



# Exploration On the Effective Renovation Design of Old Rural Housing Buildings Integrating the Concept of Mutual Assistance for The Elderly

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**Abstract:** In the face of the increasingly prominent problem of rural old-age care, how to integrate limited old-age resources and conditions, attract young and middle-aged people to join the rural old-age service system, and realize the sustainable development of rural old-age care is one of the main practical problems urgently needed to be solved by the rural revitalization strategy. By studying and analyzing the connotation of the mutual aid pension model and its advantages for rural elderly care development, this paper closely uses the mutual aid pension model to explore the effective pension design and transformation of the stock of old houses and buildings in rural areas of our city, so as to better meet the pension needs of the rural elderly in an economical, effective, inclusive and localized way, reasonably improve the living environment for the elderly, improve the happiness index of the rural elderly, and provide a series of reference suggestions for improving the soft power of rural economic development.

**Keywords:** mutual aid for the elderly; rural house architecture; renovation design

According to the data of the seventh population census, the aging development trend in China is becoming increasingly severe, especially the number of rural elderly people is increasing, and the proportion of rural elderly is also increasing year by year [1]. It can be seen that the rural elderly has prominent pension phenomena such as serious aging [2], empty nest serious [3-4], and serious poverty [5], in order to deal with the pension problem of the elderly in China, the pension problem of the rural elderly cannot be ignored. In 2017, the report of the 19th National Congress attached great importance to the development of China's aging cause and rural construction [6-8], emphasizing that it is necessary to give rural old-age major social security, so how to learn from the active and innovative old-age model and truly improve the level of rural old-age care is a practical problem that needs to be solved urgently in the current aging development.

## 1 THE CONCEPT OF MUTUAL ASSISTANCE FOR THE ELDERLY

### 1.1 PENSION MODEL

The pension model refers to the way to ensure the old people's old age by providing certain daily care, material economy, nursing health care and spiritual comfort, etc., the current

pension model in China mainly includes family pension, community pension and institutional pension and other three models. In rural China, due to the limited economic conditions and service levels, the low-cost traditional pension model is mainly adopted - family pension, that is, empty nesters live in their own homes, and their children are responsible for the elderly, this traditional pension model mainly has prominent practical problems such as high pressure on children, heavy family burden, untimely care, and difficulty in complete security, resulting in rural empty nesters who are prone to low self-esteem worry, emptiness and loneliness, loss and resistance. Mental trance and other bad emotions and psychology, the needs of the elderly are difficult to be satisfied, so how to adapt measures to local conditions, according to the needs of the rural elderly, innovative reform of the pension model is the first practical problem to be solved.

### 1.2 MUTUAL AID PENSION MODEL

There is an old saying in the countryside, the golden nest and the silver nest, not as good as their own kennel, popularly show the rural people's attachment to the countryside, the sense of belonging to their own house, in addition to the elderly are more nostalgic, they would rather stay in their own homes with a very average environmental level, enjoy emotional familiarity and comfort, rather than live in a completely unfamiliar rich environment, so the rural elderly have a certain rejection of



institutional pension, in order to innovate and reform the pension model of the rural elderly, should be innovated and reformed according to their actual needs. As a new local group pension model, mutual aid pension refers to the model of mutual help and mutual assistance for the elderly by giving full play to the joint cooperation of the national government, rural collectives, private families and other aspects, tapping rural local resources and the living behavior of the elderly, and improving certain pension environment and conditions in the living state of respecting and maintaining the original life of the rural elderly, so as to facilitate mutual help and mutual assistance among the elderly. Mutual aid pension is not only a supplement to the community pension, the advantage of the expansion of family pension, in this pension model, the elderly does not need to leave their familiar living environment, can enjoy a variety of material and spiritual security.

## **2 THE ADVANTAGES OF THE MUTUAL AID PENSION MODEL**

From the connotation of the mutual aid pension model, it can be seen that it has many advantages, mainly listed as follows:

### **2.1 IT HAS STRONG RURAL SUITABILITY FOR THE ELDERLY**

Mutual assistance for the elderly first of all, in the environment, respect the specific and diverse living habits of the rural elderly, carry out the transformation of the local huddle pension building, the elderly do not need to leave their hometown, will not be strange psychologically, Discomfort and disgust and other bad emotions are more likely to be accepted by the rural elderly; secondly, the so-called fellow villagers see the villagers, two tears, emotionally, through the environmental mutual aid transformation, the mutual aid pension model is more convenient for the local elderly to help each other, everyone is a neighbor or villager for many years, the difference in living habits is small, and it is easier to have a sense of belonging; in the living space, mutual aid for the elderly includes private space and public space, which not only ensures the independence and privacy of the elderly's life, but also strengthens the intimacy of cooperation and interaction.

### **2.2 HAVE HIGH RESOURCE UTILIZATION**

The construction of pension institutions requires a large amount of capital investment, large land area, professional management processes and high-quality service talents, rural economic conditions are limited, cannot support the construction and sustainable development of professional pension institutions in a short period of time, but the mutual assistance pension model is adapted to local conditions, effectively integrate the existing housing building stock in rural areas, carry out appropriate and simple transformation, emphasize mutual help between the elderly and participate in pension management, so there is no need to build a new building, which can effectively reduce the cost of elderly care facility construction, and the cost of high-tech recruitment and training of elderly care talents.

## **3 THE THINKING OF THE EFFECTIVE TRANSFORMATION OF OLD RURAL HOUSE BUILDINGS INTEGRATED INTO THE CONCEPT OF MUTUAL ASSISTANCE FOR THE ELDERLY**

Building density, layout form, division of public and private space and construction quality, public space type and functionality are key design factors.

### **3.1 USE THE ORIGINAL APPEARANCE OF THE COUNTRYSIDE TO IMPROVE THE SPATIAL LAYOUT**

Most of the rural areas have characteristic residential architectural styles, long history, beautiful scenery and vivid culture, which is the basic source of architectural design. Returning to the roots of fallen leaves is an eternal traditional idea that our rural people can never avoid, so for the existing stock of old houses in rural areas, mutual assistance pension design and transformation should respect and maintain the rural style of rural elderly familiar attachment, local improvement according to local conditions, and effective pension building supplementation and improvement. At present, the rural stock housing buildings in our city mainly present the characteristics of point type, each villager has its own homestead, point building is sporadic insertion, flexible household division, centralized layout, more external walls, strong inwardness, large personal privacy space, lack of public living space. Therefore, it is recommended to increase the location and layout of public mutual aid space on the basis of point building, and accommodate several family buildings into a large public mutual aid space according to a certain point building ratio, forming a perfect mutual aid elderly care health circle.

This paper calls this transformation model as inclusive mutual aid pension building, that is, several regional point buildings are included in a perfect pension ecosystem, through the combination of "large concentration, small dispersion" embedded layout mode, increase the transformation of public space pension buildings, not only to ensure the home privacy space of the elderly, but also to make full use of the surrounding space of the building, reasonable construction of public pension facilities, buffer the conflict between personal space and public space, form a smooth life streamline, and meet the elderly pension needs in the inclusive area.

Only barrier-free public area design and construction can create a smooth communication platform opportunity, facilitate interaction and communication with surrounding neighbors, stimulate the elderly consciously and actively go out of their own house, enhance the sense of collective mutual aid, strengthen the enthusiasm and sense of participation in mutual aid activities, cultivate more interest in elderly life, form a close interactive group, and activate the site construction of the public area, so that the elderly home care and mutual assistance elderly care form a close connection.



### **3.2 UPGRADE HOME MUTUAL AID FACILITIES**

Most of the rural elderly in our city are empty nesters, their children work outside all year round, live alone, their daily behavior pattern is relatively simple, the range of life activities is small, the home space is the most frequently used space, but most of them live in the "partial house" at home, the house is dimly lit, full of debris, the ground is not tidy, the fire is not compliant, the daily necessities are cheap, the heating and cooling equipment is lacking, there are great safety risks, and share the living room, kitchen, and children to share the living room, kitchen, Restaurants and other functional spaces, children rarely consider the physical and mental needs of the elderly to design and build these space functions, resulting in most of the self-care ability, self-care ability of the elderly in bathing, eating, toileting and other aspects of daily life, facing a large size and height and other obstacles, such as no handrails, fall cushions and other facilities, once the elderly walk and fall, the consequences are unimaginable. Therefore, in addition to the outdoor public space, the indoor building should also be strengthened, a certain interactive elderly care space should be opened, the usability and functionality of the room should be enhanced, the mutual aid elderly care demand facilities should be improved, the indoor poor elderly care environment should be eliminated, and a happy, comfortable and healthy home atmosphere should be created.

First of all, open up convenient access channels for more than two families, facilitate the rapid conversion of indoor space and outdoor space, private space and public space, so as to strengthen the communication between the elderly and neighbors and the elderly in the public inclusion circle, especially when the elderly have difficulties at home at night and other sudden times, contact neighbors in time and get help as soon as possible; When the elderly with inconvenient speech encounter difficulties, they can press the smart button in time to get in touch with the outside world to get timely help and assistance; at the same time, for the elderly with reduced mobility, entertainment, sports and leisure facilities should also be strengthened indoors, enrich their later life, strengthen physical exercise, cultivate optimistic personality, arouse collective enthusiasm, and be more convenient to accept positive help from others; and then transform a certain amount of public entertainment small space indoors as much as possible, such as chess area, tea drinking area, exchange study room, fitness area, The recreation room promotes the elderly to invite more elderly friends to communicate, and enhances the awareness and ability of leisure and entertainment.

### **3.3 USE MUTUAL AID SPACE TO ENRICH THE LIFE OF THE ELDERLY**

Living habits and conceptual awareness are generally difficult to change, especially for the elderly with the lowest acceptance in rural areas, even if the public space and home space are improved, they still face great practical problems if they want to effectively improve their pension level, which leads to many pension buildings and facilities resources are mostly idle, unable to truly activate the enthusiasm of the rural elderly. Most of the rural elderly in our city have certain labor ability and self-care

ability, so they can turn leisure into treasure, reasonably integrate idle resources, create a large-scale mutual aid pension space, create conditions and atmosphere for them to engage in agricultural mutual aid labor, contribute to the family, collective and society, and obtain reasonable economic remuneration, so that the rural elderly can "do something", reshape their self-identity, meet their inner and spiritual needs, and improve the quality of life and happiness.

In order to transform into a large-scale and sustainable development of the elderly mutual aid work space, we must first fully understand the living needs, daily preferences, working methods, activity forms and interests of the local elderly, create a space activity that they dare to accept, be willing to participate in, and work consciously, encourage the elderly to dare to cross different venues, try to use unused mutual aid spaces, and enrich the life of the elderly; secondly, further absorb local traditional culture and folk customs, in culture, history, customs, In terms of morality and other elements, reduce the differences and conflicts of the elderly in their thinking styles, behavioral habits, hobbies, cultural level, regional characteristics and even value orientation, create a harmonious and unified atmosphere of mutual assistance and cooperation, and passive resistance; in the labor space, encourage the elderly to strengthen exchanges and cooperation, mutual assistance and growth opportunities, avoid the elderly in the activity of isolation, enhance the sense of community and ownership of the elderly.

### **3.4 ATTRACT YOUNG PEOPLE TO RETURN TO THEIR HOMETOWNS TO START BUSINESSES AND ACTIVATE THE STRATEGY OF RURAL REVITALIZATION**

In the face of a huge group of rural elderly people, in order to make it a key way to activate the rural revitalization strategy and realize the professional development of rural elderly care, it is necessary to cultivate excellent service talents and form a scientific system in the rural elderly care industry, which requires more professional elderly care service talents to join it. Although the mutual aid pension model focuses on mutual help and cooperative management between the elderly, the objective disadvantages of the elderly require the long-term benign development of the team and industry, and must have the participation and management of young people, and believe that the return of young people to their hometowns is also a kind of communication companionship and spiritual comfort for the elderly. Therefore, in the design of the existing rural old housing building stock, it is also necessary to consider the needs of young people returning to their hometowns to start businesses, create a suitable working space and atmosphere, improve the professionalism and standardization of the mutual aid elderly care industry, and enhance the sense of belonging and happiness of young people returning to their hometowns to start businesses. For example, in the central area of the renovation of inclusive mutual aid elderly care buildings, that is, the public mutual aid space area, a community mutual aid elderly care center is built to provide suitable working and living places for young people, shorten the service radius between them and each elderly family in the area, and at the same time strengthen the full coverage and



intelligent construction of safe and convenient networks. Management efficiency and supervision provide conditional support, so as to effectively reduce the working distance and pressure of young people, promote their provision of efficient and accurate interactive services, and help improve the emotions of returning entrepreneurial young and rural elderly, stimulate their emotions and passions for entrepreneurship and work, and finally realize the beautiful vision of "strong industry, rich farmers, beautiful environment, excellent governance, pure folk customs, and beautiful culture".

## 4 CONCLUSION

Mutual aid pension is a kind of local group pension model that respects the rural regional environment and respects the living habits of the rural elderly, which is very suitable for the effective pension design and transformation goals of the stock of old houses and buildings in rural areas, and has the ability to adapt measures to local conditions, save costs, integrate resources, reduce service pressure, relieve the burden of children, and attract young and middle-aged people to return to their hometowns to start businesses. The various advantages of helping the rural revitalization strategy, but at present, the practice cases of truly implementing the mutual aid pension model in China are relatively rare, so the city should boldly innovate the mutual aid pension model to help the long-term and benign development of the city's rural revitalization cause.

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