

Population ageing and policy responses in the Russian Federation

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Abstract. This paper focuses on population ageing in Russia and policy responses to its multifaceted consequences. To show the development of population ageing in Russia, a number of ageing indicators have been considered. Life expectancy dynamics, including that at older ages, and the contribution of older age groups to the life expectancy increase have been described. Future trends of population ageing have been examined based on medium-term population projections given by the UN World Population Prospects. Special attention has been given to the heterogeneity of the ageing process in Russia, which is characterised by significant gender imbalance and significant regional differentiation. The country's place according to international rankings of ageing indicators has been depicted. The Russian government views ageing as an issue of major concern. Policy responses to progressing population ageing in the Russian Federation have been discussed with regard to the Regional Implementation Strategy of the Madrid International Plan of Action on Ageing.

Introduction

The year 2017 marks 15 years since the adoption of the Madrid International Plan of Action on Ageing, MIPAA, (United Nations, 2002) and its Regional Implementation Strategy, RIS, (United Nations Economic Commission for Europe, 2002). These comprehensive documents recognise older people as contributors to the development of their societies, and foster mainstreaming ageing in all social and economic development policies.

During a United Nations expert group meeting on *Changing Population Age Structures and Sustainable Development*, organised by the Population Division (DESA), the following was said:

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“The world population is experiencing a historical shift in its age distribution, from the mostly young age structures of the past, towards larger proportions of middle-aged and older persons in the present and future decades. This shift is driven by the demographic transition from high to lower levels of both fertility and mortality. The social and economic consequences of these changes vary greatly across regions and countries, ... In consideration of these major global demographic trends and their impacts on development, the Commission on Population and Development decided that the special theme of its 50th session, which will take place in New York from 3 to 7 April, 2017, would be “Changing population age structures and sustainable development”

(UN Secretariat, New York, 13-14 October 2016).

All countries face challenges resulting from the relationships between ageing and almost all spheres of life, especially the labour market and the sustainability of social security systems. Globally, the number of older persons grows faster than any size of any other age group. Such rapid growth will require far-reaching economic and social adjustments in most countries. For Russia, issues of ageing are also of great importance, especially since the country’s total population size has been decreasing since the early 1990s for more than 15 years, while at the same time its age structure is becoming progressively more aged (Safarova A.A., Safarova G.L., Kosolapenko N.G., Arutyunov A.V., 2016).

The objective of the paper is to represent the situation in Russia in regard to population ageing and to focus on the country’s policy responses to multifaceted ageing consequences.

For the analysis, census and vital statistics data are provided by the Russian Federal State Statistics Service (Rosstat, <http://www.gks.ru/>), *Human Mortality Database (HMD)*, University of California, Berkeley (USA), and Max Planck Institute for Demographic Research (Germany, www.mortality.org), World Population prospects (WPP) and World Population Ageing are used. Computations of ageing indicators were made in Excel.

Population ageing arises from two demographic effects, namely increasing longevity and declining fertility. Consequently, it is essential to consider life expectancy (LE) dynamics, including life expectancy at older ages, and the contribution of older age groups to the life expectancy increase.

To show the development of population ageing in Russia, a number of ageing indicators have been considered. Future trends of population ageing have been considered based on medium-term population projections (United Nations, 2015). Special attention has been given to the heterogeneity of the ageing process in Russia, which is characterised by significant gender imbalance and great regional differentiation. The country’s place according to international rankings of ageing indicators has been considered (United Nations, 2015, *World Population Ageing*).

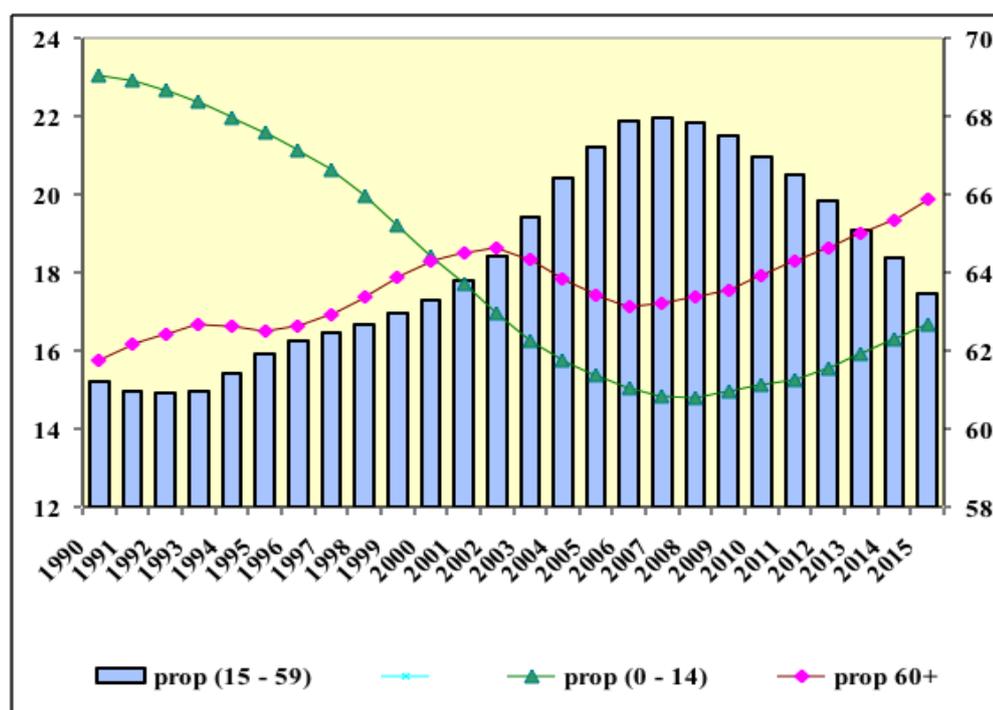
Changes in the population age-sex composition

The age-sex structure is a fundamental characteristic of any given population. Along with fertility, age structure is the demographic “engine” that drives or slows down population growth (Safarova G., 2011). In many developing countries, large proportions of young people virtually guarantee that the population will continue to grow during periods of declining fertility and for quite some time after fertility drops to a “replacement level” (2.1 children per woman).

The population of Russia is characterised by deformations of the age structure due to numerous crisis events in its history, such as the 1930 social perturbations and World War II (WWII) amongst others. It should be noted that the aforementioned deformations have affected considerably the process of population ageing in the country.

In Figure 1, the dynamics of major age groups, namely children (under the age of 15), working-age population (15-59) and older persons (60 or over, 60+) are represented. Such classification is often used in UN publications.

Figure 1. Dynamics of major age groups proportions (children and older persons – left scale; working-age population – right scale), Russia, 1990–2015, %



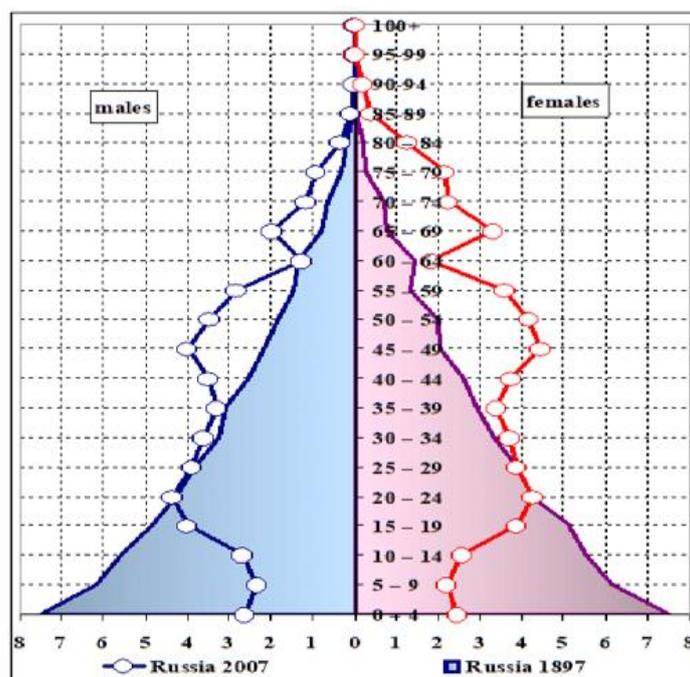
Source: Own computation; Rosstat data, 2018.

At the beginning of the twenty-first century, the proportion of those aged 60+ declined, reflecting the consequences of WWII, and in the middle of the first decade of the twenty-first

century began its monotonous growth. In general, for a quarter of a century the proportion of 60+ increased from 15.8 per cent in 1990 to 19.9 per cent in 2015, while the share of children declined from 23.0 per cent in 1990 to 16.75 per cent in 2015. Before 2000, the proportion of children exceeded the proportion of older persons, and after 2000 an inverse inequality took place. It is worth mentioning that as from the middle of the first decade of the twenty-first century, an increase in the proportion of children has been observed, which is determined by fertility increase. Against the backdrop of growth in the proportions of children and older persons, the proportion of the working-age population declined as from the middle of the first decade of the twenty-first century.

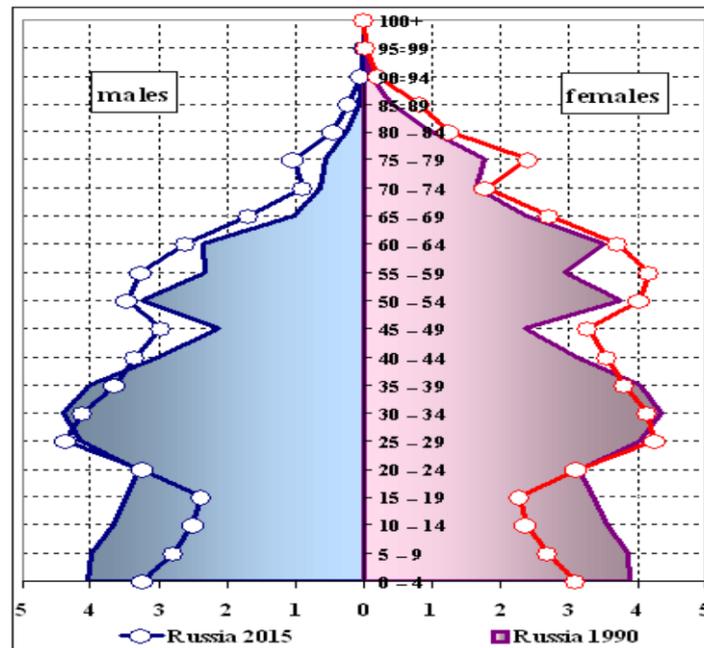
Population pyramids are “mirrors” for countries’ demographic history. Figure 2 demonstrates the progress of demographic transition in Russia. A comparison between population pyramids of Russia in 1897 (the year of the first Russian census) and 110 years later (in 2007) shows dramatic changes in the country’s age composition where the proportion of children decreased from 37.7 per cent in 1897 to 14.7 per cent in 2007 while that of older persons increased from 7.3 per cent to 17.1 per cent. The pyramid for 1897 is typical for a population before the beginning of demographic transition – it has a broad base and a narrow vertex. Besides, it shows age structure deformations (i.e. sharp disproportions between sizes of adjacent age groups) due to crisis events in the country’s history (e.g. WWII) that resulted in a sharp decrease in the size of the 60–64 years old age group in 2007. Gender imbalance is also clearly depicted.

Figure.2. Population pyramids, Russia, 1897 and 2007, %



Source: Rosstat data, 2018.

Figure 3. Population pyramids, Russia, 1990 and 2015, %



Source: Rosstat data, 2018.

Figure 3 shows changes in Russia's population age structure over a shorter period, specifically from 1990 to 2015. The apparent increase in the upper parts of the pyramid in 2015 compared with 1990 indicates the progress of population ageing.

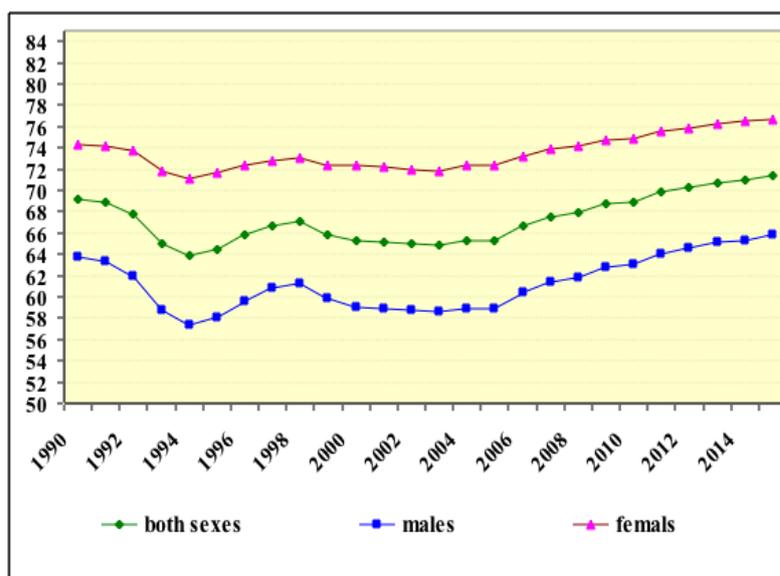
Dynamics of life expectancy at birth and at older ages, 1990–2015

Dynamics of life expectancy at birth (denoted by LE 0) for males, females and both sexes is represented in Figure 4. After 2003, there was a monotonous increase in LE 0. In subsequent years, thanks to scientific achievements and advanced medical technologies that preserve human lives, favourable trends were maintained. It should be noted that more than 70 per cent of the increase in life expectancy determined a decrease in male mortality at the ages of 20 to 64 years, and in female mortality from 50 years or over.

In the annual demographic report titled *Population of Russia (2013)*, an attempt was made to determine the main factors that have led to the increase in the life expectancy of the population of Russia over 10 years. The overall increase in LE at birth was presented as the sum of three components: the first component is associated with a decrease in mortality due to the dangerous consumption of alcohol; the second component is a consequence of the success in the fight against cardiovascular diseases, the modern stage of which was called the "cardiovascular revolution"; the third component does not have a clear cause and reflects the overall positive trend in living conditions and public health.

However, the level of life expectancy at birth in Russia is very low as compared with developed countries. Russia lags behind most developed countries, and this lag is increasing, sometimes exceeding 10, and, for men, almost 15 years (see Table 1, Figure 7 - 11).

Figure 4. Dynamics of LE at birth for males, females and both sexes, years, RF, 1990–2015



Source: Rosstat data, 2018.

Table 1. Russia's lag in life expectancy at birth when compared with the USA, Japan and EU-28, years, 2014

Backlog of	males	females
EU-28	12.8	6.9
USA	11.2	5.6
Japan	15.2	10.3

Source: European Demographic Datasheet, 2016.

According to *European Demographic Datasheet 2016*, LE 0 in Russia is one of the lowest in Europe (see Table 2).

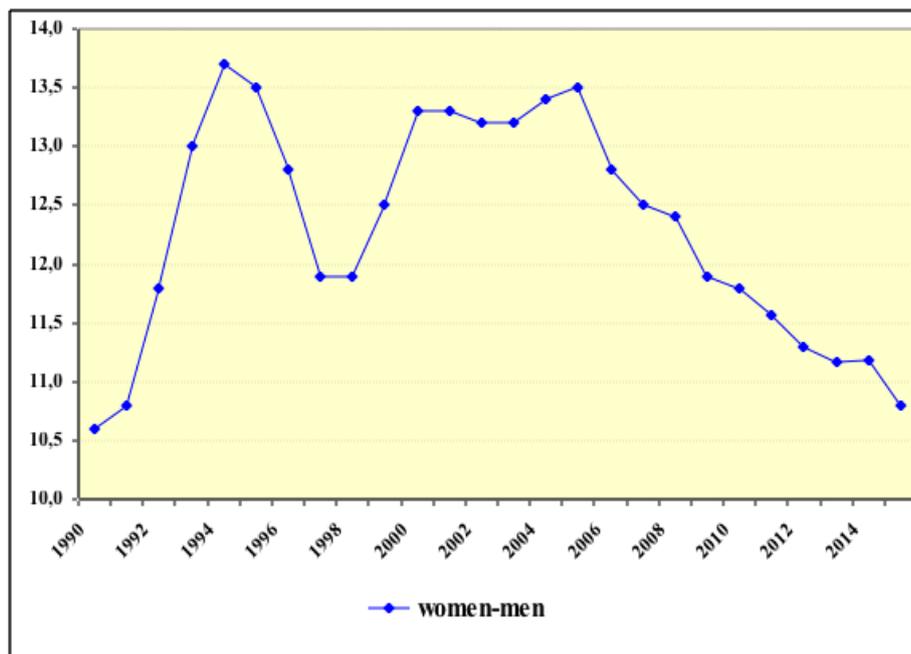
Table 2. Ranking of European countries according to LE at birth, 2014, years

Male life expectancy at birth		Female life expectancy at birth	
Switzerland	81.1	Spain	86.2
Cyprus	80.9	Italy	85.6
Italy	80.7	France	85.4
Spain	80.4	Switzerland	85.4
Sweden	80.4	Luxembourg	85.2
EU-28	78.1	EU-28	83.6
Latvia	69.1	Belarus	78.0
Belarus	67.3	Macedonia, FYR	77.5
Ukraine	66.2	Russia	76.5
Russia	65.3	Ukraine	76.4
Moldova	64.9	Moldova	73.7

Source: European Demographic Datasheet, 2016.

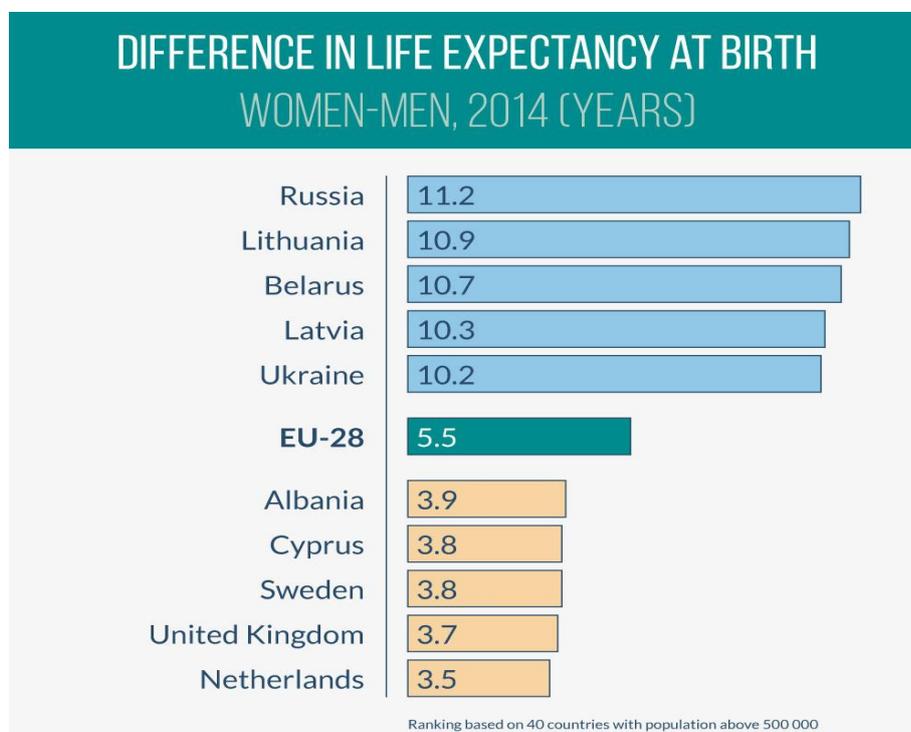
It should be emphasised that LE in Russia is characterised by a significant gender imbalance (see Figure 5). Difference in LE 0 (women-men) for Russia is the greatest in Europe - 11.2 years (see Figure 6).

Figure 5. Difference in LE at birth, Russia, 1990 – 2015, years



Source: Rosstat data, 2018.

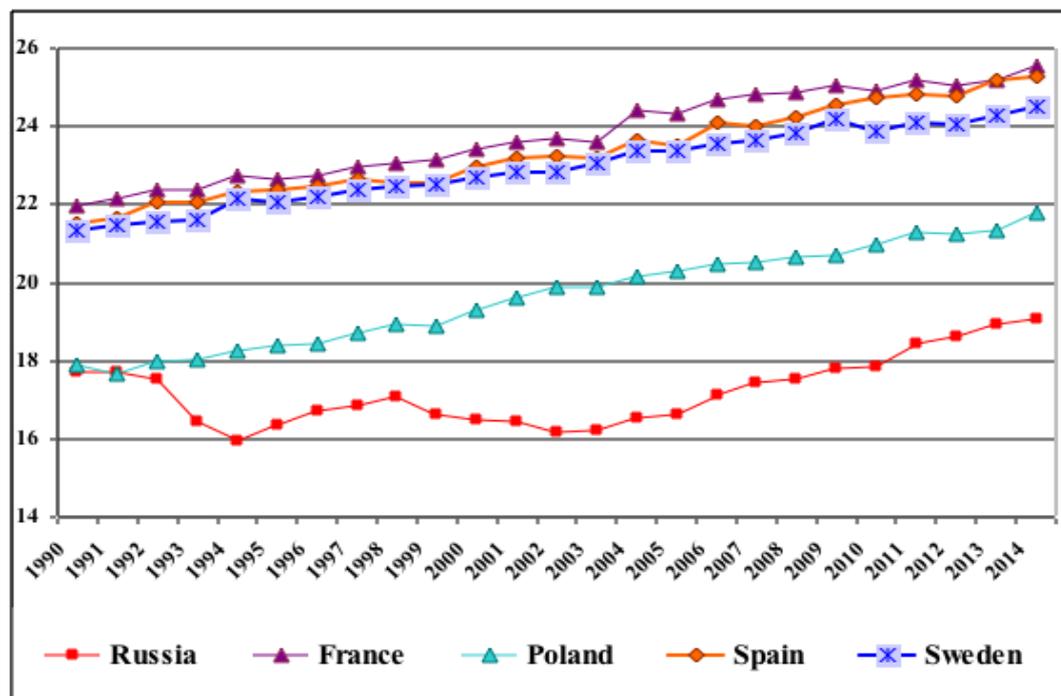
Figure 6. Ranking of European countries according to gender differences in LE at birth



Source: European Demographic Datasheet, 2016.

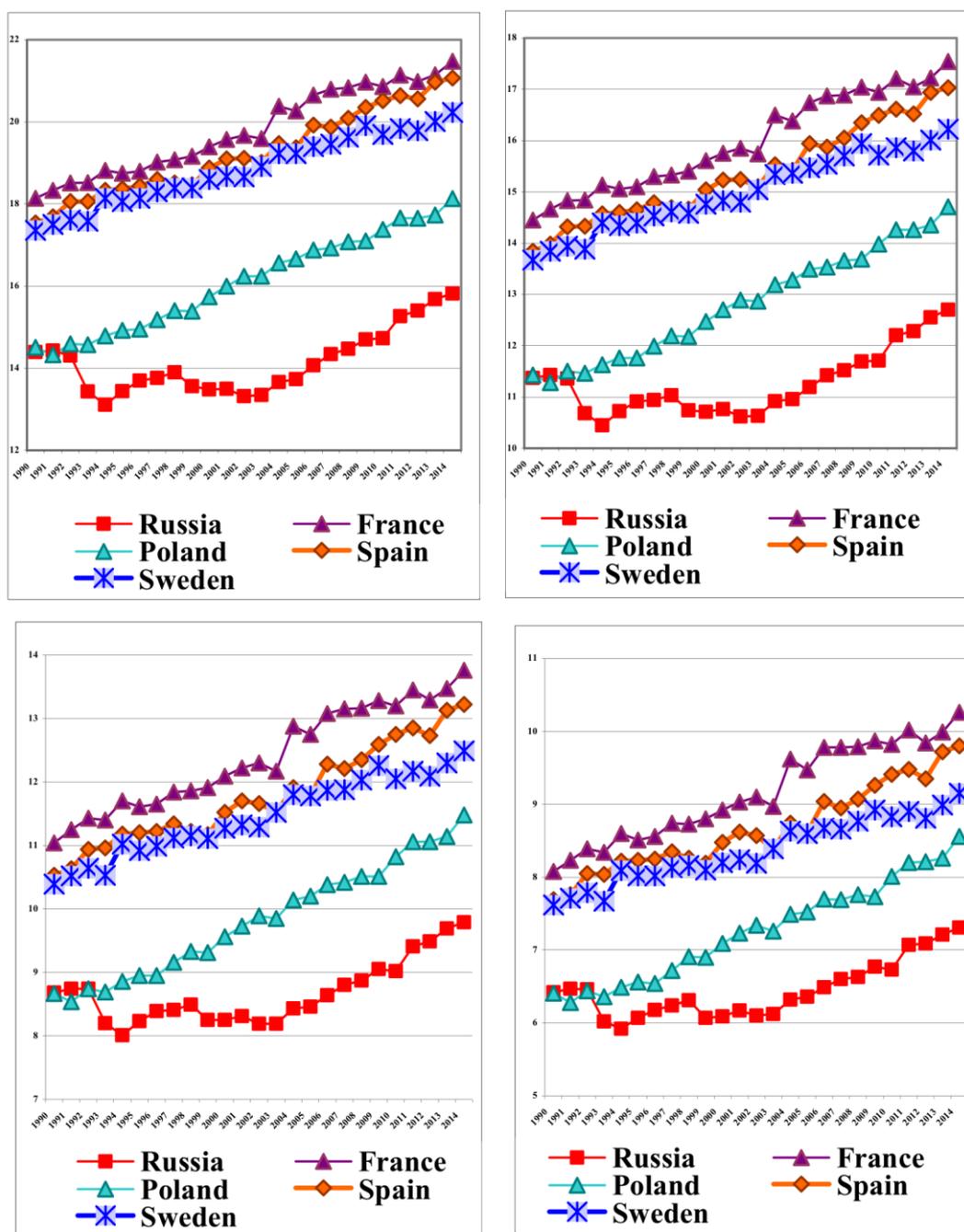
Figure 7-11 show the dynamics of LE at older ages (60, 65, 70, 75 and 80) for both sexes in 1990–2014 in Russia and selected European countries. These countries were chosen for comparisons because they represent different regions of Europe – Western (France), Eastern (Poland), Southern (Spain) and Northern (Sweden) – and in these regions have a high rating in LE.

Figure 7. Dynamics of LE at 60, both sexes, Russia and selected European countries, 1990–2014



Source: Rosstat data, 2018; HMD

Figure 8–11. Dynamics of LE at 65, 70, 75 and 80, both sexes, Russia and selected European countries, 1990–2014



Source: Rosstat data, 2018; HMD

Similar to the dynamics of LE at birth, LE at older ages in Russia has increased for more than a decade. In spite of the observed life expectancy increase, its level in Russia is low as compared with developed countries.

In relation to the current contribution of older age groups to LE changes for Russia, the annual demographic report Population of Russia (2013) showed that from 2003 to 2013 life expectancy at birth increased by 6.60 years for males and by 4.45 years for females. The contribution of population 65+ was 1.15 and 1.88 years for males and females respectively, being greater than that of children (under the age of 15).

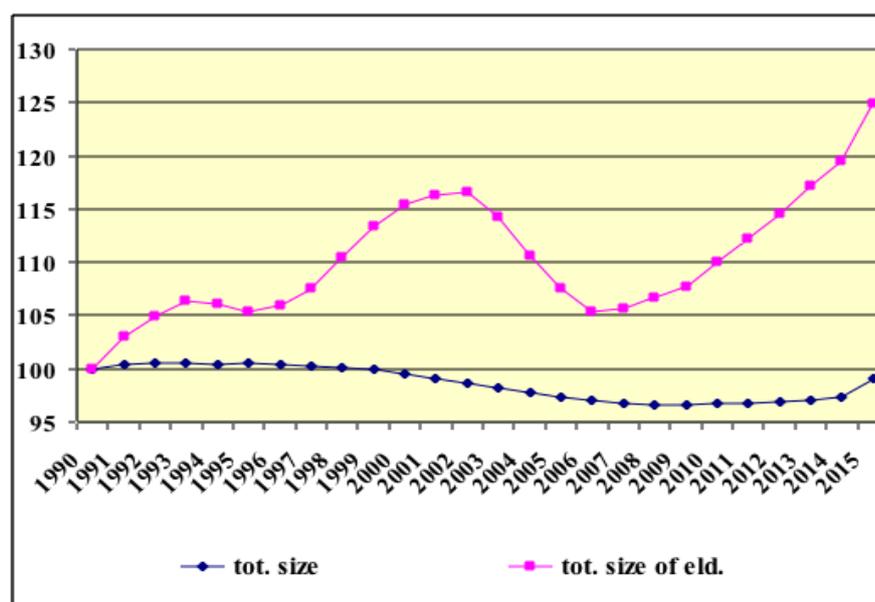
Increasing LE of the older population makes a significant contribution to the LE growth. This fact, apart from ethical considerations, is also a strong argument in favour of intensifying efforts to reduce the morbidity and mortality of older people. The growth of life expectancy at older ages promotes population ageing in the RF.

Ageing progress in Russia

Dynamics of the size of older persons (60+)

The dynamics of the total population size and the size of older persons (60+) in Russia during the 1990–2015 period (relative to 1990) is shown in Figure 12. It can be seen that as from 1993 and for the following fifteen years, the total population size decreased and its subsequent growth has not yet led to the reaching of the initial size, while the size of the older population increased by 25 per cent. Its sharp decrease at the beginning of the first decade of the twenty-first century was determined by huge losses during WWII.

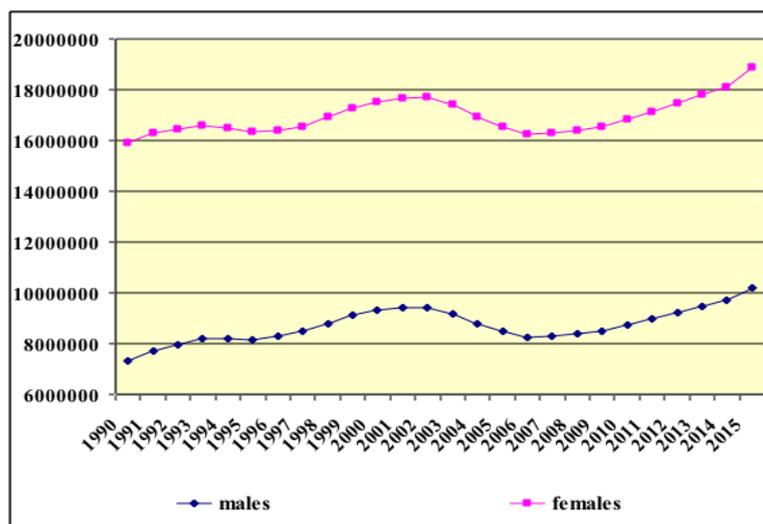
Figure 12. Dynamics of the total population size and the size of the older population, Russia, 1990–2015, (relative to 1990, %)



Source: Own computation; Rossta datat, 2018.

The dynamics of the size of the older population (60+) for male and female populations is shown in Figure 13. The number of aged women is nearly double that of aged men. In 2015, the number of aged women was 18.9 mln, while the number of aged men was – 10.2 mln.

Figure 13. Dynamics of the size of the older population (60+) for males and females, Russia, 1990–2015



Source: Rosstat data, 2018

Traditional ageing indicators

Population ageing may be characterised using different types of measures, including traditional measures, prospective measures and indirect measures (Safarova, 2006). Traditional measures represent ratios of aggregated age groups (children, working age population and older population). They usually include:

- proportions of older persons (Prop. 60+ or Prop. 65+),
- ageing index (the number of people aged 60+ per 100 children younger 15), and
- old age dependency rate [(OADR, the relative size of the old age population (60+ or 65+, to the working age population (aged 15 – 59 or 15 – 64)].

Population average age and median age (i.e. such an age, where half the people in a population are younger than the median age and half are older) indirectly reflect population ageing – their increase is determined by the ageing of the population.

Table 3. Ranking of European countries according to median age, 2015, years

Male life expectancy at birth	
Germany	45.9
Italy	45.1
Portugal	43.5
Bulgaria	43.4
Greece	43.4
EU-28	42.5
Cyprus	37.0
Ireland	36.4
Albania	35.6
Moldova	35.2
Turkey	30.7

Source: European Demographic Datasheet, 2016.

In 2015, the median age for Russia was 38.6 years, i.e. it was lower than EU-28 level but higher than in the five lowest countries (see Table 3).

The dynamics of proportions of older persons (Prop. 60+) has been already represented in Figure 1. For Russia in 2015, Prop. 60+ was equal to 19.9 per cent, old age dependency rate, OADR, – 31 persons aged 60+ per 100 persons aged 15 – 59, ageing index – 119 people aged 60+ per 100 children. In general, population ageing in Russia is progressing. Over the period under study all considered ageing characteristics increased even though their trajectories and the pace of increase was different. Due to irregularities in Russia’s population pyramid, ageing indicators changed unevenly. Ageing index demonstrates the highest and monotonous increase, while the increase in old-age dependency ratio was rather small. It should be noted that the proportions of older persons, Prop. 60+, and OADR have similar trends, as implied by their definitions.

Russia in the ageing world

In World Population Ageing 2015 (United Nations, 2015) rankings of 201 countries with at least 90 thousand inhabitants according to the estimated and projected percentage of the population aged 60+ for 2000, 2015, 2030 and 2050 are given. Thus, in 2000, Russia was at the 29th place, having the percentage of population aged 60+ equal at 18.4 per cent. In 2015, Russia ranked 44th with the Prop. 60+ - 20.0 per cent. In 2030, Russia is projected to rank 61st with the Prop. 60+ - 24.0 per cent and, in 2050, Russia is projected to rank 68th with the Prop. 60+ - 28.8 per cent.

WPAs data show that given this percentage of the older population, Russia is not within leading ageing countries. Moreover, gains in the Prop. 60+ in Russia between 2000–2015 and between 2015–2030 are not included in the first hundred places in rankings.

This gives good reasons not to dramatise the consequences of the population ageing for the country.

Heterogeneity of the ageing process in Russia

As can be clearly seen in Figure 3, the modern Russian age structure is characterised by significant male/female imbalance. It's worth noting that about a quarter of the country's population lives in rural areas where lifestyles and living conditions differ widely from those in urban areas (Safarova, 2011). Having the biggest territory in the world, Russia is populated by numerous nationalities with different demographic behaviours. It therefore comes to no surprise that the ageing development of Russia cannot be complete without consideration being made to its heterogeneity.

As it has been shown above, the demographic development of Russia is characterised by very high mortality difference by sex (see Figures 4–6) and with a significant imbalance between males and females in its population structure. The dynamics of the size of the older population (60+) for the male and female population is shown in Figure 13. In Russia, the percentage of the older female population (60+) during the considered period was about two times higher than that for the male population. Depicting that ageing indicators have greater values for female populations.

Gender imbalance has multiple consequences. In general, women have lower pensions than men (at present their pensions are approximately 90–94 per cent of those for men) and usually occupy lower positions (and therefore lower wages) as well as a shorter working period than men (due to maternity leave). It is acknowledged that older women fall victims to cruel treatment by their families more often.

Old women, more often than men, face the problem of loneliness especially in rural areas. In turn, old men have a serious problem as well. Lonely men have lower abilities to take care of themselves than women have, so they require more help than women. Thus, men die at hospitals more often than women.

For urban and for rural populations, fertility and mortality indicators have markedly different values. Thus, at present, according to the Demographic Yearbook of Russia 2015 (Rosstat data, 2018) the total fertility rate (TFR) for the urban population (1.59) is lower than the TFR for the rural population (2.32), while for LE inverse inequality takes place, i.e. for urban population LE at birth for men is equal to 65.8 years (76.8 for women) and for rural population LE at birth for men is equal to 64.1 years (75.4 for women). In modern Russia, in rural areas, both fertility and mortality have been higher than those in urban areas but this does not result in higher proportions of the older population for the urban population due to migration outflow from rural to urban areas. This means that the share of the older population for the rural population has been higher than that for the urban population. These differences have numerous socio-economic consequences.

At present, (as of 01.01.2015) there are 85 regions in the Russian Federation (RF) arranged into nine Federal districts (FD) – The Central FD, The North West FD, The South FD, The North-Caucasian FD (formed in 2010), The Privolzhsky FD, The Urals FD, The Siberian FD, The Far East FD, and the The Crimean FD. Considerable regional differences in fertility, mortality and migration characteristics take place and ranges within which the TFR and LE vary are very wide. In 2015, the maximal value of the TFR was observed in the Republic of Tuva, the Siberian FD - 3.39, minimal – in the Leningrad region, The North West FD, - 1.29, maximal value being 2.6 times higher than the minimal one. Maximal values of LE for males and LE for females were registered in the Republic of Ingushetia, the South FD - 75.6 years for males and 83 years for females correspondingly, minimal – in the Republic of Tuva, the Siberian FD - 58.1 years for males and 68.3 years for females, the difference between maximal and minimal values of LE for males being 18.4 years, for females – 14.4 years (Russian Demographic Datasheet 2016).

These differences in demographic characteristics result in age-structural differences. The aforementioned structural differences lead in turn to regional differentiation of the ageing process (Safarova, 2011).

The demographic development of Russia is heterogeneous in several dimensions. To be effective, all population-related policies should take into account the different kinds of heterogeneity of demographic development.

Ageing measures that take account of remaining life expectancy

Russia's population is ageing and quite often alarmist statements indicate that population ageing has a negative impact on the country's development and security. In connection with this, a new approach to the measurement of age and ageing should be described.

Recently, a new approach that takes account of the remaining years of life has been suggested (Sanderson and Scherbov, 2005, 2008, 2010). The argumentation for this approach is the idea that the behaviour of a person in many spheres of life depends not only on his\her chronological age, but on the number of years of life ahead. In addition to traditional measures of ageing, some new ones (called prospective measures) were introduced that take into account the remaining years of life. Taking into consideration the dynamics of prospective ageing measures leads to the conclusion that the claims about the negative impact of

population ageing on the economy and other spheres of the country's life, based on the trends of only traditional indicators of population ageing, should be taken critically.

Unlike the conventional approach within the prospective one, the old-age threshold is a flexible threshold of who is considered old (Russian Demographic Datasheet, 2016). It assumes that people do not become old on their 55th, 60th, or 65th birthday regardless of time, place of residence, their health and other characteristics. Instead, the old-age threshold depends on the characteristics of people. Usually, the old-age threshold is the age at which the average remaining life expectancy first falls below 15 years (age: RLE = 15). The conventional proportion of the older population (i.e. proportions of older persons, Prop. 60+) implies the proportion of the population above legal pension age. A corresponding prospective measure is the proportion of the population above the old-age threshold, that is the share of the population with an average remaining life expectancy below 15 years (denoted by Prop. RLE15). Normally age: RLE = 15 > 60, thus Prop. 60+ > Prop. RLE15.

In 2015, the share of the population with an average remaining life expectancy below 15 years, Prop. RLE15, for EU-28 was 12.5 per cent while Prop. 60+ = 18.9 per cent. In 2015, in Russia age: RLE = 15 for men was 61.7 years, for women – 68.4 years, thus both for men and women Prop. 60+ Prop. RLE15 should be greater than Prop. RLE15. In 2015, in Russia, the proportion of the population above the old-age threshold was 13.1 per cent, Prop. 60+ being 1.5 times higher. So, new measures provide new perspectives on ageing policies.

Policy responses to progressing population ageing in the Russian Federation

Progressing ageing requires large-scale, adequate and versatile actions. Until recently, in Russia, ageing issues were not focused on sufficiently. The Concept of Demographic Policy of the Russian Federation for the period up to 2025 approved by the Order of the President of the Russian Federation N 1351 of 09.10.2007 includes few measures related to the older population.

At the same time, progressing ageing requires large-scale, adequate, and versatile actions. The Russian government views ageing as an issue of major concern. That is why the "Strategy of action in the interests of citizens of the older generations up to the year 2025" was adopted in Russia in 2016 [(the Decree of the Government of the Russian Federation N 164r of 05.02.2016) (Strategy of action in the interests of citizens of the older generations up to the year 2025, 2016)]. The strategy stipulates goals, principles, tasks and priorities of the State policy and aims to steady increase longevity and the life quality of older persons.

The priorities of the strategy include the occupation of the older population, the elevation of their financial literacy and financial independence, life-long education, the improvement of social services, healthcare, provision of income security and stimulation of employment of older citizens; the development of geriatric services, including professional training and retraining of specialists; the provision of access of older citizens to information and education resources; the enablement of the organisation of leisure activities of older citizens; the development of up-to-date forms of social services and of the social service market; the

promotion of the production of goods and services to meet the needs of older citizens; and the development of a society which encompasses the interests, needs and capabilities of older citizens. At the same time, there is room for bridging the gap between strategic planning and its implementation. In 2012, the UNECE Ministerial Conference in Vienna completed the second review and appraisal exercise at the regional level. The Vienna Ministerial Declaration with its four goals endorsed the concept of active ageing (Vienna Ministerial Declaration on Ageing, 2012).

Goal 1. Encouraging longer working life and ability to work

The major tasks in the implementation of this objective consist in the promotion of employment and vocational training. Apart from assistance in the employment process, the Russian State policy provides retirees and pre-retirees with free consultations in view of the labour market situation for the purpose of possible further employment. (UNECE Ministerial Conference on Ageing, 2017) Special bureau - the Employment service office – has been in charge thereof.

Occupational training with assistance from the employment service bodies is one of the key factors providing conditions for the continuation of the labour activity of retirees. The most popular programmes among citizens of pre-retirement and retirement age wishing to continue working activity are the programmes of advanced training and professional retraining in the fields of:

- the obtainment and improvement of computer skills and ICT learning;
- social work essentials;
- learning of foreign languages;
- gaining new knowledge in the field of education, health care, accounting, human resources, economics and law essentials.

A new procedure for the pension rights formation contributes significantly to the implementation of this goal. In accordance with the provisions of the Strategy for the long-term development of the pension system in the Russian Federation adopted by the Decree of the Government of the Russian Federation No. 2524-r of December 25, 2012 (hereinafter referred to as the "Strategy"), starting from January 1, 2015, a new procedure for the pension rights formation and calculation of pensions in the compulsory pension insurance system was established. This procedure involves a transition from the formation of pension rights in absolute values to the formation of pension rights in relative values (pension coefficients).

A newly developed pension formula is aimed to fulfil pension obligations while ensuring the financial balance of the pension system and stimulation of productive work.

Goal 2. Supporting the participation, non-discrimination and social inclusion of older people

The provision of pension benefits on an acceptable level in the current period and in the medium term is a paramount task (UNECE Ministerial Conference on Ageing, 2017).

Affordable social services of high quality are very important for the social integration of older people. Ensuring the availability of social services for citizens is defined as one of the fundamental principles. In this respect, Article 4 of the Federal Law No. 442-FZ provides for:

- equal, free access to social services for all citizens;
- the proximity of social service providers to the place of residence of recipients of social services;
- sufficient number of social service providers to meet the demands of citizens in social services;
- sufficient amount of financial, logistical, manpower and information resources.

New and more targeted and individual approaches to the provision of social services have been elaborated. In order to ensure a more comprehensive social integration “Universities of the Third age” have been open to the public for a number of years (for more than 10 years in some regions). These help older people continue their professional education in various skills such as “Computer skills”, “Social disciplines and law”, “Healthy lifestyle”, “History”, and “Sports” among others. Senior citizens may also attend classes where they learn how to use a cell phone, photo and video cameras, modern household devices and equipment, and also hairstyling master-classes. The discipline “State and municipal services” was introduced into the programme of the “Computer skills” faculty, where participants acquire skills in using the Portal of the state and municipal services, official websites of executive authorities of the constituent entities of the Russian Federation, the administrations of municipal entities, and the electronic government portals of the RF regions among others

Goal 3. The promotion and safeguard of dignity, health and independence in old age

The promotion of health in old age aims at increasing life expectancy, and improving the overall quality of life of older persons is one of the priorities of the Russian government. In order to realise this goal, the availability of medical care for the senior generation must be ensured (UNECE Ministerial Conference on Ageing, 2017).

Order No. 38n of the Ministry of Health of the Russian Federation of January 29, 2016 approved the procedure for the provision of medical care in the “geriatric” profile and regulates geriatric service as a single system of long-term medical care, through the continuity of patient management between different levels of the health system, as well as through healthcare and social protection services. Medical assistance in the “geriatric” field is a comprehensive set of measures for the provision of medical care to elderly and senile patients in order to maintain or restore their ability to self-service, physical and functional activity and independence in everyday life.

The arrangement of a geriatric service involves an integrated three-level system, which includes medical institutions providing medical care in outpatient and inpatient settings, as well as organisational, methodical and scientific geriatric centres.

The network of inpatient social care institutions where older people live on a permanent basis is growing: boarding houses, gerontological centres, and special houses for older persons with a set of social services.

"Foster family for an elderly person" has recently gained popularity. Foster families enable the older population to live their usual lives and be socially protected at the same time. Moreover, they help to solve such problems as loneliness, psychological discomfort, feeling of uselessness, and despair from helplessness, which chase many lonely persons of older age.

Goal 4. The surety and consolidation of intergenerational solidarity

A comprehensive review of the living conditions of the population conducted by Rosstat in 2014 indicated that 25.6 per cent of citizens over pension age participated in the activities of public organisations and movements, 10.6 per cent took part in the activities of councils and event organizing committees, and 43.6 per cent were members of councils of veterans.

The Russian Party of Retired Persons for Justice (RPRPJ) is an officially registered Russian social-conservative political party which is empowered to participate in the elections to the State Duma of the Russian Federation without collecting signatures. Veterans' organisations created in Russia are one of the mechanisms contributing to the intergenerational ties' formation as well as the transfer of social experience. They exist on all-Russian, regional, municipal and district levels. The largest are the Union of Pensioners of Russia, the All-Russian Public Organization of Veterans "The Russian Union of Veterans", the All-Russian Public Organization of War, Labour, Armed Forces and Law Enforcement Agencies Veterans (Pensioners), among others. The State promotes the activities of such organisations by allocating the Federal budget and the budgets of the constituent entities of the Russian Federation on an annual basis for the state support to public organizations and associations of older people and veterans (UNECE Ministerial Conference on Ageing, 2017).

The International Day of Older Persons (October 1), which is held annually in the Russian Federation, also contribute to the formation of a positive image of the older persons and their pro-active attitude.

Conclusions

Population ageing is one of the consequences of demographic transition, i.e. the manifestation of age structure changes in the course of demographic transition. It is a global long-term process. The population of Russia is ageing and progressing population ageing requires large-scale, adequate, and versatile actions. One of the driving forces of population ageing is increasing longevity. In spite of the observed life expectancy increase, Russia's level is considered low as compared with developed countries. Ageing in Russia is characterised by significant heterogeneity, e.g. gender imbalance, rural/urban differences and regional differentiation. Population ageing in Russia is progressing; nevertheless, Russia is not within leading ageing countries.

Conclusions about the impacts of population ageing on the economy and other spheres of the country's life should be based not only on the trends of traditional ageing indicators, but on new measures as well. Very often, in Russia, old people are considered as dependants, a burden for the state and a threat to the pension system, while it is acknowledged that if old people remain in good health they are a resource for society. Therefore, in Russian society, it is highly important to promote a respectful attitude towards old people. The Strategy of actions for the benefit of citizens of the older generation in the Russian Federation until 2025 means a step forward to building a society for all ages. When implementing the Strategy, it is crucial to take into account various heterogeneities of the ageing process in Russia.

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