Source: 2020 Population Census of China.

Empty nests have become one of the major family patterns of older adult households. Rural areas have a higher proportion of empty nests living alone than urban areas. The proportion of older adults living with children increase with age.

Facts: Status of Population Aging and Living Arrangements

Living Arrangements in Asia: Characteristics

- Family-based intergenerational life patterns
 - ✓ Living at home is a common living arrangement for older adults in Asia.
 - ✓ More and more older adults, especially women, live alone owing to urbanization, family size reduction, and population mobility.
 - ✓ Living arrangements are generally affected by age, sex, place of residence, and health status.

Observations:

Models of Intergenerational Living Arrangements

Intergenerational Living Arrangements of Older Adults in Asia

- Models of intergenerational living arrangements

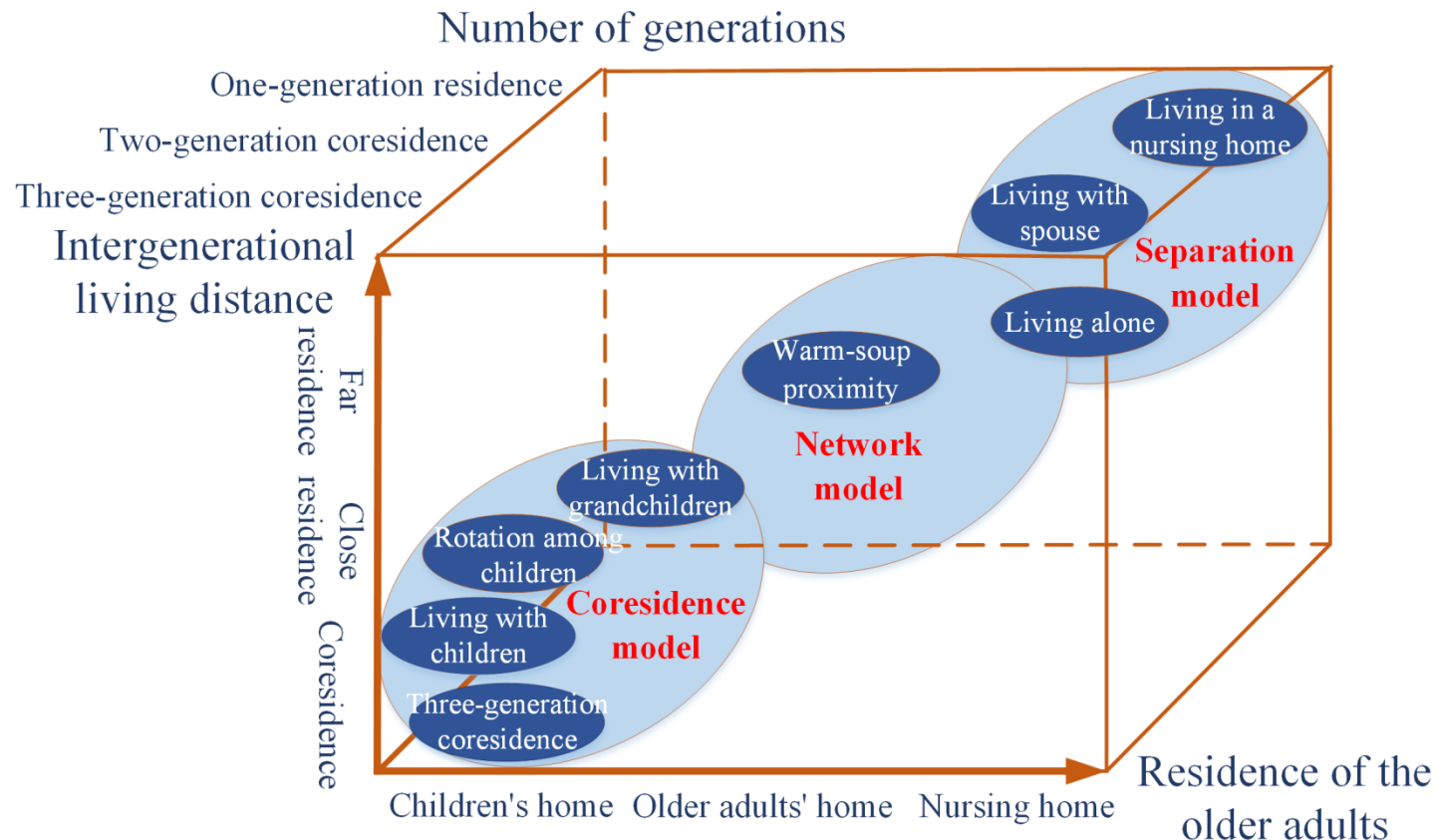


Figure 4 Models of Intergenerational Living Arrangements of Older Adults

Observations:

Models of Intergenerational Living Arrangements

Intergenerational Living Arrangements of Older Adults in Four Typical Countries

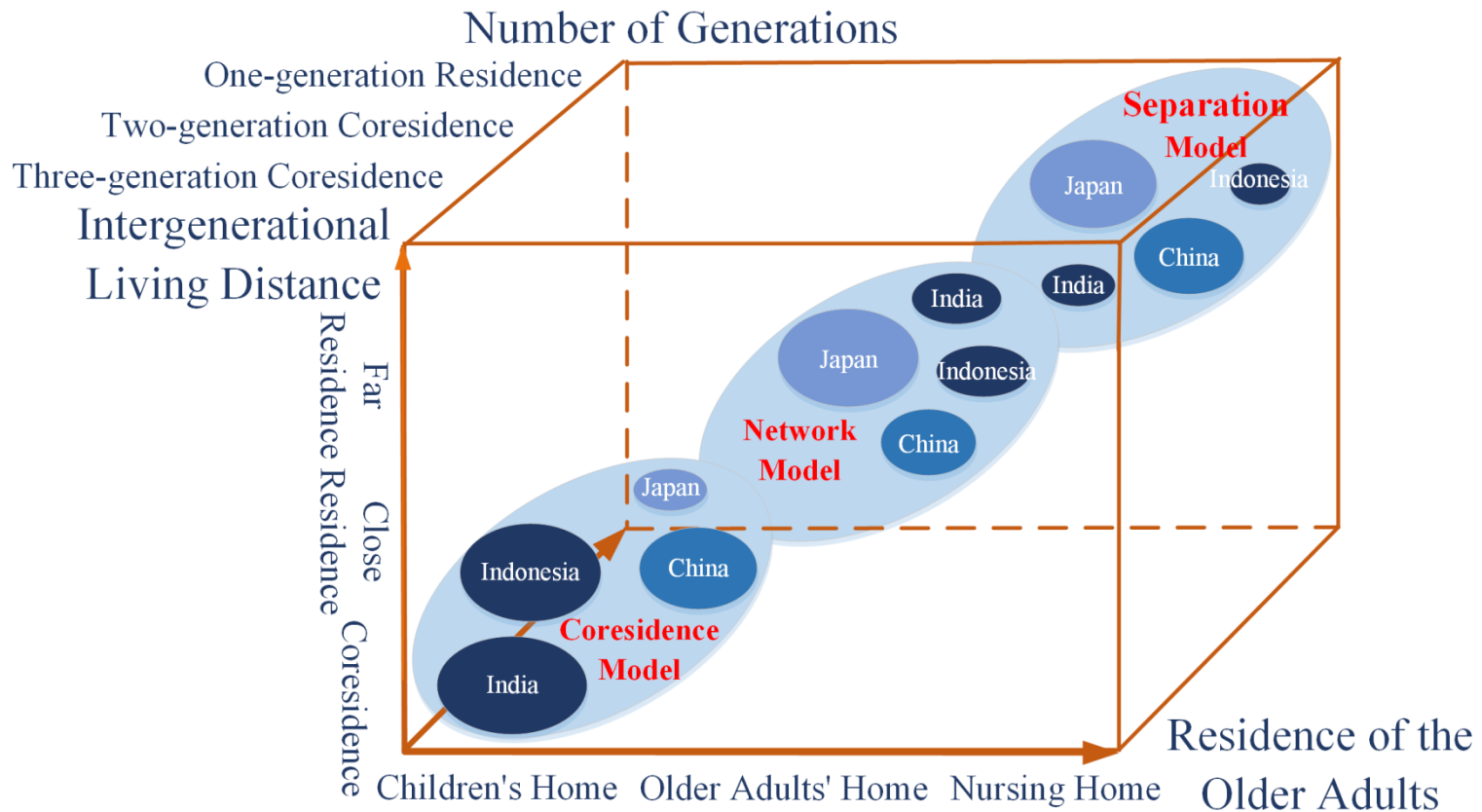


Figure 5 Intergenerational Living Arrangements of the Older Adults in Four Typical Countries

Note: The size of the circle in the figure represents the proportion of coresidence model, network model and separation model in the country, which is summarized from the present study.

Observations:

Models of Intergenerational Living Arrangements

Intergenerational Living Arrangements of Older Adults in Four Typical Countries

- **Japan:** more older parents live near their children and live alone.
- **China:** most older parents live with their children or spouse. However, an increasing number of older adults don't live with their children.
- **India:** older parents mostly live with their sons, but the outflow of the young labor force has also led to an increasing number of older adults live alone or live in skip generation.
- **Indonesia:** older parents have a gender preference for their daughters, and both sons and daughters provide support to older parents, as women are generally responsible for housework and old-age care.

Observations: Models of Intergenerational Living Arrangements

Intergenerational Living Arrangements of Older Adults in Asia

➤ Change in intergenerational living arrangements

- ✓ With the development of the population aging, intergenerational living arrangements are gradually changing from the coresidence model to the network model or separation model.

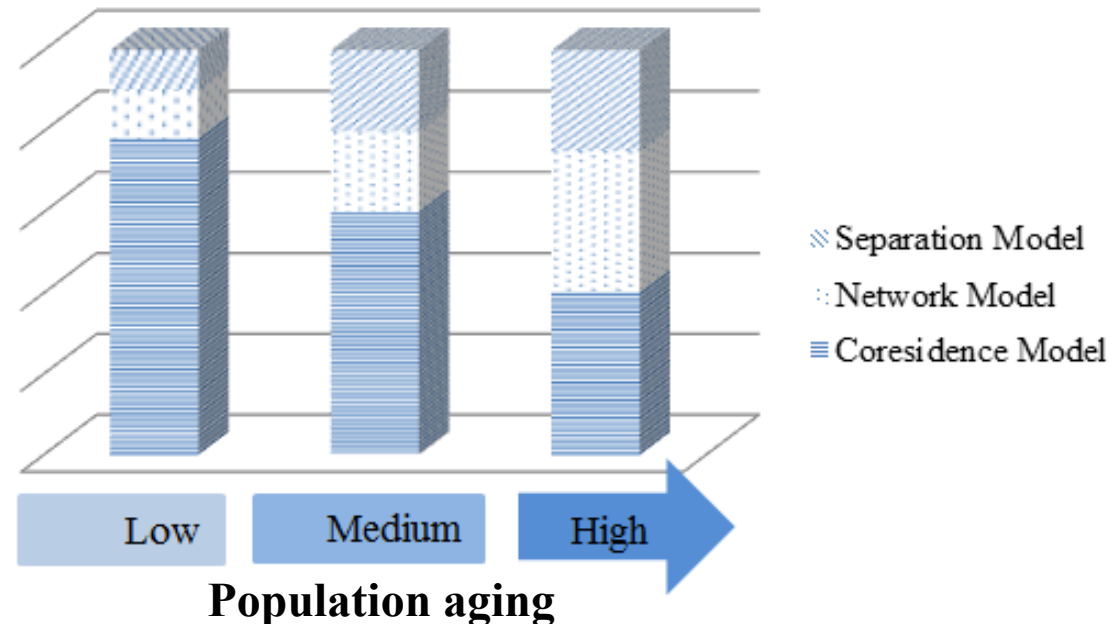


Figure 6 Models and stage of Intergenerational Living Arrangements of the Older Adults

Responses: From Family to State

Family-Centered Older Adult Support

- Choice of living arrangements

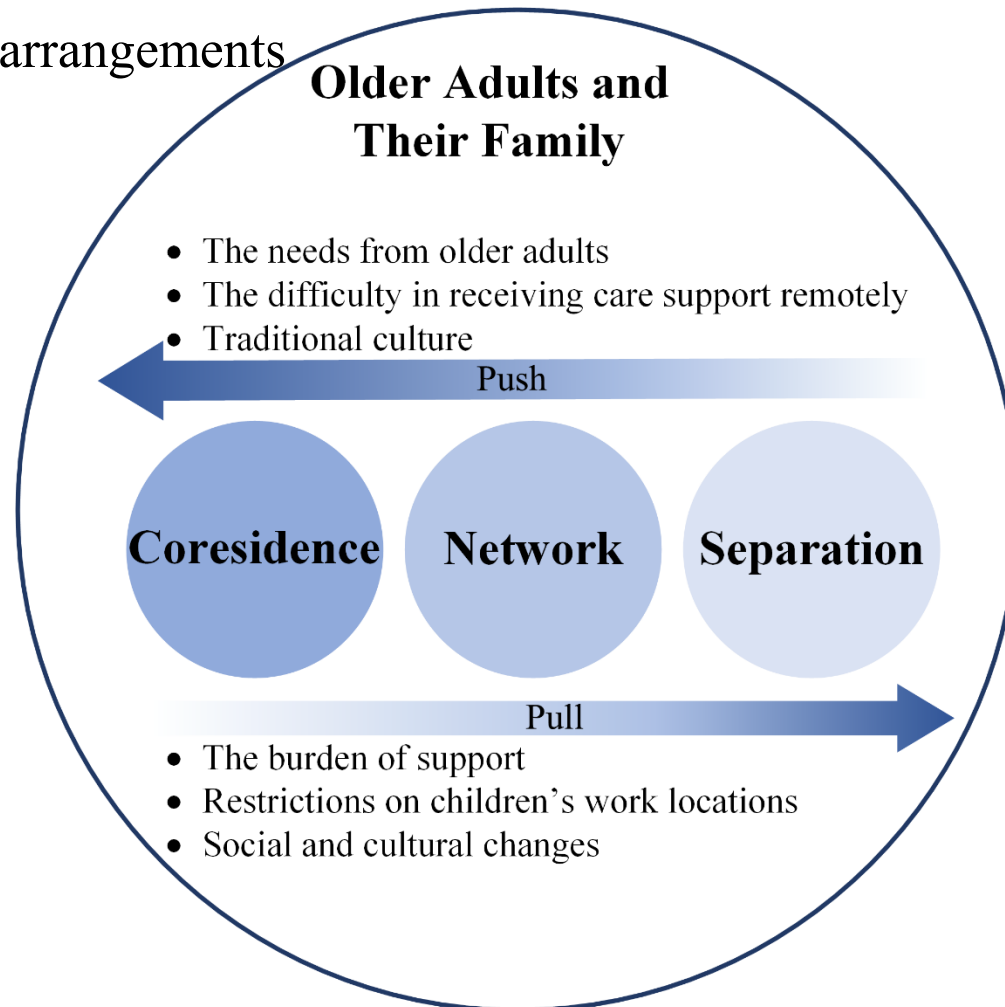


Figure 7 Choice of living arrangements

Responses: From Family to State

Family-Centered Older Adult Support

➤ Innovations in coresidence or network living

- ✓ As families have different contexts, they will make different choices. There are many innovations. Take Mainland China as an example:
 - **Division:** Children who live closer can provide daily care, whereas other children can provide economic and emotional support.
 - **Rotation:** Older adults may take turns living in different children's homes instead of living with one child all the time.
 - **Cooperation:** Older adults care for grandchildren for more support.
 - **Couple-separation:** Older couples may live separately in different children's families, with adult children shouldering caregiving responsibilities respectively.

Responses: From Family to State

Family-Centered “Satellite” Multi-Subject System

- Encouraging family-based caregiving is inevitable in response to older adults' demands and severe aging situations
 - ✓ Due to Asia's unique cultural context, older adults have a greater expectation of family support.
 - ✓ Achieving sustainable social care poses considerable challenges, particularly in underdeveloped countries and regions.
 - ✓ Family caregivers sometimes cannot meet caregiving requirements owing to insufficient support capabilities or a lack of professional skills.
- The community, society, and state need to take action, providing necessary assistance to families to achieve sustainable old-age support.

Responses: From Family to State

Family-Centered “Satellite” Multi-Subject System

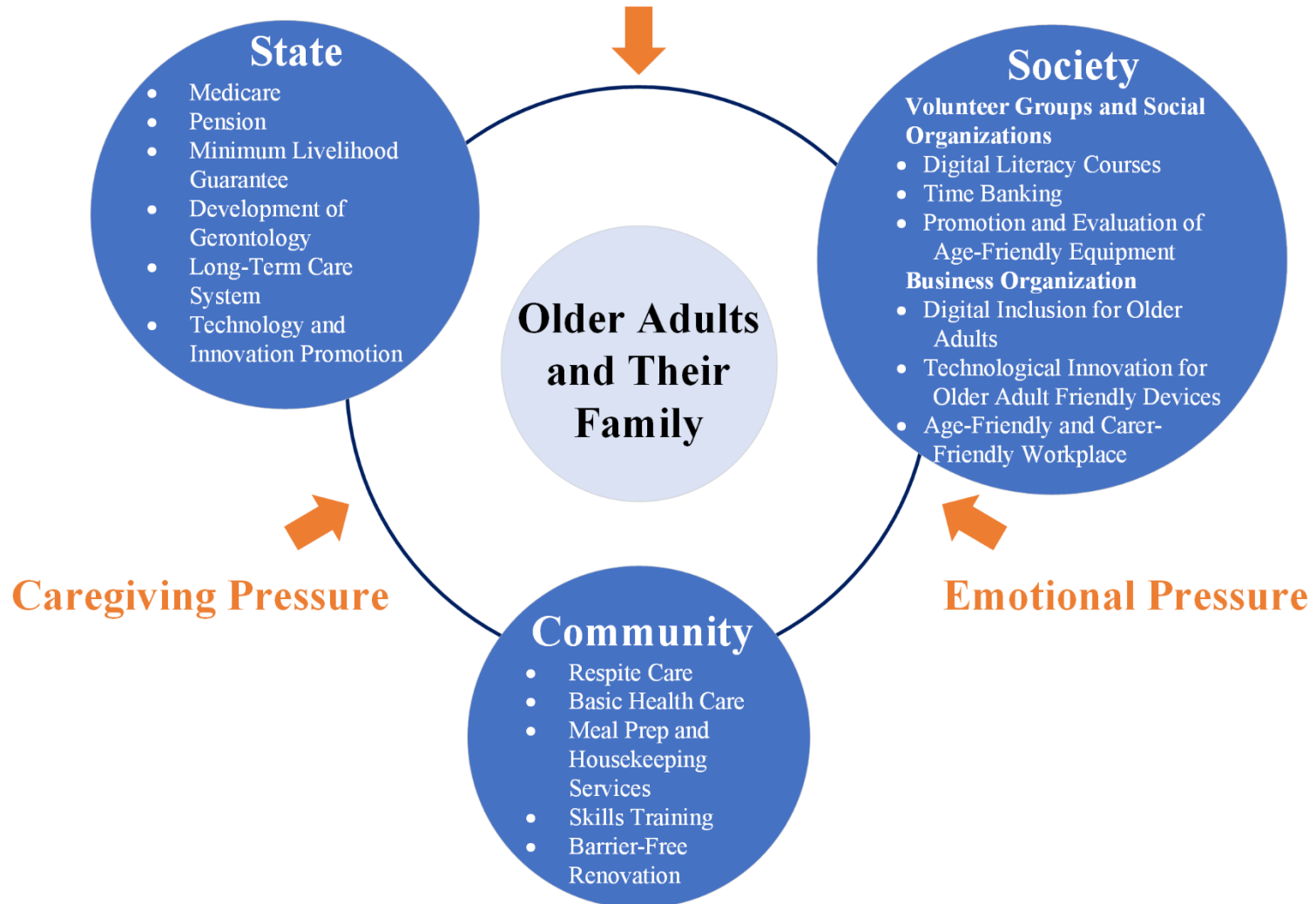


Figure 8 Family-Centered “Satellite” Multi-Subject System

Responses: From Family to State

State Policies Strengthened with National Development

- Existing multilayer policies

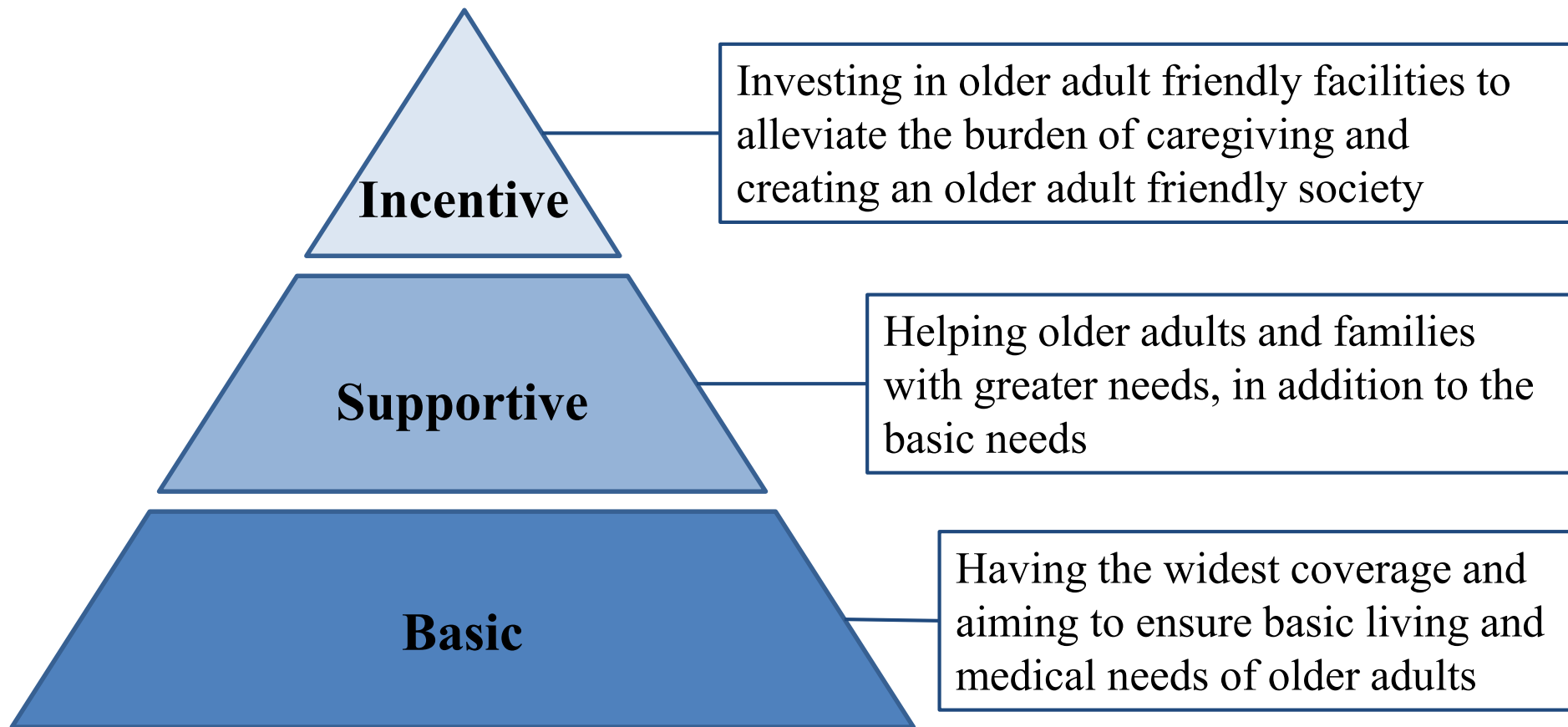


Figure 9 Existing Multilayer Policies

Responses: From Family to State

State Policies Strengthened with National Development

➤ Policies develop from basic to incentive policy

Incentive Policy

- Technological Innovation
- Senior Housing
- Tax Benefits
- Promoting Older Citizen Engagement

Supportive Policy

- Home Care Assistance Services
- Piloting of Long-Term Care
- Commencement of Older Adults Health Support Services

- Strengthening Home Care Support Services
- Tiered Long-Term Care
- Older Adults Health Support Services

Basic Policy

- Promotion of Pension and Healthcare Coverage

- Universal Coverage for Pension and Healthcare

- Enhancement of Pension
- Comprehensive Healthcare Coverage

National Development

Figure 10 National Development Level and Policy Implementation

Responses: From Family to State

Case in China: “Multiple Pillars”—Home-Community Old-Age Care Service System

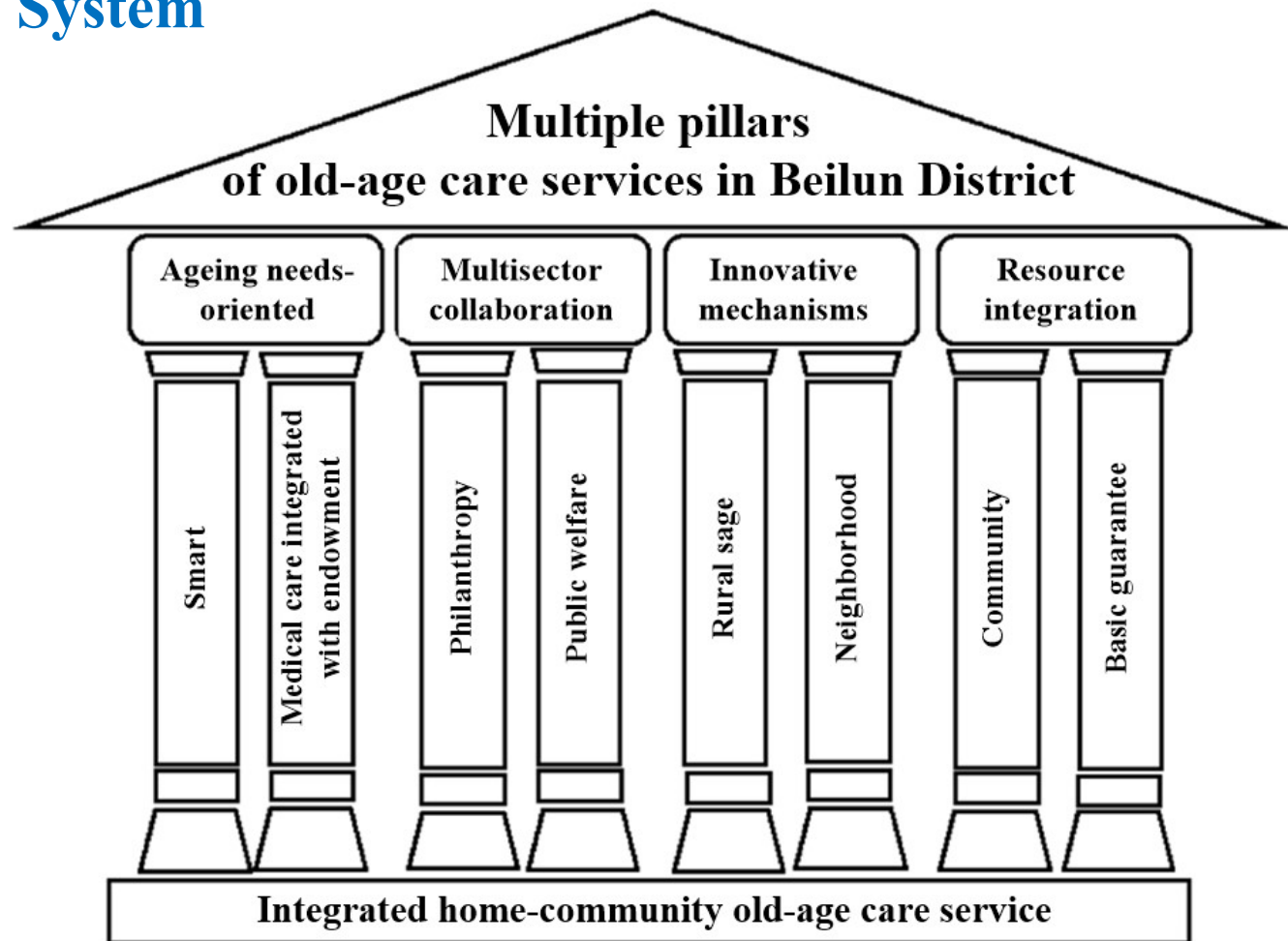


Figure 11 Home-Community Old-Age Care Service System in Beilun, Ningbo, China

Responses: From Family to State

Case in China: “Multiple Pillars”—Home-Community Old-Age Care Service System

- **Smart:** Promoting the adoption of smart aging platforms and services.
- **Medical service integrated with old age care:** Facilitating the integration of medical care and old-age care.
- **Philanthropy:** Initiating charitable funds and organizations for home-based care for older adults.
- **Public welfare:** Implementing public welfare projects such as family caregiving skills training.
- **Rural sage:** Encouraging local sages to provide financial support and assistance.
- **Neighborhood:** Targeted assistance through neighborly mutual aid as a supplementary measure.
- **Community:** Coordinating resources to establish information archives.
- **Basic guarantee:** Transforming homes to make them more suitable for aging in place.

Responses: From Family to State

Recommendation

- Encourage families to provide older adult care
 - ✓ Encourage adult children to take on caregiving responsibilities through financial and honorary incentives.
 - ✓ Provide tax benefits and flexible employment options for children with caregiving duties, fostering conditions for family-based care.
 - ✓ Promote a family based long-term care system, especially in underdeveloped regions where the population is rapidly aging.
 - ✓ Aim to reduce the burden of comprehensive social care, while removing the previous paradigm of relying entirely on the family to provide long-term care.

Responses: From Family to State

Recommendation

- Build a family-centered “satellite” multi-subject system
 - ✓ The community, society and the state take action together to assist families in providing old-age support to ensure the sustainability of family care.
 - ✓ Communities can provide families with more detailed and comprehensive services, such as respite services and meals, to facilitate family care.
 - ✓ Social and business organizations need to create age- and carer-friendly environments. For example, strengthen support for family caregivers through regular training on professional care.
 - ✓ The states need to consolidate family-centered old-age support from a macro perspective through policies and create economic and medical conditions.

Responses: From Family to State

Recommendation

- Integrate scientific and technological innovations with living arrangements
 - ✓ Explore the collaboration between academics and industries. Combine the latest research concepts with industrial development promoting synergy between “industry, academia, and research”.
 - ✓ Advocate for widespread adoption of technology in ordinary families to alleviate the burden on caregivers, releasing human resources and reducing economic pressure on family and social care.

Responses: From Family to State

Recommendation

- Encourage the state to play a more active and important role
 - ✓ Timely discovery and early warning of future population aging trends through data collection and analysis.
 - ✓ Combine resources to promote an integrated population policies of aging and fertility promotion.
 - ✓ Encourage the development of the medical and older adults service industries to create conditions for aging population in the future.

Responses: From Family to State

Recommendation

- Promote the sharing of best practices and data
 - ✓ Build a platform for sharing best practices within and among countries and to promote the sharing of new technologies, models, and ideas so that countries entering the aging stage can learn from them.

- Create aging policies in accordance with national contexts
 - ✓ Recognize regional development levels and cultural differences.
 - ✓ Draw on the experience of socialized old-age care in other regions in accordance with national contexts.

Thank You