

积极应对人口老龄化 中国实践

Responding Proactively to Population Ageing
China's Approach and Contribution

中国老龄协会

China National Committee on Ageing

实施积极应对人口老龄化国家战略

Implementing the national strategy of
responding proactively to population ageing

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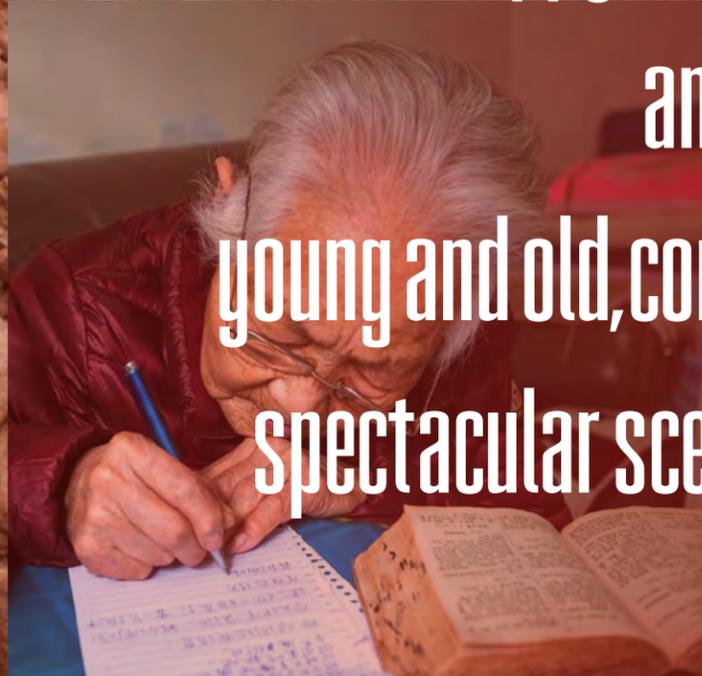
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家家户户幸福生活
老老少少开心快乐
就是人间美景

The happy life of each family
and joyful people,
young and old, constitute a most
spectacular scene in the world.

人口老龄化是世界性问题，对人类社会产生的影响是深刻持久的。中国是世界上人口老龄化程度比较高的国家之一，人口老龄化是当前和今后较长一段时期中国的基本国情。

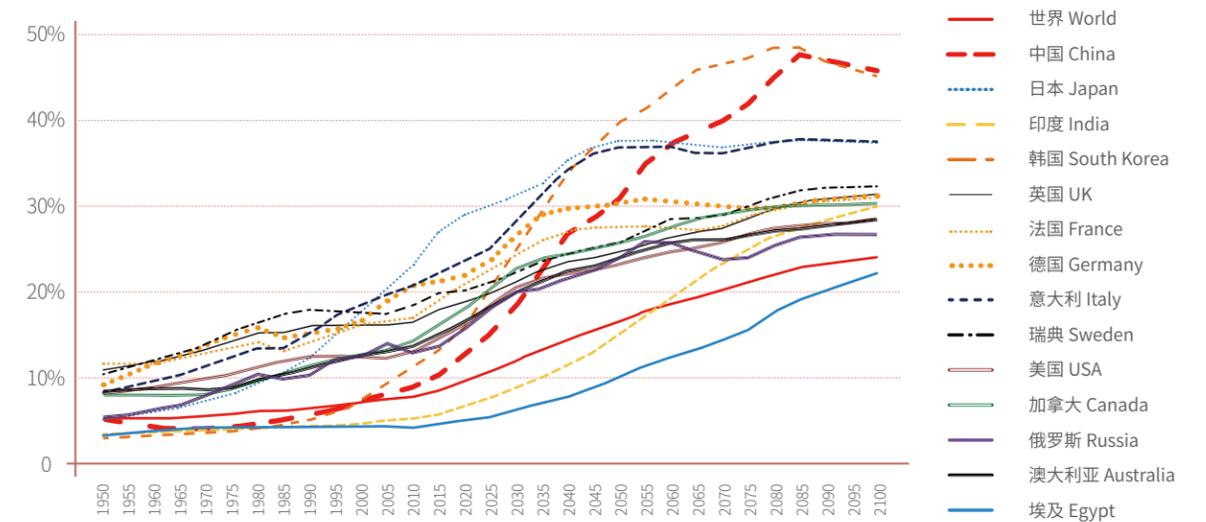
当前，中国进入人口老龄化快速增长期，截至 2024 年末，60 岁及以上老年人口已超过 3.1 亿人。中国老龄协会组织开展的人口老龄化发展态势预测研究显示，2030 年中国 60 岁及以上老年人口将增至近 3.9 亿人，2032 年将突破 4 亿人，2050 年将达到 5.2 亿人，约占届时总人口的 40%。满足数量庞大的老年群众多方面需求、妥善解决人口老龄化带来的社会问题，事关国家发展全局，事关亿万百姓福祉。

Population ageing is a global problem that exerts profound and lasting impact on the human society. As China is one of the countries featuring a relatively high degree of population ageing in the world, population ageing is a fundamental national condition for China at present and a long period in the future.

At present, China is entering a period of rapid increase in population ageing. The number of older persons aged 60 and above exceeded 310 million By the end of 2024. According to the research on the forecast of the development trend of population ageing organized by China National Committee on Ageing, such a number will approach 390 million in 2030, exceed 400 million in 2032, and reach 520 million in 2050, when it will account for 40 percent of China's total population. Meeting the needs of so many older persons in various respects and properly coping with the social issues caused by population ageing have a direct bearing on the overall national development and the well-being of hundreds of millions of people.

1950—2100 年世界及主要国家 65 岁及以上人口发展态势

The share of older people (aged 65 years or over) in the total population around the world and in major countries from 1950 to 2100

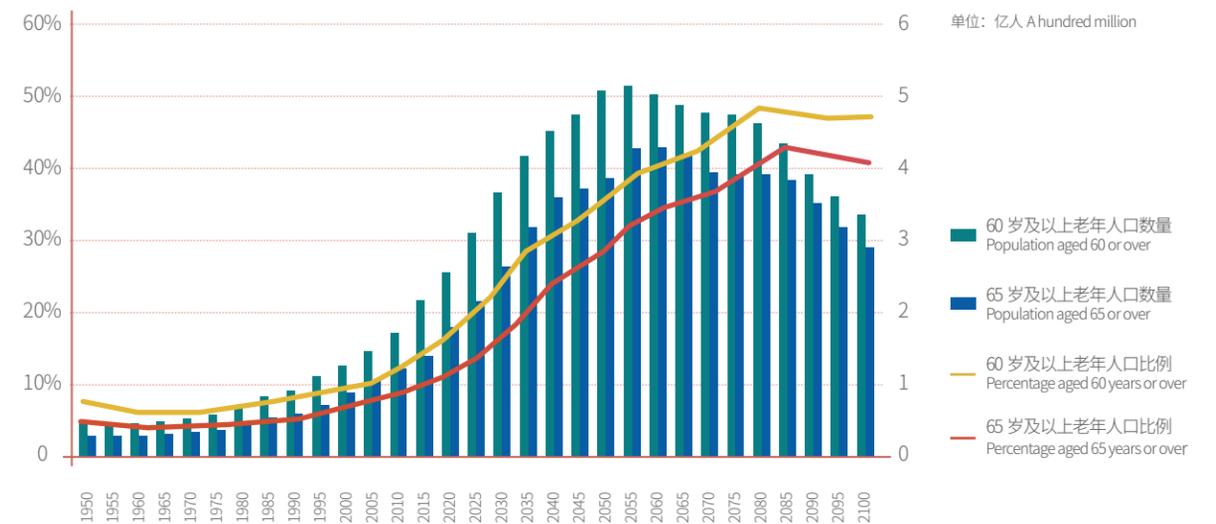


数据来源：联合国经济和社会事务部人口司，世界人口展望 2024

Source: Population Division, United Nations Department of Economic and Social Affairs. World Population Prospects 2024

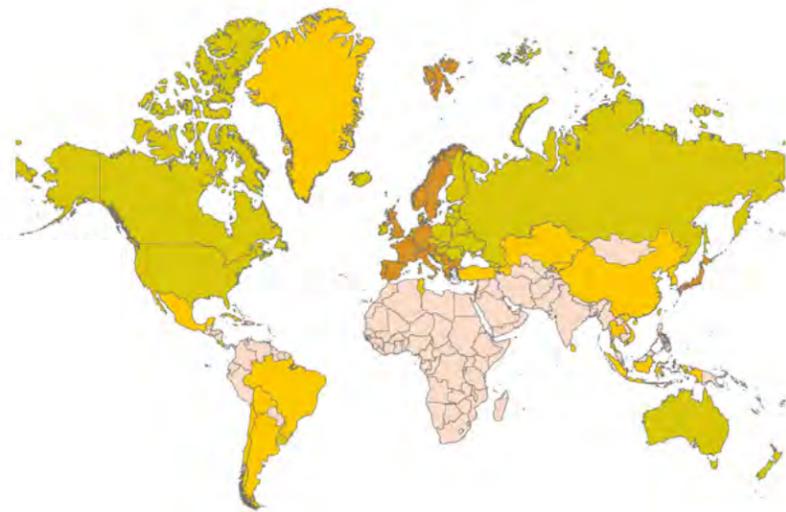
1950—2100 年中国老年人口发展态势

The scale and proportion of the elderly population in China from 1950 to 2100



数据来源：联合国经济和社会事务部人口司，世界人口展望 2024

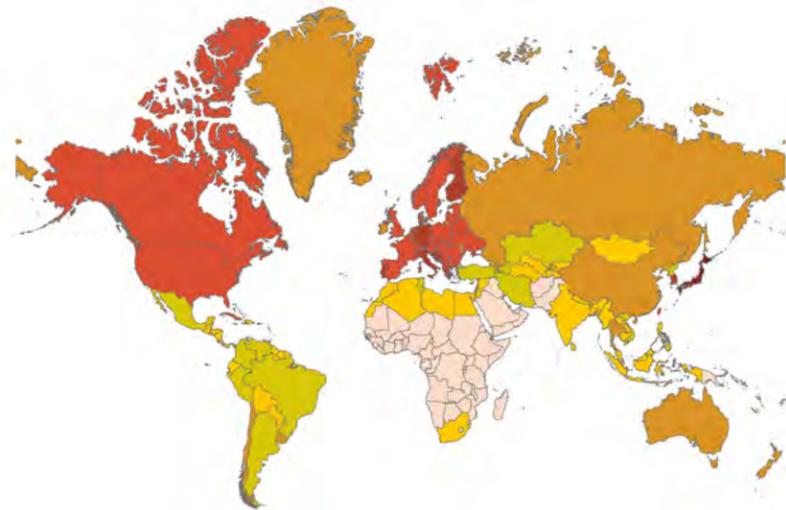
Source: Population Division, United Nations Department of Economic and Social Affairs. World Population Prospects 2024



2000 年世界 65 岁及以上老年人口比例

World's Percentage aged 65 and above, 2000

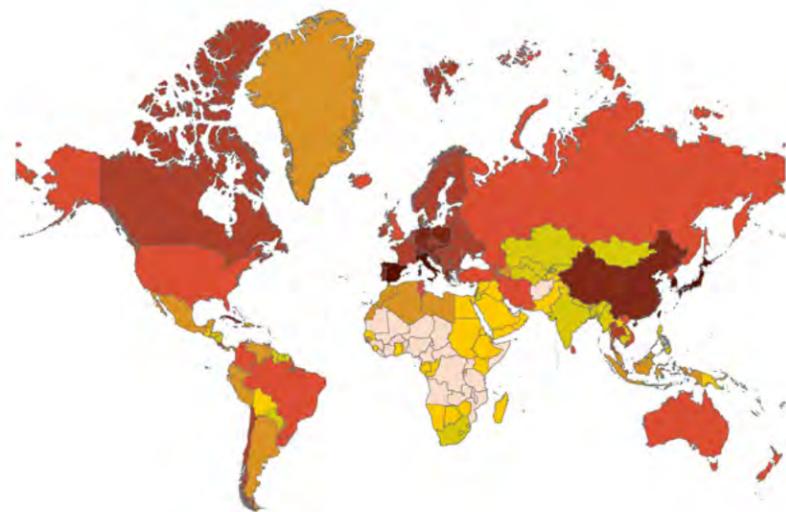
- 15% - 20%
- 10% - 15%
- 5% - 10%
- 1% - 5%



2030 年世界 65 岁及以上老年人口比例

World's Percentage aged 65 and above, 2030

- 30% - 35%
- 25% - 30%
- 20% - 25%
- 15% - 20%
- 10% - 15%
- 5% - 10%
- 1% - 5%

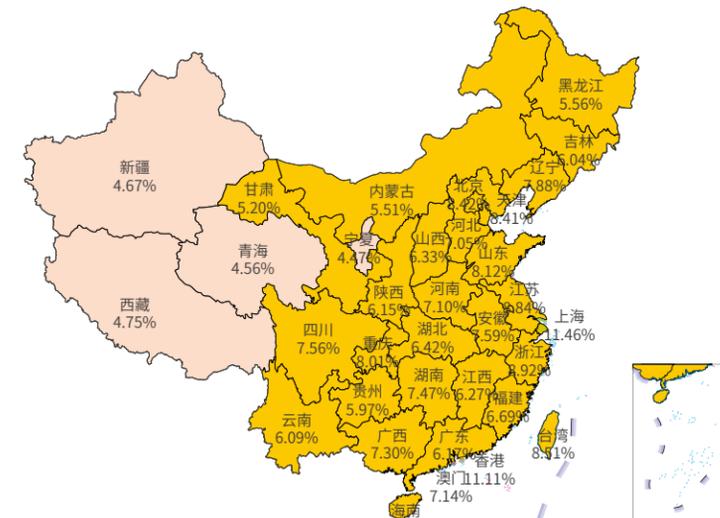


2050 年世界 65 岁及以上老年人口比例

World's Percentage aged 65 and above, 2050

- 35% - 40%
- 30% - 35%
- 25% - 30%
- 20% - 25%
- 15% - 20%
- 10% - 15%
- 5% - 10%
- 1% - 5%

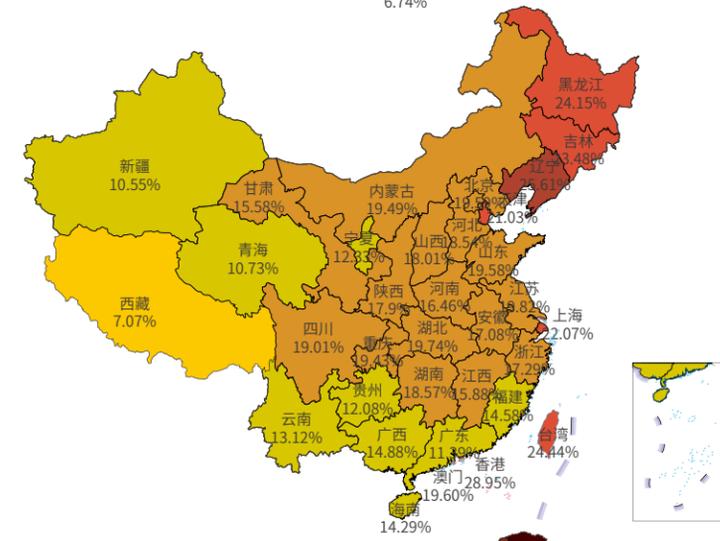
数据来源：联合国经济和社会事务部人口司，世界人口展望 2024
Source: Population Division, United Nations Department of Economic and Social Affairs. World Population Prospects 2024



2000 年中国 65 岁及以上老年人口比例

China's Percentage aged 65 and above, 2000

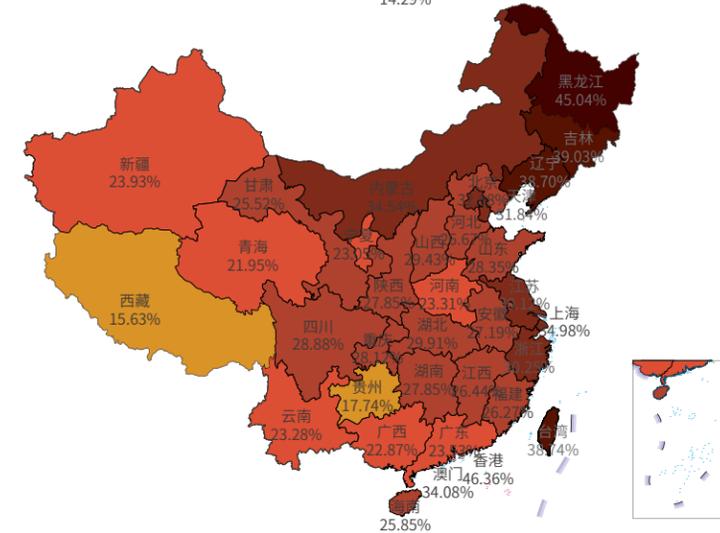
- 10% - 15%
- 5% - 10%
- 1% - 5%



2030 年中国 65 岁及以上老年人口比例

China's Percentage aged 65 and above, 2030

- 25% - 30%
- 20% - 25%
- 15% - 20%
- 10% - 15%
- 5% - 10%



2050 年中国 65 岁及以上老年人口比例

China's Percentage aged 65 and above, 2050

- 45% - 50%
- 35% - 40%
- 30% - 35%
- 25% - 30%
- 20% - 25%
- 15% - 20%

数据来源：1.2000 年各省（自治区、直辖市）数据来自国家统计局第五次全国人口普查；2. 港澳台地区数据来自联合国经济和社会事务部人口司，世界人口展望 2024；3.2030 年、2050 年预测数据来自中国人口与发展研究中心。

Source of data: 1. The data of provinces (autonomous regions, municipalities directly under the Central Government) in 2000 are sourced from the figures of the 2000 National Population Census released by the National Bureau of Statistics; 2. The data of Hong Kong, Macao and Taiwan are sourced from United Nations Population Division, Department of Economic and Social Affairs, World Population Prospects 2024; 3. The forecast data for 2030 and 2050 are sourced from China Population and Development Research Center.

各级党委和政府要高度重视并切实做好老龄工作，贯彻落实积极应对人口老龄化国家战略，把积极老龄观、健康老龄化理念融入经济社会发展全过程，加大制度创新、政策供给、财政投入力度，健全完善老龄工作体系，强化基层力量配备，加快健全社会保障体系、养老服务体系、健康支撑体系。

要大力弘扬孝亲敬老传统美德，落实好老年优待政策，维护好老年人合法权益，发挥好老年人积极作用，让老年人共享改革发展成果、安享幸福晚年。

The Party committees and governments at all levels should attach high importance to and effectively do a good job in ageing-related works, implement the national strategy of responding proactively to population ageing, integrate the positive outlook on ageing and the philosophy of healthy ageing into the whole process of economic and social development, further promote institutional reforms, strengthen policy provision and increase fiscal investment, improve the ageing-related work system, reinforce the manpower at the community level, speed up the improvement of social security system, elderly care service system and health support system.

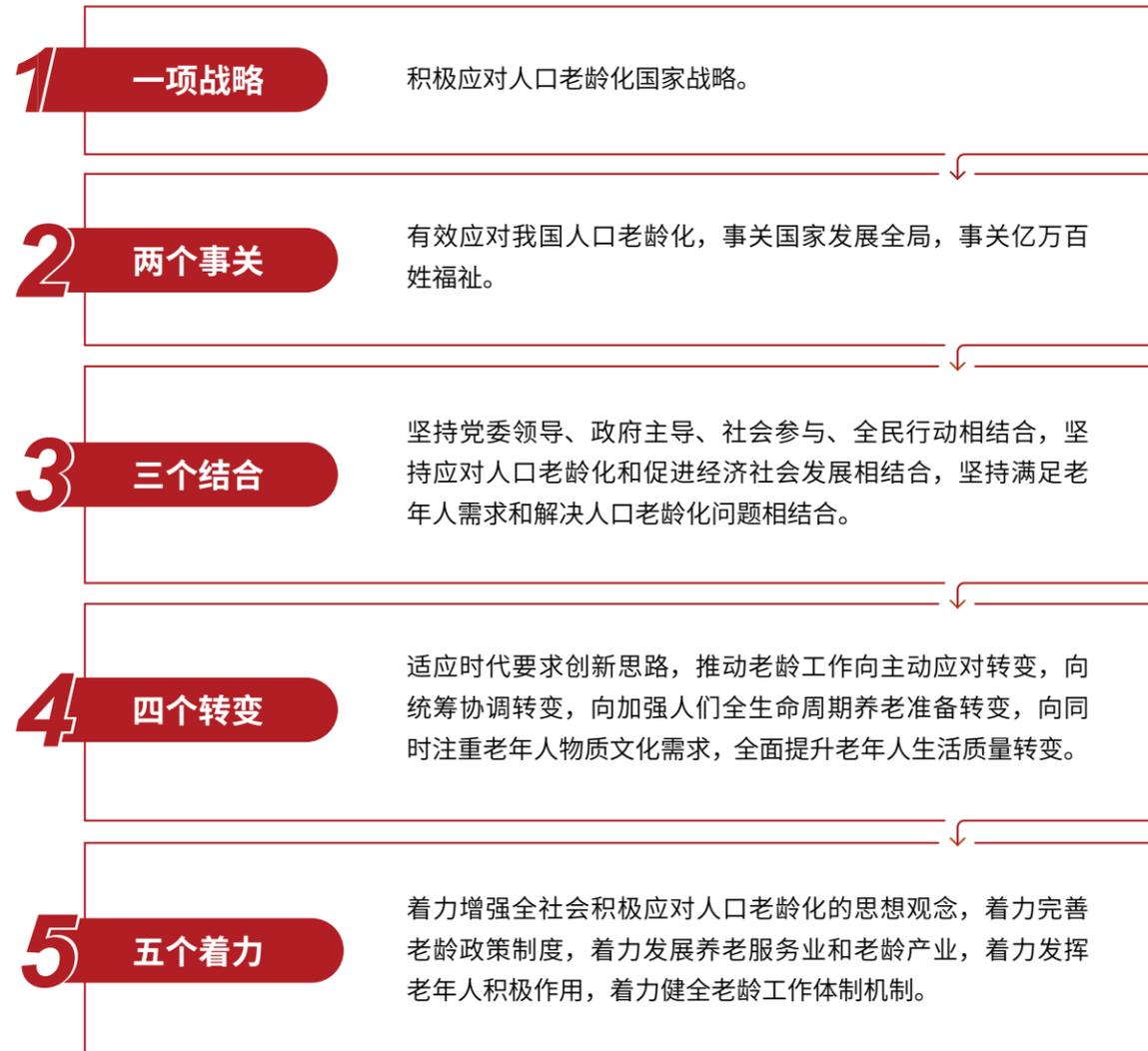
Great efforts should be made to carry forward traditional virtues such as performing filial duties and respecting older persons, effectively carry out the policy of giving preferential treatment to older persons, safeguard their legitimate rights and interests, promote their constructive roles, make them share the benefits of reform and development, and ensure they can spend their remaining years in happiness.

02

NATIONAL STRATEGY OF RESPONDING PROACTIVELY TO POPULATION AGEING

积极应对人口老龄化国家战略

党的十八大以来，以习近平同志为核心的党中央高度重视发展老龄事业，提出了积极应对人口老龄化的国家战略，为做好新时代老龄工作提供了根本指引、基本遵循和行动纲领。



Since the 18th National Congress of the CPC which was held in 2012, the CPC Central Committee has accorded high importance to developing the ageing-related undertaking by proposing the national strategy of responding proactively to population ageing. Such a strategy provides the fundamental guidance, principles and action guidelines for us to do a good job in ageing-related works.



全国老龄工作委员会

CHINA NATIONAL WORKING COMMISSION ON AGEING

1982年第一次老龄问题世界大会后，国务院批准成立中国老龄问题全国委员会。1999年，经党中央、国务院批准，成立全国老龄工作委员会。作为国务院主管全国老龄工作的议事协调机构，现由37个成员单位组成。

Following the First World Assembly on Ageing which was held in 1982, the State Council of the People's Republic of China approved the establishment of the China National Committee on Ageing (CNCA). In 1999, the CPC Central Committee and the State Council approved the establishment of China National Working Commission on Ageing (CNWCA), an advisory and coordinating organ in charge of the nationwide ageing-related work under the State Council. The CNWCA is composed of 37 member organizations.

**全国老龄
工作委员会**
China National Working
Commission on Ageing

中央组织部 Organization Department of the CPC Central Committee	中央宣传部 Publicity Department of the CPC Central Committee	中央社会工作部 Society Work Department of the CPC Central Committee
中央网信办 Office of the Central Cyberspace Affairs Commission	最高人民法院 The Supreme People's Court of the People's Republic of China	最高人民检察院 The Supreme People's Procuratorate of the People's Republic of China
外交部 Ministry of Foreign Affairs the People's Republic of China	国家发展改革委 National Development and Reform Commission	教育部 Ministry of Education of the People's Republic of China
工业和信息化部 Ministry of Industry and Information Technology of the People's Republic of China	公安部 Ministry of Public Security of the People's Republic of China	民政部 Ministry of Civil Affairs of the People's Republic of China
司法部 Ministry of Justice of the People's Republic of China	财政部 Ministry of Finance of the People's Republic of China	人力资源社会保障部 Ministry of Human Resources and Social Security of the People's Republic of China
自然资源部 Ministry of Natural Resources of the People's Republic of China	住房和城乡建设部 Ministry of Housing and Urban-Rural Development of the People's Republic of China	交通运输部 Ministry of Transport of the People's Republic of China
农业农村部 Ministry of Agriculture and Rural Affairs	商务部 Ministry of Commerce of the People's Republic of China	文化和旅游部 Ministry of Culture and Tourism of the People's Republic of China
国家卫生健康委 National Health Commission of the People's Republic of China	退役军人事务部 Ministry of Veterans Affairs of the People's Republic of China	应急管理部 Ministry of Emergency Management of the People's Republic of China
国务院国资委 State-owned Assets Supervision and Administration Commission of the State Council	税务总局 State Taxation Administration	市场监管总局 State Administration for Market Regulation
金融监管总局 National Financial Regulatory Administration	广电总局 National Radio and Television Administration	体育总局 General Administration of Sport of China
国家统计局 National Bureau of Statistics	国家医保局 National Healthcare Security Administration	全国总工会 All-China Federation of Trade Unions
共青团中央 Central Committee of the Communist Youth League of China	全国妇联 All-China Women's Federation	中国残联 China Disabled Persons' Federation
中国老龄协会 China National Committee on Ageing		

老龄法规政策体系

目前，中国已基本形成以《中华人民共和国宪法》为核心，以《中华人民共和国老年人权益保障法》为主体，包括有关法律、行政法规、地方性法规、国务院部门规章、地方政府规章和相关政策在内的老龄法规政策体系，并不断完善，涵盖了人口、家庭赡养与扶养、社会保障、社会服务、社会优待、参与社会发展等与老年人权益息息相关的各领域，为加强老龄工作、发展老龄事业、维护老年人合法权益奠定了坚实的制度基础。

At present, a system of ageing-related laws, regulations and policies has been basically put in place in China. Centering on the Constitution of the People's Republic of China, and taking the Law of the People's Republic of China on the Protection of Rights and Interests of the Elderly as its main body, the system which is under constant improvement incorporates relevant laws, administrative regulations, local regulations, departmental rules of the State Council, rules and regulations of local governments, and relevant policies. It covers all fields closely linked with the interests and rights of the elderly, including population, the duties to raise children and to support parents within a family, social security, social service, social preferential treatment, and participation in social development. Such a system lays a solid institutional foundation for strengthening ageing-related works, developing ageing-related undertakings and maintaining the legitimate rights and interests of older persons.



国家应对人口老龄化战略研究

RESEARCH ON THE NATIONAL STRATEGY OF RESPONDING TO POPULATION AGEING

2009年，全国老龄工作委员会组织开展了国家应对人口老龄化战略研究。这是第一次从国家层面、战略高度全面、系统、深入地研究中国人口老龄化问题。20多个省（区、市）、30多个国家部委、40多个科研单位、400多名专家学者参与其中，形成了囊括8个重点领域、24个子课题、500多万字的研究成果，引发了社会各界对老龄问题的普遍关注，为党中央立足长远、谋划全局、科学决策、积极应对人口老龄化提供了重要参考。

In 2009, China National Working Commission on Ageing organized the research on the national strategy of responding to population ageing. This was the first time that comprehensive, systematic and in-depth research on China's population ageing was conducted at the state level and from a strategic perspective. More than 400 experts and scholars from 20-plus provinces (autonomous regions and municipalities directly under the Central Government), 30-plus ministries and commissions under the State Council and 40-plus research institutes were involved in the research. The research outcomes, which cover eight key areas, range over 24 sub-research topics and total more than five million Chinese characters, capture extensive attention from all walks of life on ageing-related problems. They provide important reference for the CPC Central Committee to make overall planning and rational decision in responding proactively to population ageing from a long-term perspective.



04

ENSURING THE WELL-BEING OF OLDER PERSONS

老年民生保障

《中华人民共和国宪法》第四十五条规定：“中华人民共和国公民在年老、疾病或者丧失劳动能力的情况下，有从国家和社会获得物质帮助的权利。”国家坚持权责清晰、保障适度、应保尽保原则，按照兜底线、织密网、建机制的要求，建成世界上规模最大的社会保障体系，巩固提升家庭养老保障功能，持续增进全体人民的获得感、幸福感、安全感。

养老保险

Old-age insurance



10.7 亿人

全国参加基本养老保险人数

Basic old-age insurance covered 1.07 billion people nationwide.

截至 2024 年末 By the end of 2024

Article 45 of the Constitution of the People's Republic of China stipulates: "Citizens of the People's Republic of China have the right to material assistance from the state and society in the event of old age, illness, or loss of working capacity." Adhering to the principles of clearly defined rights and responsibilities, appropriate levels of protection, and universal coverage, the state has established the world's largest social security system in line with the requirements of securing essential needs, strengthening social safety nets, and improving institutional frameworks. This has reinforced the role of family-based elderly support and continuously enhanced the sense of fulfillment, happiness, and security among all people.

截至 2024 年末 By the end of 2024

14.17 万户

全国建立企业年金的企业数
141.7 enterprises have established annuity plan across China



3144 万人

企业年金参加职工人数
Covering 314.4 million staff



3.19 万亿元

企业年金投资运营规模
The enterprise annuity fund raised and operated reached 3.19 Trillion Chinese Yuan



36 个

个人养老金制度先行试点城市（地区）
The private pension scheme was implemented in 36 pilot cities (regions)



5000 万人

开立个人养老金账户总人数超过
More than 50 million people had opened individual pension accounts.



资料来源：《2024 年国家老龄事业发展公报》

Source of data: 2024 Bulletin of the Development of the National Undertakings for the Aged

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医疗保险

MEDICAL INSURANCE



132662 万人

全国参加基本医疗保险参保人数

1.33 billion people across the country were covered by basic medical insurance

长期护理保险

LONG-TERM CARE INSURANCE



18786 万人

49 个试点城市参加长期护理保险人数

a total of 187 million people in 49 pilot cities were covered by long-term care insurance



134.29 万人

享受待遇人数 (2023 年)

1342.9 thousand people are entitled to the benefit (2023)

243.63 亿元

基金收入 (2023 年)
Revenue of the Long-Term Care Insurance Fund has reached 24.363 billion Chinese Yuan (2023)



118.56 亿元

基金支出 (2023 年)
Expenditure of the Long-Term Care Insurance Fund has reached 11.856 billion Chinese Yuan (2023)



8080 家

长期护理保险定点服务机构
8080 long-term care insurance designated service agency



30.28 万人

护理服务人员
302.8 thousand nursing staff



By the end of 2024 截至 2024 年末

社会救助

Social assistance



142.4 万人

全国城市最低生活保障对象中老年人人数

1.424 million older persons in urban China receiving minimum living allowance



1294.3 万人

全国农村最低生活保障对象中老年人人数

12.943 million older persons in rural China receiving minimum living allowance



23.0 万人

全国城市享受特困人员救助供养老年人人数

230 thousand older persons in urban China benefiting from assistance and support for extremely impoverished individuals



344.4 万人

全国农村享受特困人员救助供养老年人人数

3.444 million older persons in rural China benefiting from assistance and support for extremely impoverished individuals

By the end of 2024 截至 2024 年末

资料来源:《2024 年度国家老龄事业发展公报》

Source of data: 2024 Bulletin of the Development of the National Undertakings for the Aged

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青岛市长期护理保险

Qingdao long-term care insurance

家住青岛市市南区的市民孟伟，父母年事已高，由于基础病很多，生活均不能自理，因此需要有人全天贴身照顾，很多时候，孟伟总是手忙脚乱，工作和生活也很难兼顾。两年前，他在离家不远的青岛市医保局长期护理保险定点护理机构为两位老人申请参加了“长期护理保险”。参保以后，护理机构每周都会来家里为老人提供医疗康复和生活照护服务，帮助孟伟减轻了很大的负担。“上门的护理员都很专业，只有我自己的话根本忙不过来，也不太懂康复护理知识。参保以后，有了专业护理，家里老人能够被照顾好，又可以帮我们家属减轻不少压力。”孟伟十分感激地说。



在青岛，像孟伟这样家有重度失能老人的，都可以申请参加“长期护理保险”。提交申请后，专业评估公司会到家里为老人做失能等级评估。评估失能等级不同，待遇水平有所差异，产生的所有费用，参保职工可报销 90%，参保居民可报销 75%-80%。承担护理服务的专业机构均具备医疗资质，配备专业照护人员，并根据需要对照护人员开展常态培训，不断提升护理水平。

作为国家长期护理保险首批试点城市之一，青岛市在长期护理保险方面的努力成效显著。截至 2024 年末，长期护理保险已覆盖全市 940 万城乡参保人，累计支出达 53 亿元，惠及 13 万名失能失智人员，减轻了失能失智人员及其家庭的照护负担和经济负担。



资料来源：青岛市医保局
Source of data: Qingdao Municipal Medical Insurance Bureau

Mr. Meng Wei is a resident living in Shinan District in Qingdao City, Shandong Province. His parents, who are old and suffer from basic diseases, cannot look after themselves and need one-on-one nursing service. Mr. Meng used to busy himself with taking care of his parents and found it hard to keep a balance between work and life. Two years ago, he applied for “long-term care insurance” for his parents at a long-term care insurance designated nursing institution under the jurisdiction of Qingdao Municipal Medical Insurance Bureau, which is not far from his home. Since then, the nursing institution has dispatched nursing staff members to provide medical, rehabilitation and daily-life care services to his parents each week. Such services greatly relieve Mr. Meng of his burden. “The nursing staff members providing home service are all professionals. I myself cannot cope with so many caring tasks. Moreover, I have little knowledge about rehabilitation nursing. Since my parents are covered by long-term care insurance, professional nursing services are provided to take good care of my parents, and they also relieve me of a great burden”, said Mr. Meng, with gratitude.



In Qingdao, any resident whose elderly parent(s) is (are) severely disabled like Meng Wei is entitled to apply for “long-term care insurance.” After the application is submitted, a special assessment company would make a house visit to determine the level of disability of the elderly. Care services at different levels are provided according to different levels of disability. The workers and staff members covered by long-term care insurance can have 90 percent of all the expenses incurred reimbursed, while the residents covered by the insurance can have 75 percent to 80 percent of all the expenses incurred reimbursed. The special institutions undertaking nursing services are all qualified medical institutions equipped with professional caring staff members. They provide regular training to their staff members to ensure the constant improvement of the quality of nursing services. and constantly improve the level of nursing.

As one of China's pilot cities introducing the long-term care insurance scheme, Qingdao has made remarkable achievements in this regard. By the end of 2024, a total of 9.4 million urban and rural residents of Qingdao were covered by long-term care insurance, with the corresponding expenditure totaling 5.3 billion Chinese Yuan (CNY). The care services provided under the long-term care insurance scheme benefit 130,000 people who are mentally or physically disabled, and ease these people and their family members of their nursing and economic burden.





浙江省温州市永嘉县桥头镇百岁老人全五妹家庭生活照
Centenarian Quan Wumei's family life photo in Qiaotou Town, Yongjia County, Wenzhou City, Zhejiang Province

家庭养老依然是中国老年人最基础、最主要的养老方式

ELDERLY CARE AT HOME REMAINS THE MOST FUNDAMENTAL AND PRIMARY WAY OF ELDER CARE IN CHINA.

中华民族自古以来就重视家庭养老。家和万事兴、天伦之乐、尊老爱幼、贤妻良母、相夫教子、勤俭持家等，都体现着中国人的“家”文化、“孝”文化，都凝结着中华民族向上向善的传统美德和理想追求。无论时代如何变化，无论经济社会如何发展，家庭养老依然是中国老年人最基础、最主要的养老方式。中国将逐步建立家庭养老的政策支持体系，不断涵养增强家庭养老功能，发扬中华民族孝老爱亲传统美德，引导人们自觉承担家庭责任、树立良好家风，强化家庭成员赡养、扶养老年人的责任意识，促进家庭老少和顺。

The Chinese nation has attached importance to the role of family in elderly care since ancient times. Such philosophies and practices that advocate harmony between family members, happiness of familial life, respect for the elderly, love for the young, virtuous wife and caring mother, and diligence and frugality in housekeeping all reflect the importance of "home" and "filial piety" in Chinese culture and testify to the traditional virtues and lofty ideals pursued by the Chinese people. No matter how the times change and how the economy and society develop, elderly care at home remains the most fundamental and primary way of eldercare in China. The country will gradually build a policy supporting system for home care for the elderly, constantly enhance the role of family in elderly care, promote the Chinese nation's traditional virtues of filial piety, and guide people to consciously assume responsibilities for their families, cultivate a good family tradition, strengthen the responsibility of family members for supporting and caring the elderly, and improve the harmony between the elderly and the young in families.

05

ELDERLY CARE SERVICE SYSTEM

养老服务体系

中国将坚持尽力而为、量力而行，增强科学预判、做好前瞻部署，加快健全养老服务网络，优化居家为基础、社区为依托、机构为专业支撑、医养相结合的养老服务供给格局，强化以失能老年人照护为重点的基本养老服务，健全分级分类、普惠可及、覆盖城乡、持续发展的养老服务体系，加强老年健康促进，推动养老服务扩容提质，进一步激发养老事业和养老产业发展活力，更好满足老年人多层次、多样化养老服务需求。

In line with the principle of making every effort within its capacity, China works hard to make scientific pre-judgment and well-conceived plan for accelerating the improvement of an old-age caring service network. Based on the effort to improve home-based elderly care and by relying on residential community and securing the support of specialized institutions, it forms a pattern of providing old-age caring service that combines medical treatment with health preservation and focuses on looking after disabled older persons. China improves an old-age caring service system featuring reasonably graded, classified, universal and accessible services for both urban and rural areas, and sustained development. China steps up the effort to promote the health of older persons, expands the scope and raises the quality of old-age caring services, further invigorates the undertakings for older persons and ageing-related industries, in a bid to better satisfy the multilevel and diversified needs of older persons for old-age caring services.

截至 2024 年末 By the end of 2024

3476 ↑

全国 150 个试点地区，累计建设便民生活圈数量
a total of 3,476 convenient life circles were built
in 150 pilot areas across the country

78.8 万个

全国 150 个试点地区，涉及养老、社区餐饮等商业网点数量
a total of 788,000 commercial outlets involved in elderly care, community
catering and other services in 150 pilot areas across the country

6455 万人

全国 150 个试点地区，服务居民人数
a total of 64.55 million residents receiving services
in 150 pilot areas across the country

40.6 万个



全国共有各类养老机构和设施
There are a total of 406,000 elderly care institutions and facilities of
various types across the country

799.3 万张



全国共有养老床位
7.99 million nursing beds in China

4.1 万个



注册登记的养老机构
41,000 registered nursing homes

517.2 万张



注册登记的养老机构床位数
5.172 million beds in registered elderly care institutions

36.3 万个



社区养老服务机构和设施
363,000 community care service institutions and facilities for the aged

305.8 万张



社区养老服务机构和设施床位数
3.058 million nursing beds in communities

3752.8 万人



享受高龄津贴的老年人
37.528 million older persons received old age allowance

587.3 万人



享受养老服务补贴的老年人
5.873 million older persons received old-age care subsidy

93.2 万人



享受护理补贴的老年人
932,000 older persons received nursing subsidy

66.7 万人



享受综合补贴的老年人
667,000 older persons received comprehensive subsidy

770 余个



全国高校共开设护理学、养老服务管理等专业点
Nationwide, colleges and universities have established more
than 770 programs in fields such as nursing and elderly care
management.

15 个



现行职业教育专业目录设有智慧健康养老服务、老年人服务与管理等
中职、高职专科、职业本科相关专业
The current version of the vocational education catalog includes a
total of 15 programs related to smart elderly care, elderly services
and management, among others, spanning secondary vocational,
tertiary vocational (associate degree), and vocational bachelor's
degree levels.

截至 2024 年末 By the end of 2024

资料来源：《2024 年度国家老龄事业发展公报》
Source of data: 2024 Bulletin of the Development of the National
Undertakings for the Aged

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一刻钟养老服务圈

我在展览路的十二时辰

"A Quarter of An Hour" Home-based Elderly Care Service Circle My Daily Life at Zhanlan Road

卯时 晨光里的烟火气

The Period of the Day from 5 a.m. to 7 a.m.
A Morning Teeming with Flavor of Daily Life

清晨，我溜达到阜成门外大街的街心公园。老伙计们早就在太极角摆开阵势，张大夫带着大家练八段锦，他总说“筋长一寸寿延十年”。打完拳走进“老+味道”餐厅，自助早餐正冒着热气，三鲜包子配小米粥才花15块钱——这地儿原来是个闲置的空间，去年（2024年）改造成了养老服务中心的食堂。



Early in the morning, I stroll into a park along the Fuchengmenwai Street. Some of my old friends are already standing in formation at the corner of Tai chi chuan (shadow boxing). Instructed by Doctor Zhang, they are practicing Baduanjin (Eight section brocade), a traditional Chinese qigong exercise. According to Zhang, "If the tendons are elongated by one inch, the lifespan can be extended by ten years." After completing practicing Baduanjin, I walk into a restaurant named "Old Taste", where I am greeted by the steaming self-help breakfast. It costs only RMB 15 to buy a piece of steamed stuffed bun plus millet congee. The place used to lie idle, but it was transformed into a canteen of the elderly care service center last year.

辰时 健康管家上门来

The Period of the Day from 7 a.m. to 9 a.m.
Door-to-door Medical Service

晨练回到家，正好接到家庭医生王大夫的随访电话，每季度家庭医生都会询问健康情况、督促居民定期体检，测血压，指导用药，顺便念叨了句“下个月旅居康养团去怀柔温泉，您和老伴报个名？”这让我想起上个月在养老大集看到的宣传，张家口的山山水水确实让人心动。



Shortly after I returned to home from morning exercise, I hear the ring of the telephone, it is Ms. Wang. The person standing at a doctor from the health care center of the residential community. She would come to my house each Wednesday to measure my blood pressure and instruct me how to use medicine. She casually mentions that "Next month the "Travel for Health" Tour Group would visit Huailai hot spring in Zhangjiakou City, Hebei Province. Will you and your husband register for the tour? Ms. Sun had many great photographs taken during her last tour." Her words remind me of the publicity materials I read at an elderly care service market last month. The natural scenery of Zhangjiakou City is indeed inviting.

巳时 学堂里的新天地

The Period of the Day from 9 a.m. to 11 a.m.
New Horizon in the School

老年学堂今天教养生知识，我特意把孩子送的智能手机揣上。老师是街道招募的“小老帮老老”志愿者，手把手教我们用“健康西城”公众号。课堂边的“梦想墙”，我把想了半年的心愿贴上去——“想办一场生日会”，没想到工作人员立马就拿着本子记下了我这个愿望，并问我生日是在哪一天。



The school for the elderly teaches the knowledge about health preservation. I take with me the smart phone my child sent to me. The teacher is a volunteer recruited by the neighborhood committee under the program of "Younger elderly helping old elderly", who teaches us personally how to use "Healthy Xicheng District", a WeChat Official Account. I paste a piece of paper on the "Wall of Dream" in the classroom. On the paper is written: "I'd like to have a birthday party" - which is a wish I have cherished for half a year. A worker at the center immediately notes down my wish, and asks me which day my birthday is. Such a quick response is out of my expectation.

午时 舌尖上的养老圈

The Period of the Day from 11 a.m. to 1 p.m.
Savoring Cuisine in the Elderly Care Center

中午闺女不回来，我和老伴溜达到车公庄养老照料中心。这里的助餐点能选低糖套餐，红烧肉炖得软烂入味，使用养老助残卡还能打折。碰见邻居周大姐，她正要送孩子去“老+童乐”空间——孙子在体感游戏区玩得欢，她在读书角翻书。

Since my daughter does not come back home in the noon, my husband and I stroll to the Chegongzhuang Elderly Care Center, where catering service dedicated to the elderly is provided. Here we can select the low-sugar set meal. The pork braised in brown sauce is stewed to be tender, soft and full of flavor. A discount on the price of the meal is given if we use a card specially prepared for the elderly and the disabled. We also come across Ms. Zhou, one of our neighbors, who is going to send her grandchild to the space named "Elderly + Children's Fun." There her grandson is frolicking in the Somatosensory Game Area, while she is flipping the pages in a book at the Reading Corner.

未时 藏在褶皱里的惊喜

The Period of the Day from 1 p.m. to 3 p.m.
Pleasant Surprise Hidden in Wrinkles

午后阳光正好，养老服务中心的宠物互动区传来笑声。我抱着街道流浪猫救助站的橘猫晒太阳，老伴在隔壁理疗室接受理疗。工作人员小刘神秘兮兮递来邀请函：“您之前提到的生日会已经初步安排好了，到时候请您来参加！”

We hear laughter from the Area for Interacting with Pets in the noontime when the sunshine comes streaming into the Elderly Service Center. I bask in the sunshine, hugging an orange cat taken in by the Sub-district Station for Rescuing Stray Cats, while my husband undergoes physiotherapy in the Physiotherapy Room next door. Little Liu, a staff member of the Elderly Care Center, gives me an invitation: "The birthday celebration you mentioned has been preliminarily arranged. You are invited to attend the celebration when it is ready."



戌时 灯火里的家味道

The Period of the Day from 7 p.m. to 9 p.m.
Taste of Home under the Lamp Light

华灯初上时，驿站工作人员小陈来送助老餐。她看见我茶几上的药盒，麻利地帮我预约了明天代开药服务。手机里正推送街道养老服务中心揭幕的新闻，看到那面贴满心愿的墙——那上面有我想开生日会的心愿，有老刘头想听音乐会的梦想，还有整个展览路那多老伙伴热气腾腾的晚年。

Chen, a staff member of the Community Elderly Care Station, sends a meal specially prepared for the elderly when the evening lights are lit. Upon seeing the box of medicine on the tea table, she quickly makes a tomorrow's appointment for the service of having medicine prescribed on my behalf. At that time, the smartphone is delivering the news about the inauguration of the sub-district elderly care service center. I watch the "Wall of Dream" fully covered with paper notes on which wishes are written. These dreams include my wish of having a birthday celebration held, the wish of Old Liu to attend a concert, and the wishes reflecting the active life of so many other friends in their remaining years.

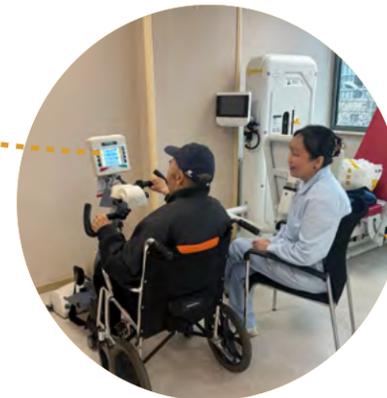


申时 银发族的摩登时光

The Period of the Day from 3 p.m. to 5 p.m.
Modern Fashion of the Elderly

到社区养老驿站理发时撞见件新鲜事：老赵头戴着VR眼镜在“穿越”故宫，说是街道和文旅局搞的数字适老化体验。我也试了把支付宝付款新功能——对着社区超市收款机器贴一贴，鸡蛋立减5毛钱。收银姑娘笑着提醒：“下周志愿者来教用数字人民币，阿姨记得报名呀！”

While I have a haircut at the Community Elderly Care Station, I witness something fresh: Wearing a pair of VR glasses, Mr. Zhao "transcends" to the Forbidden Palace. According to him, it is an age-friendly experience designed by the neighborhood committee and the local bureau of culture and tourism. I also try to use the new payment functions of Alipay. After I pay with my smartphone at the cashier machine in the community's supermarket, a discount of 50 cents is given on the price of the eggs I purchase. The girl cashier smilingly tells me: "Volunteers will give a lecture on how to use digital RMB next week, please remember to register for the lecture."



亥时 安眼前的温暖

The Period of the Day from 9 p.m. to 11 p.m.
Warmth Felt before Going to Bed

临睡前，看着窗外梧桐树影婆娑，我突然觉得变老并不可怕——在这5.87平方公里的土地上，61颗“服务星”永远为银发族亮着灯。

While watching the shadow of Chinese parasol trees dancing outside the window before going to bed, I suddenly come to realize that ageing is not frightful. On this piece of land covering an area of 5.87 square kilometers, 61 "service stars" always glitter for serving the older persons.

国家把保障人民健康放在优先发展的战略位置，深入实施健康中国行动。坚持新时期卫生健康工作方针，从提高全人群、全生命周期健康水平出发，以满足老年人对健康的基本需求、兼顾多层次和多样化需求为目的，以体制机制的改革创新为根本动力，大力推进老龄健康服务供给侧结构性改革，把积极老龄观、健康老龄化理念融入经济社会发展全过程，深入开展老年健康促进行动，持续发展和维护老年人健康生活所需要的内在能力，促进实现健康老龄化。

The state prioritizes the protection of people's health as a strategic imperative in national development, vigorously implementing the Healthy China Initiative. Guided by the health policy for the new era, efforts are made to enhance the health standards of the entire population across the whole life cycle. With the goal of meeting seniors' essential health needs while addressing multi-level and diversified demands, and driven by institutional and mechanistic innovation, China is advancing the supply-side structural reform of elderly healthcare services. The concepts of positive ageing and healthy ageing are integrated into all aspects of economic and social development. Through extensive health promotion campaigns for the elderly, the country continuously develops and maintains the intrinsic capacities required for healthy living in later life, thereby fostering the realization of healthy ageing.



1.41 亿人

2024 年在基层医疗卫生机构接受健康服务的 65 周岁及以上老年人数

about 141 million people at or above the age of 65 received medical services at primary-level medical organizations

截至 2024 年末 By the end of 2024

1 ↑

国家老年医学中心
1 national geriatric medical center

6 ↑

国家老年疾病临床医学研究中心
6 national clinical research centers on geriatrics

6877 ↑

设有老年医学科的二级及以上综合性医院
6,877 comprehensive hospitals at or above grade II with the department of geriatric medicine

11097 ↑

建成老年友善医疗机构的综合性医院
11,097 age-friendly general hospitals

27755 ↑

建成老年友善医疗机构的基层医疗卫生机构
27,755 primary-level medical institutions with age-friendly medical facilities

185 ↑

开展安宁疗护服务的市（区）
Hospice services were provided in 185 cities or districts.

7881 家

全国共有具备医疗卫生机构资质并进行养老机构备案的医养结合机构
7,881 integrated medical and elderly care facilities across the country obtained the qualification of medical health institutions and completed the registration of senior citizens' homes.

8.5 万对

全国医疗卫生机构与养老服务机构建立签约合作关系
Over 85,000 pairs of medical health institutions and senior citizens' homes have established contractual partnerships.

资料来源：《2024 年度国家老龄事业发展公报》
Source of data: 2024 Bulletin of the Development of the National Undertakings for the Aged

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“小蓝花”市民中心

Friendly-Blue
Citizen Center



“小蓝花”市民中心，是上海市首家城区级认知障碍赋能支持中心，也是第一个面向全龄、全域，以关爱记忆为特色，融入街区特质的社区嵌入式市民中心。

Friendly-Blue Citizen Center is the first district-level cognitive impairment empowerment support center in the city proper of Shanghai; it is also the first “embedded” citizen center targeting district-wide citizens of all age groups. It distinguishes itself with taking care of people’s memory, and it is filled with the characteristics of local residential quarters.



记忆咖啡馆 Memory café



脑力健身房 Brainpower gymnasium



沉浸式认知症科普体验 Educational dementia immersive experience (EDIE)



小蓝花实验室 Friendly-Blue laboratory



小蓝花图书馆 Friendly-Blue library



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中心围绕“专业赋能、服务对接、社区共创、全龄参与”，创新应用“政府主导、基金会支持、专业机构协同”运营模式，持续推动“理念传播、筛查干预、家庭支持、行业赋能、友好网络”等功能落地，助力提升认知障碍老年人家庭照护能力。在功能布局上，“专区+社区”协同，发挥枢纽功能，与街镇家庭支持中心联动，开展风险筛查和非药物干预。在专业服务上，基于首创的标准体系，探索专业服务清单，嵌入专项服务包，培训认知障碍照护员。在支持维度上，“嵌入+开放”结合，打造“小蓝花记忆教室”等系列服务品牌，普及认知障碍风险预防理念，构建社会化友好支持网络，助力构建全区认知障碍三级预防体系。



To help improve the capacities of family members in looking after older persons having cognitive impairments, the Center operates in line with the principles of “empowering people with expertise, linking up services, making creation with residential community and involving the participation of citizens of all age groups”, adopts creatively an operation mode featuring “government leadership, foundation support and coordination between specialized institutions”, and constantly promoting the functions such as “spreading concepts, screening and making intervention, obtaining family support, business empowerment, and building a friendly network.” In terms of functional layout, the Center coordinates the roles of “special zone” with “residential community”, and plays its pivotal role in working with family support centers set up by neighborhood communities or townships to carry out risk screening and non-pharmaceutical intervention. In terms of specialized services, the Center makes a list of specialized service items based on a standard system it creates, and embeds a package of specialized services into the list for training caretakers to look after the older persons having cognitive impairments. As to the dimensions of support, the Center adopts an “embedding” plus “open-up” approach to foster brand names for a series of services such as “Friendly-Blue Memory Classroom”, spreads the concept of preventing cognitive impairment, builds a socialized user-friendly support network, and helps establish a three-tiered system against cognitive impairment across the whole district.



“小蓝花”蕴含了“勿忘我”的花语，是上海老年认知障碍友好社区的统一标识。

“Friendly-Blue” indicates the implication of the forget-me-not flowers, which is regarded as the symbol of the cognitive impairment friendly communities for the elderly in Shanghai.





2024 年
中国人均预期寿命
达到 79 岁

In 2024, the average life expectancy of the Chinese population reached 79 years

银发经济是向老年人提供产品或服务，以及为老龄阶段做准备等一系列经济活动的总和，涉及面广、产业链长、业态多元、潜力巨大，孕育着新机遇，必将催生新领域和新赛道，成为在中国式现代化进程中探索具有中国特色应对人口老龄化道路的新支撑。

发展银发经济，中国将坚持统筹协同原则，在发展方向上，推动事业和产业协调统一、互促共进，实现“1+1>2”的效果；在政策引导下，注重事业和产业的良性循环，促进相辅相成；在监督管理上，营造平等参与、公平竞争的市场环境，推动实现规范健康发展。

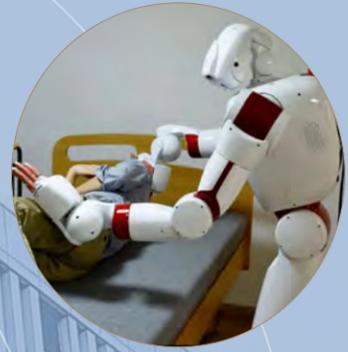
The silver economy encompasses a broad range of economic activities aimed at providing products and services to older persons and preparing for the ageing phase. Characterized by its extensive coverage, long industrial chains, diverse business models, and tremendous potential, it fosters new opportunities and is poised to generate emerging sectors and innovative tracks. This will serve as a new pillar in exploring a Chinese approach to addressing population ageing within the context of Chinese modernization.

In developing the silver economy, China will adhere to the principle of coordinated development. In terms of direction, it will promote synergy and mutual reinforcement between public services and market-driven industries to achieve a "1+1>2" effect. In policy guidance, emphasis will be placed on fostering a virtuous cycle between public undertakings and commercial sectors to ensure they complement each other. In regulation and supervision, efforts will focus on creating a market environment of equal participation and fair competition, thereby facilitating standardized and sound growth.



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白奶奶的乐龄生活

Grandma Bai and Her Life in “Home for Senior Citizens”

吉林省延边州和龙市头道镇龙门村，是一个边境小村落。年近八旬的朝鲜族奶奶白吉子独自居住在这里。丈夫的离世，子女的外出，让她本来明媚的生活在对爱人的思念和孩子的牵挂中逐渐清冷。渐渐地，她的生活越来越将就，吃饭越来越对付，身体越来越衰弱，直到“乐龄之家”的到来。

乐龄之家，是中国老龄事业发展基金会“乐龄陪伴工程”“边境老人的午餐”的慈善项目，采取“个人出一点、企业让一点、政府补一点、集体添一点、社会捐一点”的方式，为农村留守老人及其他有服务需求的老年人提供生活照料、健康管理、精神慰藉等服务。

在“乐龄之家”，白奶奶或唱歌，或跳舞，或打门球，和老朋友们聚在一起，吃一顿热乎乎的午餐：明太鱼汤、大米饺子……都是朝鲜族老人喜欢的民族美食。在这里，白奶奶不仅重新拾回了很多生活的乐趣，还和老朋友们互相鼓励，互相支持，笑容多了，身体好了，精神足了。白奶奶常说：“‘乐龄之家’就是我的第二个家，这里有我最亲爱的朋友们，有我最喜欢的活动，我每天都过得非常开心。”



Located at Toudao Town, Helong City, Yanbian Korean Autonomous Prefecture in Jilin Province, Longmen Village is a small village in the border region. There lives Bai Jizi, a Korean grandma who is nearing her 80 years of age, alone. Following the death of her husband and the departure of her children, she couldn't help missing them. Her life, which was full of brightness, is filled with moments of solitude. Gradually she made do with her meals and even other aspects of her life; as a result, she became increasingly weak physically. Things did not change until the arrival of the “Home for Senior Citizens.”

“Home for Senior Citizens” is a charity project under the “Project of Accompanying Senior Citizens” and the “Project of Lunch for Senior Citizens Living in Border Region” launched by China Ageing Development Foundation. With the money pooled little by little by individuals, enterprises, governments, collective organizations and non-governmental organizations, “Home for Senior Citizens” provides left-behind older persons living in rural areas and other older persons having need for services with services such as daily-life care, health management and mental consolation.

At “Home for Senior Citizens”, Grandma Bai takes part in various activities, including singing, dancing, playing croquet, and getting together with old friends. There she can also enjoy a hot traditional dish that appeals to the taste of Korean older persons, such as “Korean Pollack Soup” and “Rice Cake Soup.” At “Home for Senior Citizens”, Grandma Bai rediscovers many joys in life. She and her old friends encourage and support each other. With more and more smiles appearing on her face, she enjoys better health and her morale is boosted. Quite often she says: “Home for Senior Citizens” is my second home. Here I can meet my dearest friends, take part in my favorite activities. I enjoy myself to the full every day.”



人口老龄化国情教育

《中华人民共和国老年人权益保障法》第八条规定：“国家进行人口老龄化国情教育，增强全社会积极应对人口老龄化意识。”

开展人口老龄化国情教育，是积极应对人口老龄化国家战略的重要组成部分和基础性工程。2018年1月，14个部委联合下发《关于开展人口老龄化国情教育的通知》。经过多年努力，人口老龄化国情教育越发得到社会各方面重视，积极创新宣传教育形式，融入老龄工作日常、全民教育经常，已纳入“文明创建指标体系”“全民科学素质行动计划纲要”“中小学课程教材体系”“老年大学课程体系”等。



Article 8 of the Law of the People's Republic of China on the Protection of the Rights and Interests of the Elderly stipulates: "The State shall carry out national education on population ageing to enhance society's awareness of actively responding to population ageing."

The implementation of national education on population ageing constitutes a vital component and foundational project of the national strategy for proactively addressing population ageing. In January 2018, 14 ministries and commissions jointly issued the "Notice on Conducting National Education on Population ageing." Through years of dedicated efforts, this initiative has gained increasing recognition across various sectors of society. By actively innovating forms of awareness campaigns and integrating them into daily ageing-related work and routine public education, it has been incorporated into key frameworks such as the "Indicator System for Improving Social Conduct", "Outline of the Action Plan for Improving Scientific Literacy for All", "Curriculum and Textbook System of Primary and Secondary Schools", and "Curriculum System of Universities for the Elderly".



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Curated Film Series for Civic Literacy Education on National Conditions of Population Ageing



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Anti-Fraud Knowledge Competition

老年阅读推广
Senior Reading Promotion



融媒体矩阵
Converged Media Matrix

公益广告征集展播
Public Service Advertisement Collection and Rebroadcast



防诈反诈科普宣传
Public Awareness Campaign on Fraud Prevention and Legal Education

老年大学典型案例
Exemplary Cases of Universities for the Third Age



老年宜居环境建设是中国老龄工作的重大理念创新和实践创新，旨在着力发展适宜老年人生活需要、支持老年人保持健康、独立和自理、融入社会的硬件设施建设和社会文化建设，为老年人平等参与社会、为全社会成员和谐共融提供必要条件。2009年起，开展了“老年友好城市”“老年宜居社区”建设试点工作，2012年修订的《中华人民共和国老年人权益保障法》增设了“老年宜居环境”专章，2016年，25个部委颁布了《关于推进老年宜居环境建设的指导意见》。

Building a livable environment for the elderly is a major innovation in the philosophy and practice of China's ageing-related work. It is aimed to develop vigorously the hardware facilities and social culture that can accommodate the needs of the elderly for daily life, support older persons to preserve health, maintain independence and capability of looking after themselves, and integrate older persons into the society. It provides necessary conditions for integrating older persons with the society and boosting harmony and common prosperity among all social members. Starting from 2009, pilot projects of building "age-friendly cities" and "livable communities for the elderly" were launched. In 2012, a chapter entitled "Livable Environment for the Elderly" became a new part of the amended Law of the People's Republic of China on the Protection of Rights and Interests of the Elderly. In 2016, 25 ministries and commissions issued Guiding Opinions on Promoting the Building of Livable Environment for the Elderly.

居家适老化改造示例

Adapting family environment to make life easier and safer for the elderly



- 

整体性
Integration
- 

舒适性
Comfortability
- 

便捷性
Convenience
- 

安全性
Safety
- 

参与性
Participation
- 

丰富性
Multifunction
- 

适用性
Applicability

浙丽长寿 山区颐养 浙江丽水

A Land of Longevity and Mountain Serenity—Lishui, Zhejiang

丽水市建设山区养老管家队伍。

Lishui City builds a team of elderly care housekeepers in mountainous areas



丽水市“为老服务日”活动每月18日如期举行，为老志愿服务队伍日益壮大。

The Elderly Service Day is held on the 18th day of each month in Lishui, and the elderly service volunteers' team has been growing stronger and stronger.

丽水市持续完善山区老人“助医、助行、助餐、助急”等“流动十助”公共服务。

Lishui City constantly improves public services under the project of “Ten mobile services of giving help” for the elder people living in mountainous areas. These services include lending a helping hand in terms of medical treatment, travel, meals and emergency handling.



丽水市、县建有综合老年活动中心，乡镇（街道）、村（社区）都设有形式多样的老年人活动场所。

Lishui and the counties under its administration have built comprehensive elderly activity centers, and all townships (sub-districts) and villages (communities) have provided various kinds of activity venues for the elderly.

丽水市积极推进老年活动场所建设，打造深受老年人欢迎的“老年公园”。

Lishui actively promotes the construction of activity venues for the elderly and builds old-age parks popular with elderly residents.



丽水市积极开展“百岁好人”“孝老爱亲好人”等评选活动，树立老有所为、敬老养老助老典型。

Lishui has actively organized competition events such as “Centenarians with Kind Hearts” and “Models of Filial Piety” to set good examples to encourage the elderly to make contributions and the young to respect the old.

老年教育

《维也纳老龄问题国际行动计划》强调“作为一项基本人权，提供教育必须避免对年长者的歧视”。《中华人民共和国老年人权益保障法》第七十一条规定：“老年人有继续受教育的权利。国家发展老年教育，把老年教育纳入终身教育体系，鼓励社会办好各类老年学校。”发展老年教育，是积极应对人口老龄化、实现教育现代化、建设学习型社会的重要举措，是满足老年人多样化学习需求、提升老年人生活品质、促进社会和谐必然要求。目前，数千万老年人通过各种形式老年大学（学校）参加学习，初步形成了多部门推动、多形式办学的老年教育发展形势。广大老年人在“老有所学”中“老有所为、老有所乐”，为中国式现代化贡献着“银发力量”。



It is emphasized in the Vienna International Plan of Action on Ageing that “As a basic human right, education must be made available without discrimination against the elderly.” Article 71 of the Law of the People’s Republic of China on the Protection of the Rights and Interests of the Elderly stipulates: “The elderly have the right to continue their education. The state shall develop elderly education, incorporate it into the lifelong education system, and encourage society to run various types of schools for the elderly.” Developing elderly education is a crucial measure for actively addressing population ageing, achieving educational modernization, and building a learning society. It is an inevitable requirement for meeting the diverse learning needs of the elderly, improving their quality of life, and promoting social harmony. Currently, tens of millions of elderly individuals participate in learning through various forms of universities and schools for the elderly, initially forming a multi-departmental promotion and multi-format development landscape for elderly education. The elderly, through “continuing learning in old age,” are able to “play their constructive roles and find joy in their later years,” contributing the silver-hair strength to Chinese modernization.





安徽省老年大学
University for the Elderly of Anhui Province

SAMPLE SURVEY ON LIVING CONDITIONS OF OLDER PERSONS IN URBAN AND RURAL CHINA

中国城乡老年人生活状况抽样调查

中国城乡老年人生活状况抽样调查，是目前世界上规模最大的老年人生活状况抽样调查，是由全国老龄工作委员会部署，经国家统计局批准，每五年开展一次的大型老年民生国情调查。自2000年以来，该系列调查已成功开展5次抽样调查、4次追踪调查。从2015年第四次抽样调查开始，实现全国31个省（区、市）（港澳台地区除外）及新疆生产建设兵团全覆盖。通过调查员入户调查方式，累计获得49.5万份老年人样本数据，内容涵盖老年人个体、家庭、照料护理服务、医疗健康、经济收入等多个方面，同时建设了我国最权威、最集中的专项老年人数据库，持续为党中央、国务院、各涉老工作部门和各级党委政府统筹制定实施积极应对人口老龄化的战略、规划、政策提供科学数据支撑。

Sample Survey on Living Conditions of Older Persons in Urban and Rural China is the world's largest survey of its kind. Deployed by the National Working Commission on Ageing and approved by the National Bureau of Statistics, this major survey on people's livelihoods and national conditions concerning the elderly is conducted every 5 years. Since 2000, the survey series has successfully carried out 5 sample surveys and 4 follow-up surveys. Starting from the fourth sample survey in 2015, it has achieved full coverage across all 31 provincial-level regions (excluding Hong Kong, Macao, and Taiwan Region) and the Xinjiang Production and Construction Corps. Through door-to-door interviews conducted by enumerators, a cumulative total of 495,000 valid samples from older persons have been collected. The survey content covers multiple aspects, including individual characteristics, family situations, care and nursing services, medical health, and economic income of the elderly. Furthermore, it has established China's most authoritative and centralized specialized database on the elderly, consistently providing scientific data support to the Central Committee of the Communist Party of China, the State Council, various ageing-related departments, and Party committees and governments at all levels for formulating and implementing strategies, plans, and policies to actively address population ageing.



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基层调查员的入户手记

Enumerator's Household Visit Notes



我叫王曦璐，是江苏省常州市新北区新桥街道道乡社区的工作人员，也是第五次抽样调查的一名基层调查员。

My name is Wang Xilu. I work at Daoxiang Community, Xinqiao Subdistrict, Xinbei District, Changzhou City, Jiangsu Province. I am an enumerator at the community level during the Fifth Sample Survey.

为了高质量完成调查工作，我认真学习了调查文件和培训资料，在小程序上通过了学习成效评估。为了做好调查宣传工作，我和社区其他工作人员一起，在老年人经常聚集活动的地方张贴调查宣传标语和海报。

To do a high-quality job, I sincerely studied the documents and training materials related to the sample survey, and passed the assessment on my learning performance on an app. To give publicity of the survey, other staff members of the community and I would put up publicity slogans and bills at places where older persons usually gather together.



调查期间的每一天，我都要提前与调查平台随机抽取的老年人取得联系，预约好上门时间，同时安排相熟的社区网格员陪同。入户调查前，我还需要按照《入户流程与规范》准备好调查员证、宣传折页、慰问品、签收明细表等物品。

On each day during the survey, I would contact the older person selected randomly by the survey app from its backstage database. Apart from making an appointment of home visit, I also arrange a familiar community grid attendant to accompany me during the visit. Prior to a visit, I would prepare the items needed for the survey in accordance with the *Procedures and Norms for Home Visit*, including the enumerator's card, folded leaflet for publicity purpose, small gifts and a receipt acknowledging the details of the visit.

给老年人做问卷调查很不容易，需要特别耐心、细心，更要有恒心。遇到听力或者理解力不是太好的老年人，需要放慢语速、大声朗读、反复解释；遇到没有联系方式或者几次上门都不在家的老年人，一定要不怕辛苦，多跑几趟。

Conducting questionnaire surveys with older adults is no easy task. It requires exceptional patience, attentiveness, and above all, perseverance. When encountering seniors with hearing or comprehension difficulties, it's necessary to slow down, speak clearly and loudly, and explain repeatedly. For those who cannot be reached by phone or are often not home after multiple visits, we must be willing to put in the extra effort and make several additional visits.



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SILVER AGE ACTION 银龄行动

“银龄行动”是以老年人为主体的，坚持自觉自愿、量力而行的原则，以开展智力援助和参与基层治理、社会服务等为内容，服务经济社会发展的志愿服务活动。

“银龄行动”自2003年启动至今，广大老年志愿者积极响应国家西部大开发、脱贫攻坚、乡村振兴战略的号召，充分发挥智力优势和技术专长，为推动西部及农村老少边穷地区经济社会发展和人民生活水平提高作出应有贡献，累计参与人数达700余万人次，开展援助项目4000多个，受益群众达4亿多人次，集中展现了中国老年人积极向上的精神风貌，成为中国老年人社会参与、老有所为的重要品牌。



The "Silver Age Action" is a volunteer initiative that engages older adults as primary participants, operating on the principles of voluntary involvement and capacity-based engagement. It focuses on providing intellectual assistance, participating in grassroots governance, and delivering social services to support economic and social development. Since its launch in 2003, senior volunteers have actively responded to national strategies such as the Western Development Drive, Poverty Alleviation, and Rural Revitalization. Leveraging their expertise and technical skills, they have contributed significantly to boosting socio-economic progress and improving living standards in western regions, rural areas, and less-developed communities. To date, the program has mobilized over 7 million participants, implemented more than 4,000 aid projects, and benefited more than 400 million people. It showcases the proactive and spirited engagement of China's elderly population and has become a leading brand for their social participation and continued contributions in later life.



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新时代“银龄行动”，将进一步拓面升级、提质增效，参与主体从以退休知识分子为主拓展到全体老年人，服务内容从以智力援助为主拓展到社会生活的方方面面；将进一步完善政策举措，营造良好社会环境，把老年人生活保障好、作用发挥好、权益维护好，为更多老年人在中国式现代化进程中贡献“银发力量”创造条件。



In the new era, efforts will be made to expand the scope and upgrade the role of “Silver Age Action” to improve its quality and efficiency. Apart from retired intellectuals, who used to be the main volunteers, all other older persons will get involved in the “Silver Age Action.” The volunteer services, which took the main form of intellectual assistance, will extend to each aspect of social life. Relevant policies and measures will be further improved to create a sound social environment to ensure that older persons can live a satisfactory life, play their constructive roles, and make their rights and interests well safeguarded. In this way, conditions will be created for more older persons to contribute to the Chinese modernization.

A photograph showing a female doctor in a white lab coat and a blue surgical mask interacting with a group of elderly people. The doctor is holding a pen and appears to be explaining something. The elderly people are gathered around her, some looking at her intently. The setting appears to be an indoor space, possibly a community center or a clinic, with patterned curtains in the background.

银龄行动

——乌兰察布

A “SILVER AGE ACTION” WAS HELD IN
ULANQAB, A CITY IN INNER MONGOLIA
AUTONOMOUS REGION

老年人是党和国家的宝贵财富。基层老年协会是由老年人或单位发起、组成，活动范围在乡镇（街道）、村（社区），实行自我管理、自我教育、自我服务、服务社会的老年人组织，是党和政府联系广大老年人的桥梁和纽带，是新时代基层老龄工作的重要力量，在组织老年人学习党的路线方针政策和国家法律法规，引导老年人践行社会主义核心价值观，密切联系老年人，维护老年人的合法权益，组织老年人依法参与基层社会治理，开展为老服务、老年人互助服务和老年志愿服务，倡导积极老龄观、健康老龄化理念，引导老年人自尊、自爱、自立、自强等方面，发挥着日益重要的作用。



Older persons are invaluable assets to both the Party and the country. Grassroots Older Persons' Associations are organizations initiated and formed by older individuals or units, operating at the township (sub-district) and village (community) levels. These associations practice self-management, self-education, and self-service while contributing to society. They serve as a bridge and bond among the Party, the government, and the elderly population, playing an essential role in grassroots ageing-related work in the new era. These associations are increasingly vital in multiple dimensions: organizing seniors to study the Party's policies, guidelines, and national laws and regulations; guiding them in practicing core socialist values; maintaining close ties with the elderly; safeguarding their lawful rights and interests; mobilizing them to participate in grassroots social governance; facilitating elderly care services, mutual support, and volunteer initiatives; promoting the concepts of active ageing and healthy ageing; and encouraging older persons to cultivate self-respect, self-care, self-reliance, and self-strengthening.



杨朝群和明珠助老社

Yang Chaoqun and Mingzhu Society of Helping the Elderly



贵州省贵阳市观山湖区世纪城街道明珠助老社，顺时应势，积极探索发挥联系老年人的桥梁纽带作用，吸纳社区附近广大老年人有序有力参与基层治理与为老服务，形成了一套老有所为的好做法。在党建引领方面，明珠助老社于2012年成立党支部，建立“杨朝群工作室”党建工作平台，创新开展每日“10分钟党课”，每次党课吸引上百人参加；在内部治理方面，明珠助老社吸纳成员7000余名，平均年龄65岁，以杨朝群为带头人，形成了一整套权责明确、管理顺畅的机制体系；在参与基层治理方面，明珠助老社组建了消防、禁毒、养老反诈、治安宣传等80余支公益志愿服务团队，参与人员达300多万人次，累计捐款100多万元，在协同融合方面，明珠助老社与街道社区、学校以及相关部门共治共建，积极影响和调动更多力量参与社区建设；在资源链接方面，明珠助老社在上级党委政府支持下，积极联络动员街道、社区、物业、银行、派出所、消防、老年大学、妇联、文联、红十字会、科协、大学、医院、企业、陵园等资源，满足社区居民养老、安全、教育、就医、科技、娱乐、殡葬等需求。经过13年的发展，明珠助老社真正成为了党委政府的“千里眼”“顺风耳”、社区老年人的“主心骨”“贴心人”、全国老年人组织的“先锋队”“排头兵”，激活了基层治理与为老服务的“银色密码”。

Mingzhu Society of Helping the Elderly is located in Shijicheng Subdistrict, Guanshanhu District, Guiyang City, Guizhou Province. In its effort to forge close ties with the older persons living in the nearby communities in light of changed circumstances, the Society manages to get older persons involved in community-level governance and services for the elderly in an orderly and effective manner. It has formed good practices in promoting the constructive role of the elderly.

In playing its guiding role in Party building, the Society establishes the Party branch in 2012. It establishes “Yang Chaoqun Workshop”, a platform for carrying out the Party building work. It also creatively gives a daily “10-minute Party lecture” that can attract about 100 attendees each time.

In terms of internal governance, the Society has established eight departments to exercise management over 7,000 members who have an average age of 65. Led by Yang Chaoqun, a sound operation mechanism and system featuring clearly defined power and responsibilities and smooth management functions has been set up within the Society.

In participating in community-level governance, the Society organizes more than 80 public-benefit volunteer teams that specialize in different activities, including fire fighting, drug fighting, fighting against frauds related to elderly care, and rendering publicity on public security. These teams have carried out more than 1,000 volunteer activities, with more than three million participants. They have donated a total of more than RMB one million, and mediated more than 1,000 disputes.

In terms of coordination and collaboration, the Society cooperates with neighborhood committees, nearby communities, schools and other departments concerned in joint governance programs and construction projects. They also lose no time in exerting their influence to attract more people to take part in community building.

In terms of securing resources, the Society has, with the support from the Party committees and governments at higher levels, actively communicated with or mobilized various organizations to obtain relevant resources.

Through its liaison with neighborhood committees, residential communities, realty management companies, banks, local police stations, university for the elderly, women’s federation, Red Cross Society, association of science and technology, universities, hospitals, enterprises, and cemetery, the Society manages to satisfy the needs of local community residents for elderly care, security, education, medical treatment, science and technology, entertainment, and funeral and interment.

Thirteen years into its establishment, the Society has become help hand of the Party committee and government, a trustable advisor of the older persons living in local communities, and a vanguard and role model for other elderly organizations across the country. It has activated the “silver secret code” of community-level governance and services for the elderly.



老年协会可以哦！

——成都市金牛区老年协会

An Incredible Association of the Elderly
On Well-established Association of the Elderly of
Jinniu District in Chengdu City

生活在成都市金牛区的老年人很安逸，因为他们有自己的组织，而且这个组织为老年人办实事、解难事、做好事。这就是被频频点赞的金牛区老年协会。

金牛区老年协会不简单，围绕社区老年人的需求，开展人口老龄化国情教育、法治教育、家教家风教育，印发有关文件和学习资料近万份，引导老年人树立良好榜样、构建和睦家庭。近6年来，开展优良家风传承和隔代教育培训1014场次，受益人数达4.22万人。



The older persons living in Jinniu District, Chengdu City, Sichuan Province lead a life of ease and comfort, because they can rely on an organization set up for themselves. Such an organization is well established, as it does solid work, addresses difficulties, and accomplishes good deeds for the elderly. It is none other than the frequently acclaimed Association of the Elderly of Jinniu District.

The Association of the Elderly of Jinniu District has done extraordinary works for the elderly. Centering on the needs of older persons, the Association carries out education activities on national condition of population ageing, rule of law, ways of bringing up children, and family tradition. It has printed and distributed nearly 10,000 documents and learning materials to guide the elderly to learn how to conduct themselves well and build harmony among family members. For nearly six years, it has organized 1,014 training sessions on upholding fine family tradition and grand-parenting, benefiting more than 42,200 people.



金牛区老年协会不得了，通过房屋出租和市场营销，实现自收自支、以会养会，每年用创收经费支持全区基层老年协会活动及为老服务工作，鼓励老年人积极参与社会公益事业和基层社会治理。2020年~2022年间，金牛区4.14万名老年协会会员参与疫情防控，捐款150.86万元，2110名会员受到各级各类表彰。2023年，全区积极投身“银龄行动”的老年人，达16.7万余人次。



金牛区老年协会稳当得很，13个街道、90个社区、30个区级部门都建立了老年协会，每个老年协会都建立了党组织，许多基层老年协会面向社会招聘了大专院校毕业生、退役军人和返乡青年作为协会专（兼）职工作人员，使协会服务管理能力得到显著提升。金牛区老年协会每年都对基层老年协会进行“四规范”“十达标”规范化建设考核。经过三十多年发展，政府越来越信赖，老年人越来越依赖。

The Association of the Elderly of Jinniu District has done an extraordinary job in its own operation. Through leasing houses and market operation, it can support itself financially. Each year it supports the district-wide activities organized by community-level societies of the elderly and other services targeting older persons with the income it earns through paid services. It also encourages older persons to take an active part in public welfare undertakings and community-level social governance. During the period of COVID-19, 41,400 members of the Association got involved in epidemic prevention and control; they donated a total of RMB 1.5086 million; and 2,110 members were commended for their performance. In 2023, more than 167,000 people threw themselves into the activities organized under the “Silver Age Action” Initiative.

The Association of the Elderly of Jinniu District is structurally stable, with community-level associations of the elderly established under it in 13 sub-districts, 90 residential communities and 30 district-level departments. Party organizations are established in each community-level society of the elderly. Many community-level associations of the elderly recruit graduates from universities and colleges, retired soldiers, and young people returning to their hometowns as full-time or part-time staff. Thanks to such a measure, the Association and many community-level associations of the elderly have seen marked improvement in their management capacity. Each year the Association makes assessment on the well-regulated building of community-level associations of the elderly against “four norms” and “ten standards.” Having developed for more than 30 years, the Association has won increasing trust from the government and garnered growing dependence of older persons.



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PROTECTING THE RIGHTS AND INTERESTS OF THE ELDERLY

老年人权益保障

保障老年人合法权益是全社会的共同责任。全国老龄工作委员会一直高度重视维护老年人合法权益，围绕老年人权益保障的重点领域、薄弱环节、遇到的新情况和普遍性的问题，听取老年人意见，反映老年人需求，及时推动相关法律法规的完善；宣传贯彻《中华人民共和国民法典》《中华人民共和国老年人权益保障法》《中华人民共和国无障碍环境建设法》等法律法规，开展涉老法律法规进基层、维护老年人合法权益典型案例发布等普法教育工作；依法参与相关法律法规的实施，严厉打击涉老违法犯罪行为的行动；司法和法律援助部门开展老年人法律援助和法律服务、涉老公益诉讼及适老化诉讼等相关工作，设立老年人维权示范岗。

2013年印发《关于进一步加强老年人优待工作的意见》，2017年颁布《关于制定和实施老年人照顾服务项目的意见》，老年人优待工作成为广大老年人感受最直接、获得最温暖、日用而不觉的惠民政策，也是各地老龄工作融入中心工作、服务中心工作的重要亮点和抓手。



全国老年普法教育进社区活动
Nationwide law education for the elderly into communities



把老年人生活保障好
作用发挥好
权益维护好

Truly safeguard the elderly's lives,
bring the roles of the elderly into good play,
and well protect the rights and interests of
the elderly

Protecting the rights and interests of the elderly is a common responsibility of the whole society. China National Committee on Ageing has always attached high importance to safeguarding the legitimate rights and interests of the elderly. Centering on the key areas, weak links, new circumstances and problems of general concern in the effort to protect the rights and interests of the elderly, it solicits the opinions of the elderly, makes the needs of the elderly informed, and timely promotes the amendment of relevant laws, rules and regulations. It gives publicity on implementing the Civil Code, Law of the People's Republic of China on Protection of the Rights and Interests of the Elderly, the Law on the Accessible Environment Construction, and other laws and regulations. It disseminates at the community level the knowledge about laws and regulations concerning the elderly, and releases typical cases about safeguarding the legitimate rights and interests of the elderly. It takes part in implementing relevant laws and regulations in accordance with the law, and actions of cracking down on law-breaking activities or even crimes involving the elderly. Judicial departments and legal assistance departments provide legal assistance and other legal services for the elderly, take part in public-interest litigations involving the elderly and age-friendly litigations, and set up demonstration posts for protecting the rights of the elderly.

In 2013, Opinions on Further Strengthening the Preferential Treatment for the Elderly was issued. In 2017, Opinions on Formulating and Implementing Elderly Care Service Projects was issued. Giving preferential treatment to the elderly becomes the most direct and warm-hearted policy that improves the daily well-being of older persons without their knowledge. It is also an important highlight and focus in making ageing-related work an integral part of the central task.

徐州市云龙区法院创新敬老维权工作机制

On the Innovative Work Mechanism of the People's Court in Yunlong District, Xuzhou City for Respecting the Elderly and Protecting Their Rights



《最高人民法院关于为实施积极应对人口老龄化国家战略提供司法服务和保障的意见》明确指出：“建立适老型诉讼服务机制，为便利老年人参与诉讼活动提供保障。”徐州市云龙区法院与徐州市老龄协会、云龙区老龄协会共同构筑涉老维权“369”工作机制，设立适老化司法服务中心，设置“小云话夕阳”工作室、“爱晚”心理疏导室，拍摄涉老普法系列情景剧，建立“晚晴”法律服务站，充分利用诉源治理平台联手推进适老化司法服务的开展——普法宣传，协会搭台子；多元解纷，协会调案子；会商研究，协会出点子；源头治理，协会找路子——多措并举，多方联动，创新工作内容，延伸审判职能作用，打造敬老维权特色品牌，保障适老化法律服务供给，为当地老年人提供更加优质高效的适老化司法服务。

It is specified in the Opinions of the Supreme People's Court on Providing Judicial Services and Guarantee to Implement the National Strategy of Responding Proactively to Population Ageing that "Establish an age-friendly litigation service mechanism to provide guarantee for facilitating the elderly to take part in litigation." The People's Court of Yunlong District in Xuzhou City, the Association of the Elderly of Xuzhou City and the Association of the Elderly of Yunlong District jointly build a "369" work mechanism for protecting elderly-related rights, establish an age-friendly judicial service center, set up a workshop for providing the elderly with legal service and a psychological counseling studio targeting the elderly, shoot a series of sitcoms to disseminate knowledge about the elderly-related laws, and establish a legal service station to make full use of the platform on the governance at the source of litigation to provide more age-friendly judicial services. The associations of the elderly play the role of an assistant in disseminating knowledge about law; they mediate cases in the effort to settle disputes through diverse ways; they put forward suggestions when consultations are held to study cases; they seek ways to secure resources for practicing governance at the source. Through various measures and coordination between different parties, the People's Court of Yunlong District makes innovation in their work to extend the functions of judicial trial. It creates a distinctive brand name for respecting the elderly and safeguarding their rights, guarantees the provision of the age-friendly legal services, with the aim to provide better and highly efficient age-friendly judicial services.

SOCIAL CUSTOMS OF RESPECTING CARING AND HELPING THE ELDERLY

敬老爱老助老社会风尚

“古人讲，‘夫孝，德之本也’。自古以来，中国人就提倡孝老爱亲，倡导老吾老以及人之老、幼吾幼以及人之幼。我国已经进入老龄化社会。让老年人老有所养、老有所依、老有所乐、老有所安，关系社会和谐稳定。我们在全社会大力提倡尊敬老人、关爱老人、赡养老人，大力发展老龄事业，让所有老年人都能有幸福美满的晚年。”

As an old Chinese saying goes: “Performing filial duty forms the basis of moral integrity.” Since ancient times, the Chinese people have advocated filial piety and loving family members.” This is proved by a well-known saying in Mencius, a Confucian classic – Honor the elderly and the young in other families as we honor those in our own. China has entered an ageing society. Ensuring care, support, recreation and security for the elderly has a bearing upon the social harmony and stability. We should advocate energetically respecting, caring and supporting the elderly among all social members, and work hard to develop ageing-related undertakings, so as to ensure that all older persons can spend their remaining years in happiness.

自2010年起，全国老龄工作委员会每年在“重阳节”当月开展为期一个月的全国“敬老月”活动，广泛组织动员各方面力量，宣传老龄工作方针政策，弘扬中华民族孝老爱亲传统美德，为广大老年人办实事、做好事、献爱心，营造敬老爱老助老社会风尚。

Starting from 2010, China National Working Commission on Ageing has carried out activities during “the Month of Respecting the Elderly” in the 9th lunar month when the “Double Ninth Festival” falls. It organizes and mobilizes all sectors of society to give publicity on the guiding principles and policies concerning ageing-related work, and to carry forward fine traditional Chinese virtues of performing filial duty and respecting the elderly. It solves the problems that concern the older persons most, meet their needs, and create social customs of respecting, caring and helping the elderly.



积极看待老年人
积极看待老年生活
积极看待老龄社会

“Take an active attitude towards the elderly, the elderly’s lives and an ageing society”

“尊老敬老是中华民族的传统美德，
爱老助老是全社会的共同责任。”

Respecting and honoring the elderly is a timeless virtue
of the Chinese nation; loving and supporting them is a
shared responsibility of the entire society.



“一个社会幸福不幸福，
很重要的是看
老年人幸福不幸福。”

The well-being of the elderly is a
vital measure of a society's overall
happiness.



联合国在维也纳召开第一次老龄问题世界大会，通过了《维也纳老龄问题国际行动计划》。

The United Nations convened the first World Assembly on Ageing in Vienna, Austria, which adopted the Vienna International Plan of Action on Ageing.



1982 年

联合国在马德里召开第二次老龄问题世界大会，通过了《马德里老龄问题国际行动计划》以及后续行动计划。

The United Nations convened the second World Assembly on Ageing in Madrid, Spain, which adopted the Madrid International Plan of Action on Ageing and subsequent action plans.



2002 年



1982年7月，时任中国劳动总局副局长于光汉率团出席了第一次老龄问题世界大会。

In July 1982, the Chinese government sent a delegation headed by Yuan Guanghan (center, front), then Deputy Director-General of the State Labor Bureau, to attend the first World Assembly on Ageing.



2002年4月，时任国务委员、全国老龄工作委员会常务副主任司马义·艾买提率团出席第二次老龄问题世界大会。

In April 2002, Ismail Amat, then State Councilor of China and Deputy Executive Director of China National Working Commission on Ageing, attended the second World Assembly on Ageing.

联合国老年人原则

UNITED NATIONS PRINCIPLES FOR OLDER PERSONS

● 独立

1. 老年人应能通过提供收入、家庭和社会支助以及自助，享有足够的食物、水、住房、衣着和保健；
2. 老年人应有工作机会或其他创造收入机会；
3. 老年人应能参与决定退出劳动力队伍的时间和节奏；
4. 老年人应能参加适当的教育和培训方案；
5. 老年人应能生活在安全且适合个人选择和能力变化的环境；
6. 老年人应能尽可能长期在家居住。

● 参与

1. 老年人应始终融合于社会，积极参与制定和执行直接影响其福祉的政策，并将其知识和技能传给子孙后代；
2. 老年人应能寻求和发展为社会服务的机会，并以志愿工作者身份担任与其兴趣和才能相称的职务；
3. 老年人应能组织老年人运动或协会。

● 照顾

1. 老年人应按照每个社会的文化价值体系，享有家庭和社区的照顾和保护；
2. 老年人应享有保健服务，以帮助他们保持或恢复身体、智力和情绪的最佳水平并预防或延缓疾病的发生；
3. 老年人应享有各种社会和法律服务，以提高其自主能力并使他们得到更好的保护和照顾；
4. 老年人居住在任何住所、安养院或治疗所时，均应能享有人权和基本自由，包括充分尊重他们的尊严、信仰、需要和隐私，并尊重他们对自己的照顾和生活品质做抉择的权利。

● 自我充实

1. 老年人应能追寻充分发挥自己潜力的机会；
2. 老年人应能享用社会的教育、文化、精神和文娱资源。

● 尊严

1. 老年人的生活应有尊严、有保障，且不受剥削和身心虐待；
2. 老年人不论其年龄、性别、种族或族裔背景、残疾或其他状况，均应受到公平对待，而且不论其经济贡献大小均应受到尊重。

INDEPENDENCE

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
4. Older persons should have access to appropriate educational and training programmes.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
6. Older persons should be able to reside at home for as long as possible.

PARTICIPATION

1. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
2. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
3. Older persons should be able to form movements or associations of older persons.

CARE

1. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
2. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
3. Older persons should have access to social and legal services to enhance their autonomy, protection and care.
4. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

SELF-FULFILLMENT

1. Older persons should be able to pursue opportunities for the full development of their potential.
2. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

DIGNITY

1. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
2. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.



2025年2月中国代表团参加联合国社会发展委员会第63届会议

In February 2025, the Chinese delegation attended the 63rd session of the United Nations Commission For Social Development.

中国政府坚持共建共商共享原则，广泛参与老龄领域国际事务，加强与联合国有关机构、国际组织及相关国家政府、民间机构等政府间及民间国际交流与合作。与联合国人口基金相继开展了七个周期的合作，与欧盟开展了“中西部老年人及社区扶贫项目”，推动签署了《中法银色经济合作备忘录》，促进东亚与东北亚老龄领域交流，推动建立了金砖国家老龄交流机制，致力于持续推进老龄领域南北对话和南南合作，不断深化共建“一带一路”、金砖国家等国际合作。目前，正在积极推动创建国际老龄对话平台，以更加开放的姿态为构建人类命运共同体、积极应对人口老龄化贡献中国智慧和力量。

Upholding the principle of “joint contribution, extensive consultation and shared benefits”, the Chinese government participates extensively in international affairs in the field of ageing, and strengthens international communication and cooperation with relevant UN organizations, international organizations, and governments in relevant countries, and intergovernmental and non-governmental organizations. For instance, the Chinese government carries out cooperation with United Nations Population Fund for seven cycles. The Chinese government and the EU also launch the “project of poverty alleviation for the elderly and in communities in the central and western regions.” The Chinese government and the French government signed a memorandum of understanding on cooperation on silver economy. It also devotes itself to further promoting the North-South Dialogue and South-South Cooperation in the field of ageing, continues to engage in the “Belt and Road” Initiative based on collaboration, and facilitates the international cooperation with BRICS countries, Japan and South Korea. At present, the Chinese government actively promotes the establishment of a platform for conducting international dialogue on ageing. It will contribute to building a global community of shared future and responding proactively to population ageing with a more open approach, and contributes Chinese wisdom and Chinese power in its proactive response to population ageing.





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兴家立业
治国安邦

龙腾民欢 海阔泽祥一泽广行道2024年“和”字口首届乡村广场舞大赛

天回镇街道庆七一·爱成都·迎大运活动

全民健身 幸福同行 天天健身 天天快乐

区老年协会重阳节慰问演出

老有所养，老有所依
老有所乐，老有所安

To ensure older persons are duly
supported, securely provided for,
heartily contented, and peacefully
assured in their later years.

安
乐



孝亲敬老
崇德向善

HONOR OUR SENIORS
THROUGH CARE



见证中国老龄事业发展
温润亿万老人幸福生活

Witnessing how China's undertakings on ageing benefit tens of millions of older persons in the country.

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