

Design and Research on the Integration of the Elderly with the Migration into Urban Life

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Abstract

With the continuous advancement of the process of urbanization, more and more rural population flows into the city, especially the number of elderly people who move with them is increasing year by year, they think that they take care of the third generation of children, come to the city to live, but the integration of the city is facing various difficulties and discomforts for them. Based on the research on the integration of the elderly into urban life, it explores the problems faced by the elderly in urban life, analyzes from the perspective of design, and explores the problems encountered by the elderly in the city and the difficulties that can be solved by using design. The analysis found that the government level can improve the social security of the elderly who move with them, the design level can increase the design of public facilities, expand the inclusiveness and versatility of urban public facilities in the past, and communicate more at the family level, forming better help for the elderly to integrate into urban life, and also adding diversity to the design of public facilities in the city, changing the design of public facilities in the past.

Keywords

Migrant Elderly; Integration into the City; Design Research.

1. Concept and Integration into the Status Quo

1.1. Migrant Elderly

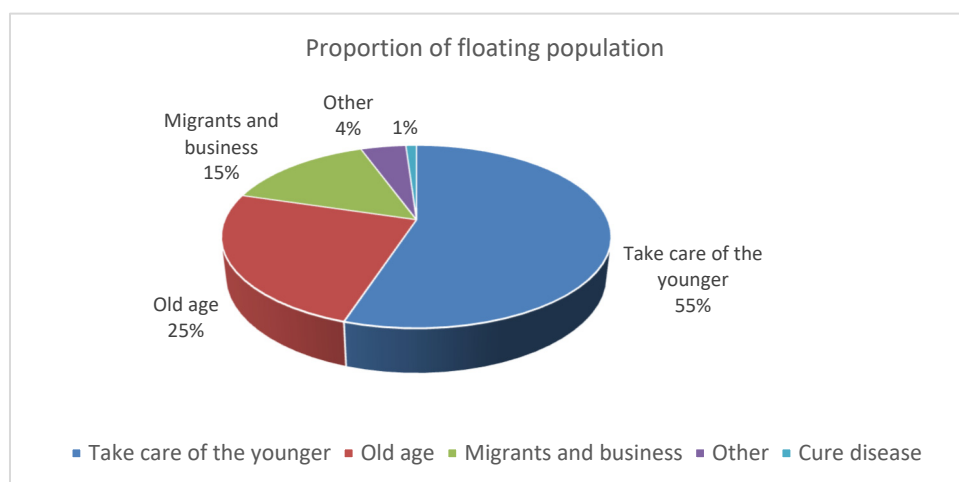


Figure 1. Proportion of floating population

Image source: Drawn by the author

In recent years, my country is in a new era and a new stage of rapid development, especially with the continuous advancement of urbanization, a large number of rural people have migrated to cities, and such a special group has emerged in cities—relocated people. Migrant elders, also known as "old drifters", are defined as follows: 1. Those who leave the countryside to take care of their third-generation descendants and come to the cities where their children live; 2. Those over 60 years old who live in urban areas with their children, and whose household registration is in the countryside; 3. After retirement or under the premise of old age, the elderly who moved out of the original work and living places and moved to live in other places. The difference between the migrant elderly and the immigrant elderly is that their arrival is mainly to take care of the life and daily life of the third generation, but the household registration has not moved to the city together, and some people will return to their hometown in due course.

1.2. Integrating into the Urban Status Quo

According to the current situation of the migrating seniors, most of the migrating seniors have surface problems in the future, basic problems that will occur, constant changes brought to the city, and constantly passed on to their living patterns, which initially caused their living pressures. Adapting to the habitual situation in a large way and to varying degrees, especially with relocation, long-term leisurely life in the countryside, turning to the fast-paced life in the city, the situation is not obvious, usually manifested in the unreasonable situation. Confused about the city, and the collision between the city and culture, which challenges the social ability of the elderly, a way of life in rural life, and an ability to live with the city, which can also be said to be the social and social "integration" of "urban connection". Relationship issues, the typical behaviors of human regular activities are the basic laws of life, survival, practice and human activities, as well as the basic laws of conforming to the environment, conforming to the common life of the new era and human beings, conforming to the development laws of the new era. The time and scope of activities are not wide, most of them are in the community near the family, and it has also had a great impact on them, and it has had a psychological impact on the friends of the heart and the elderly, making them have a great change. The distance is wider. care for relatives, promote the formation of close relatives, and promote equality.

To sum up, the hardships of life and the lack of emotion can easily arouse their thoughts and feelings, and the elderly who move and communicate more with others also miss their hometown. The old man has memories of his hometown. Although city life provides them with a lot of convenience and material satisfaction, they are still not used to the atmosphere of city life. Therefore, the elderly are still more concerned about their rural home and hometown, and a solid interpersonal network.

2. The Problem of Integrating the Elderly with Migrants into Urban Life

The diversity and richness of urban life seems to help older people, but they are still at a rudimentary level and have not actually had a deep understanding of the needs of the elderly. Intergenerational relationships with children are a major concern. In addition to adapting to the fast-paced urban life, responding to emergencies, and even the most basic bus trips are unexpected measures for the relocated elderly. Not only has the happiness index not improved, but it has created a difficulty and resistance for them to integrate into urban life. From the following aspects, it analyzes the problems encountered by the relocated elderly when they integrate into urban life.

2.1. Physiological Problems

In the process of integrating into urban life, the elderly people who migrate with them are faced with dual challenges both physically and psychologically. On the physiological level, more

elderly people's education level, fixed lifestyle, and the collision of ideas with their children are involved. When the elderly are placed in a new environment, these aspects will collide and bring about a series of problems. For example, the elderly who moved with them just came to live in the city, they don't know how to reach their destination when they take the bus, they are confused about the guidance of the stop sign, and they sit in the opposite direction if they are a little careless. As for the subway home, there is no ,did not dare to ride. When I went to the market, I wanted to buy food, but I found that it was basically electronic payment. I only had cash in my hand. In addition, the older the elderly, the slower their movements, the unfavorable hands and feet, and the fatigue of their bodies, which make them easy to lose interest in new things, do not actively socialize, and feel distanced from the outside world due to discomfort, so that the elderly self-identify themselves as strangers in the city, so they are unwilling to integrate into the new living environment, reduce their scope of activities and social interaction, and form a state of loners.

2.2. Family Relationship Issues

Family relationship is one of the important auxiliary points for the migrant elderly to integrate into urban life. In particular, the family integration of rural and urban migrants mainly involves three dimensions: children's education, economic adaptation, and psychological integration. Among them, children's integration is the highest. The second is economic and psychological.

The main purpose of the vast majority of relocated elderly people living in cities is to take care of their third-generation children. However, because some children are too busy with their work, they basically do not have time to communicate with and accompany the elderly, resulting in more and more pressure on them to take care of them. Large, gradually forming the characteristics of family miniaturization and coordination, the focus of the family is also shifting to the grandchildren, the elderly spends almost all the time around the children, and it is not the parents who take on more responsibilities, but the elderly, the elderly. authority is gradually declining.

Especially when there are differences and differences in the educational concepts of children and the elderly, even if they adapt to the original living habits and education methods, but for the harmony of the family, the elderly chooses more concessions and forbearance, so that the basic stereotypes are formed. The elderly who lives in the traditional way feel the psychological gap and discomfort.

2.3. Social Integration Issues

The process of integrating into urban life is also a process of "integrating into society" and "adapting to urban life" from a certain perspective. In the theory of social interaction, Marx believed that social interaction is an important aspect of human existence, activity, time and social development. Practice, mainly manifested in material and spiritual exchanges between individuals and groups, is a reliable guarantee for meeting people's needs. Humans are social animals, and the establishment of communication, interaction and interpersonal relationships is also an important aspect of measuring the level of integration into the city.

After the relocated old people came to the city, they needed to start to establish a new network of interpersonal relationships, but they were not familiar with the place of life, and the circle of communication was very narrow. Sometimes they did not know how to integrate into this new environment and new group. The social integration of the migratory elderly has brought difficulties, and even some migratory elderly who have just arrived in the city do not understand anything, cannot take the subway, and have a single way to travel, especially the elderly who can only speak dialect sometimes, and cannot speak Mandarin. Standard, except for family members, other groups of people cannot communicate at all, which adds to the difficulty of integrating into the community.

2.4. Psychological Problems

In summary, the physical, family, and social integration problems faced by the migrating elderly in the above three aspects will inevitably lead to psychological problems for the migrating elderly, especially at the policy level. Many benefits are not available to the migrating elderly. As a result, the serious local and foreign differences and the degree of psychological integration are significantly reduced. A sense of identity and a sense of belonging is a relatively difficult identity for the relocated elderly to integrate into urban life. The reason is that the relocated elderly live in their hometown almost all their lives, and only move to a new place with their children when they are old. In cities, not only do they enjoy less welfare in the place they move into, but they also have little chance of encountering fellow villagers. Most elderly people who move with them think they are outsiders, and they come to live in the city with their children for some reasons.

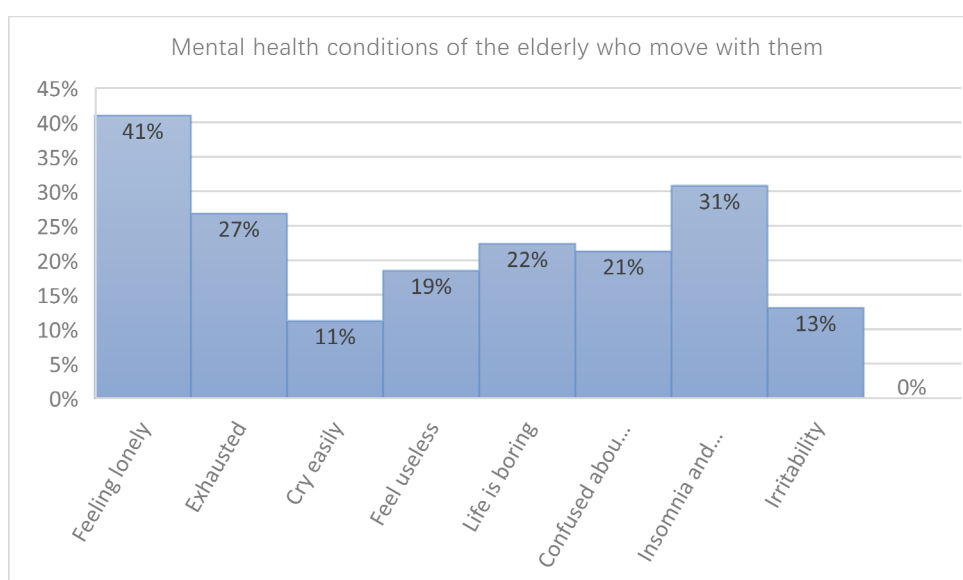


Figure 2. Mental health conditions of the elderly who move with them

Image source: Drawn by the author

In addition, the unfamiliarity of the old people in the new environment, other old people in the community are mostly nodding acquaintances, and basically have no close friends, which makes the old people have a psychological distance and lack a sense of intimacy, so they cannot be better at the spiritual level. It is easier to arouse their homesickness, unfamiliar environments and interpersonal relationships, and make them miss the familiar neighborhoods, stable interpersonal networks and things in their hometown, and the sense of identity and belonging of the elderly who have moved with them. Ascension requires not only one's own psychological efforts to change, but also the acceptance and fair treatment of the place where one moves in.

3. Design and Application of Countermeasures and Suggestions to Assist the Relocated Elderly to Integrate into Urban Life

3.1. Policy Auxiliary Level

3.1.1. Government Level

From the perspective of the government, it should consider improving the old-age security system for the elderly who are relocating with them, so as to ensure the elderly care of these

groups of people. Improve their quality of life, and improve the status quo of old-age worries for the elderly who move with them. Secondly, strengthen the construction of social security, continuously improve social security policies, form a comprehensive multi-level social security system covering the whole population and overall planning of urban and rural areas, and improve the unified basic medical insurance system and critical illness insurance system for urban and rural residents, especially for the elderly who move with them. The medical insurance system is also a very important part. For example, simplify the reimbursement process for medical treatment in different places, realize the integration of urban and rural medical security systems, strive for more preferential policies for the elderly who relocate, gradually realize the interconnection of urban and rural medical insurance in different places, and establish and improve the local reimbursement mechanism for medical expenses to provide fairness for the elderly who relocate. Provide medical resources and services to ensure that all people have a greater sense of gain in joint construction and shared development. The government should provide more social welfare and public service resources to benefit the relocated elderly, so that the relocated elderly can enjoy the same treatment as the local elderly, and strive for more practical protection for the elderly. For example, taking the bus is as free as the local elderly. ; During off-peak hours, you can enjoy free travel; parks, libraries, museums, etc., are free for the elderly over 60 years old, enriching their activity centers and increasing the scope of activities.

3.1.2. Community Service Level

As a place for the elderly to move closer to home, the community needs to be further improved in terms of current services. The service design of the community can form a comprehensive elderly care service project system to meet the basic service needs of the elderly who move with them. Community staff should actively introduce the facilities and facilities of the community to the elderly who are relocated, and increase the use and understanding of the resources of the community for the elderly, so as to help the elderly to get rid of the new urban living environment as soon as possible. I feel that while helping the elderly to understand, the community should strengthen communication and contact with the elderly who have moved with them, care for and love the elderly who have just arrived, pay more attention to the dynamics of these groups, and take the initiative to visit and understand the difficulties and difficulties of these groups of people. To meet the needs, timely understand the current situation and predicament of the relocated elderly, and then provide active and effective support and help to the relocated elderly. At the same time, it is also appropriate to visit such groups of people, talk to the elderly who have moved with them, and send some gifts, so as to bring the warmth of the community to the elderly, so that the elderly can feel that they are also the object of attention, and then get psychological comfort.

For these groups of people, the community should regularly carry out social activities, interact with the local elderly, open up the social circle of the elderly who moved with them, build the interaction between the neighbors and the sense of belonging in the community, and help the elderly who moved with them to better adapt to the change of roles. , After the elderly get to know more people in the activities, they will have a stronger sense of belonging to the community, and their hearts will be more fulfilled.

3.1.3. Social Development Level

Although the elderly who moved with them know that they will encounter various difficulties and problems when integrating into the new environment and new society, they ignore the help of people like social workers, and they do not even know the existence of the function of social work. Social workers mainly play the roles of supporters, advocates, and service providers. They serve the disadvantaged groups, better help those in need, and let them adapt to the

current new environment. In maintaining social stability, they play an important role. play an important role.

Social workers should organize these migratory elderly people to communicate and communicate with each other. Since they are migratory elderly people, the resonance among them will increase significantly, especially when they meet fellow villagers, the psychology of migrating elderly people will be affected. With solace and empathy, it's easy to build new social circles and get help from peers and social workers. Part of the needs of the elderly who moved with them have been met, their abilities have also been improved, and the problem of urban integration has also been significantly improved.

3.2. Expand Public Facilities Design

Public facilities are the bridges that build the connection between urban life and many things. As an indispensable part of life, only with the design of public facilities can they better serve residents, but the current traditional public facilities In other words, the scope of consideration is still very limited, and the extensiveness and inclusiveness of public facilities have not been fully utilized, especially for migrants, rural and urban migrants, and elderly people who have moved with them, and the design scope has not yet been included. To this group of people, we design suitable public facilities for them, so that they can get substantial help and satisfaction in the process of integrating into the city. Therefore, on the basis of existing public facilities, the versatility and inclusiveness of public facilities should be increased, and the range of people covered will continue to expand, forming a two-way interactive design.

3.2.1. Increased Versatility

Increase the versatility of public facilities and make public facilities serve more people. Universal design has also been called "barrier-free design" in China. The core concept of the design is how to be used by the disabled and benefit everyone. This is especially for the elderly who have moved away, and this group of people can help them form an equalization, simplicity, and ease of use in the process of using public facilities. For example, in the design of public facilities in Japan, the application of general public facilities is reflected in the guiding design, which is a humanized and heart-warming behavior for people who are new to the area or who are unfamiliar with the region. According to the previous guide designs, most designs are in front of or above the line of sight. In Japan, such designs are placed in stations, subways, on walls or on the ground, and they are distinguished by color to make more complex paths. Japan's traffic signal barrier-free facilities can not only assist the disabled to get out of the house, but also greatly facilitate the design of public facilities for the elderly, women, children and even more social members. Many intersections in Japan have traffic light sensing devices, while Japan the Association for the Blind will provide a sensor for the blind. When a blind person wearing this sensor walks in, he can automatically receive the information of the traffic light. In addition, a special button-type traffic light device is designed for the blind. Convenient for the blind.



Figure 3. Guide design

Image source: <https://zhuanlan.zhihu.com>



Figure 4. Traffic signal barrier-free facilities

Image source : <https://zhuanlan.zhihu.com>

At this stage, the design concept of universality has been used in many aspects, especially in the design of urban public space. The application of the principle of universality not only brings progress to the development of the city, but also further expands the number of people served. Said that the universal design is warming, meeting the needs of more people, and promoting better and faster development of the city.

3.2.2. Inclusive Integration

The core of the inclusive design concept is "people-oriented". The gathering of various groups of people in the city is faced with diverse objects, especially the continuous increase in the number of people with disabilities and the elderly over 65 years old in the country. The need for design is also more pressing. Taking the design of public facilities in Singapore as an example, the design of public facilities in Singapore is perfect for the concept of inclusiveness, mainly in public places and public transportation. For example, the design of double handrails in public places has the same meaning as the high and low washstands. The high escalator is for adults and the low escalator is for children. The safety and convenience of groups such as children are also included in the design. Small details saw love. Secondly, in terms of public transportation facilities, many wheelchairs can easily get on the bus. Many Singapore bus backdoors have specially designed movable pedals for the disabled, which can allow wheelchairs to get on and off the bus directly. Passengers, the driver will get off the bus, open the movable pedal of the back door, put the "bridge" on the sidewalk, and then help to push the wheelchair onto the bus. Escort out of the car.



Figure 5. Double armrest

Image source : <https://www.shicheng.news>



Figure 6. The bus has its own wheelchair ramp

Image source: <https://www.shicheng.news>

Inclusive design attempts to include relatively able-bodied people from the disabled group, and design for as many people as possible. In-depth expansion of "specialized" needs to "inclusive" and "extensive" needs, anyone can use it fairly and eliminate the sense of difference, creating practical products with higher user acceptance.

3.3. Family and Personal Level

As an important place for the relocated elderly to obtain spiritual and spiritual comfort, the family is very important to meet the emotional needs of the relocated elderly. In addition to basic material guarantees, children must also provide spiritual support for the elderly, and strengthen communication with the elderly, to give more companionship to the elderly, so that the elderly feel the needs of the family and society, thereby increasing their social identity, spiritually enriched, spiritually strong, and natural psychological comfort and integration will also increase.

At the same time, the elderly themselves should also try to expand their scope of activities. Although moving to the city is to relieve the pressure of bringing up children, they should not focus too much on children and the third generation, and spend more time in their spare time. Participate in community activities, learn to self-regulate, solve problems and give feedback in a timely manner, and actively express your thoughts and emotions. Spiritually, the elderly should have a good attitude towards life, establish positive and correct elderly values, enrich their hobbies and hobbies, and take part in more leisure and entertainment activities and community activities to enrich their spiritual life; in interpersonal communication, the elderly can strengthen and Communication between relatives, friends and neighbors, interaction with elderly friends in the community, participating in community activities, actively integrating into the living environment of the community, and enhancing the sense of community belonging.

4. Summary

The process of urbanization is constantly accelerating. To deal with a series of problems brought about by the wave of urbanization, it is necessary to propose reasonable solutions to deal with and solve them. The problem of urban integration of the relocated elderly is a challenge of social governance. It is not only related to the physical and mental health of the elderly who migrate, but also to community stability, family happiness, and social harmony. In the face of the various discomforts brought by the integration of the elderly who migrated into urban life, the government should continue to strengthen the social security community for these groups to provide them with more services and care, and children should also take care of the elderly. with transformation. In a word, we should bring together the strengths of all parties to assist the relocated elderly people to get rid of their self-defined identity as outsiders

and outsiders, and drive them to integrate into the new environment and new group, so that they can feel the warmth of the city and the harmony of the new environment. The elderly has more sense of happiness and are more willing to integrate into the development of the city together.

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