

# 亞洲城市的建築環境與高齡化 ARUP

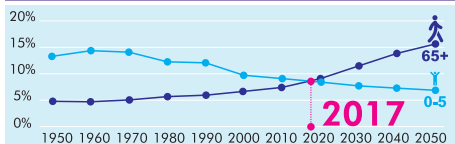
## Built Environment and Ageing in Asian Cities

### 城市人口高齡化 An ageing, urbanising population

到2050年，預計65歲以上的全球人口將增加一倍以上。同時，全球人口越來越集中在城市。

By 2050, the global population aged over 65 is expected to more than double. At the same time, the global population is becoming increasingly concentrated in cities.

#### 65+ 1950-2050年全球趨勢 65+ Global Trend 1950-2050 佔人口的百分比 As percentage of the population



數據來源：聯合國，《世界人口前景》，2012年  
Data Source: UN, World Population Prospects, 2012

今天，地球上有一半的人生活在城市地區。到2050年，這一比例預計將增加到70%。

Today, half of all people on earth live in urban areas. By 2050, this proportion is expected to increase to 70%.

針對高齡化的設計將影響我們城市的規劃、基礎設施的設計、服務的交付以及空間的建設。

Designing for age-inclusivity will impact the way our cities are planned, infrastructure is designed, services are delivered and spaces are built.

## +81%

Europe 歐洲 1950-2014

## +109%

Asia 亞洲 2014-2050

數據來源：聯合國，《世界人口前景》，2012年  
Data Source: UN, World Population Prospects, 2012

## 33%

2050年香港65歲以上的城市人口

Urban population in Hong Kong over 65 years old by 2050

人口正在迅速變老，發展越來越城市化。

Population is rapidly getting older and more urban.

高齡人口的需求對於塑造我們的城市將越來越重要。

The needs of older residents will be increasingly important in the shaping of our cities.



# 滿足人口高齡化的需求 Addressing the needs of an ageing population



保持自主和獨立  
Maintain autonomy  
and independence



改善健康狀況  
Improve health  
and wellbeing



設計適應性強的  
彈性空間  
Design adaptable  
and resilient spaces



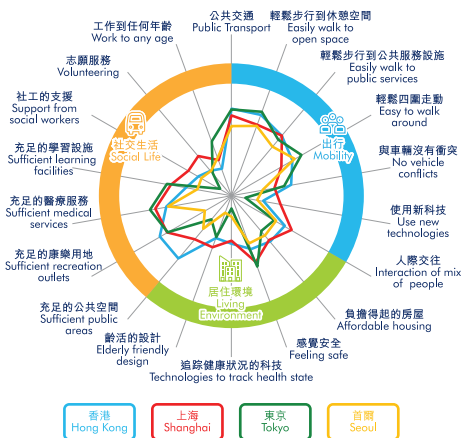
建立更強大的  
社區  
Build stronger  
communities



提高安全性和彈性  
Improve security  
and resilience



## 研究結果 Findings



## 研究結果：香港 Findings: Hong Kong

### 首5個選項 TOP 5 ATTRIBUTES

- 步行到休憩空間 Walk to open spaces
- 公共交通 Public transport
- 步行到公共服務設施 Walk to public services
- 充足的醫療服務 Sufficient medical services
- 輕鬆四圍走動 Easy to walk around

### 尾5個選項 BOTTOM 5 ATTRIBUTES

- 使用新科技 Use of new technologies
- 社工的支援 Support from social workers
- 志願服務 Volunteering
- 工作到任何年齡 Work to any age
- 齡活的設計 Elderly friendly design



## 出行 Mobility

### 街道環境出行 Streetscape mobility



**69%** 極度同意/同意  
extremely agree/ agree

輕鬆四圍走動  
EASY TO TRAVEL  
AROUND BY FOOT



**60%** 極度同意/同意  
extremely agree/ agree

與車輛或單車沒有衝突  
NO CONFLICTS WITH  
VEHICLES OR BICYCLES

區內近十多年興建了很多行人天橋和行人隧道，出入方便。  
There are more footbridge and subway in the past decade which is convenient.

Female 65-69

行人路太窄，附近有好多彎角位馬路，有時看不清路面情況。

The pedestrian path is too narrow and there are a lot of corners which prevent me to have a clear of the view of the road.

Male 65-69

■ 極度不同意 Extremely Disagree
 ■ 不同意 Disagree
 ■ 無意見 Neutral
 ■ 同意 Agree
 ■ 極度同意 Extremely Agree

### 公共空間 / 公共服務與科技的方便程度 Access to Public Spaces / Services and Technology



**77%** 極度同意/同意  
extremely agree/ agree

輕鬆步行到社區  
或公共設施  
EASY TO WALK TO  
COMMUNITY FACILITIES  
OR PUBLIC SERVICES



**32%** 極度同意/同意  
extremely agree/ agree

運用科技協助  
使用公共服務  
I USE MODERN  
TECHNOLOGY TO  
ASSIST ME USING  
PUBLIC SERVICES

交通方便，搭電車、巴士都方便又平。  
Convenient transport with tram and bus which are both cheap enough.

Male 65-69

小巴班次太疏，成日等好耐。

Low frequency for minibus which takes up a lot time waiting in queue.

Male 65-69

■ 極度不同意 Extremely Disagree
 ■ 不同意 Disagree
 ■ 無意見 Neutral
 ■ 同意 Agree
 ■ 極度同意 Extremely Agree





## 社交生活 Social Life

### 設施/ 服務/ 援助 Facilities/Service/Assistance



**82%** 極度同意/同意  
extremely agree/ agree

屋苑內享有充足的  
公共地方  
SUFFICIENT PUBLIC  
AREAS IN MY ESTATE



**82%** 極度同意/同意  
extremely agree/ agree

區內享有充足的  
公共空間  
SUFFICIENT OPEN  
SPACES IN MY  
DISTRICT

屋邨有幾個公園可以坐吓，  
又有診所、商場。  
There are couple of park  
for us to socialise. Also  
clinic and malls nearby in  
the neighbourhood.

Male 70-74

地方唔夠所以唔夠設施。  
There is not enough space  
for more facilities.

Female 65-69

極度不同意 (Extremely Disagree) 不同意 (Disagree) 無意見 (Neutral) 同意 (Agree) 極度同意 (Extremely Agree)

### 設施/ 服務/ 援助 Facilities/Service/Assistance



**45%** 極度同意/同意  
extremely agree/ agree

社區內有充足的  
教育設施  
I HAVE SUFFICIENT  
ACCESS TO  
EDUCATIONAL  
FACILITIES



**38%** 極度同意/同意  
extremely agree/ agree

有社工支援  
I HAVE SUPPORT  
FROM SOCIAL  
WORKERS

老人中心有好多興趣班。  
Elderly center host a lot of  
interest classes.

Female 65-69

因為區內長者較多，希望  
增加康樂及醫療服務設施。  
As there are many who are  
elderly, I hope there will be  
more leisure and medical  
facilities

Male 85-89

極度不同意 (Extremely Disagree) 不同意 (Disagree) 無意見 (Neutral) 同意 (Agree) 極度同意 (Extremely Agree)

### 就業與機會 Employment and Opportunity



**28%** 極度同意/同意  
extremely agree/ agree

可以工作到任何年齡  
I AM ABLE TO  
WORK TO ANY  
AGE AFTER 65



**32%** 極度同意/同意  
extremely agree/ agree

志願工作幫助他人  
I VOLUNTEER MY  
TIME TO HELP  
OTHERS

長者當然可繼續工作，  
維持社會競爭力，不會  
同社會脫節。  
Elderly can still be in the  
working force to stay  
competitive and catch up  
with the society.

Female 75-79

自己年紀大都受人照顧，  
點幫人。  
It is impossible for me to  
help others when i am the  
one who in need.

Female 70-74

極度不同意 (Extremely Disagree) 不同意 (Disagree) 無意見 (Neutral) 同意 (Agree) 極度同意 (Extremely Agree)



## 居住環境 Living Environment

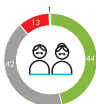
### 住所 Living Quarters



**60%** 極度同意/同意  
extremely agree/ agree

滿意可負擔房屋的選擇

I AM SATISFIED WITH THE HOUSING OPTION THAT IS AFFORDABLE TO ME



**45%** 極度同意/同意  
extremely agree/ agree

住所的設計適合高齡人士使用

THE DESIGN OF MY UNIT IS SENIOR FRIENDLY

屋邨都有裝無障礙設施，有斜路方便輪椅。  
There are barrier free facilities installed for wheel chair in my building.

Male 70-74

我住的長者公屋附近夜晚燈光較暗，多些照明系統就好些。

I live in elderly public housing and the lighting is too dark, it would be great if there is more lighting.

Male 85-89

極度不同意 Extremely Disagree   不同意 Disagree   無意見 Neutral   同意 Agree   極度同意 Extremely Agree

### 融合/安全與健康

### Integration/Safety and Well-being



**61%** 極度同意/同意  
extremely agree/ agree

社區不同年齡層有充足互動

THERE IS SUFFICIENT INTERACTION BETWEEN DIFFERENT AGES IN MY COMMUNITY



**48%** 極度同意/同意  
extremely agree/ agree

運用科技追蹤健康狀況

I USE TECHNOLOGIES TO TRACK MY WELL-BEING

有公園可以同其他人傾偈。  
There is park nearby for me to socialise with others.

Female 65-69

冇乜健康設備(監察健康)。  
There is not much health equipment to monitor our health.

Male 85-89

極度不同意 Extremely Disagree   不同意 Disagree   無意見 Neutral   同意 Agree   極度同意 Extremely Agree



## 小結 Summary of potentials



### 出行 Mobility

導航科技  
Technologies for navigation

改善易行度  
Walkability improvements

公共交通  
Public transport access



### 居住環境 Living Environment

保健科技  
Technologies for health

齡活屋苑設計  
Elderly friendly estate design

改善保障和安全  
Security and safety improvements



### 社交生活 Social Life

工作機會  
Working opportunities

社會工作者的支援  
Support from social workers

學習設施  
Learning facilities

## 我們怎樣才能做到？ How can we achieve this?

“任何政府或部門都無法單獨做到。它需要整個社會共同努力，使環境更適合高齡人口，並須運用所有界別、所有人的創意和想像力。”

“No government or ministry can achieve these outcomes working in isolation. It takes the whole community, working together to make environments age-friendly, harnessing innovation and imagination from all sectors and all actors.”

世界衛生組織 John Beard 博士, 2018  
Dr John Beard, World Health Organisation, 2018

## 現在 Now

在城市化與高齡化的關口，我們需要立即優化政策並好好規劃建築環境

Intersection of urbanization and ageing population, we need to update policies and plan our built environment **now**

## 包容 Inclusion

高齡人士需要成為決策過程的一部分，以便能夠理解和滿足他們的需求

Older people need to be part of the decision making process to be able to understand and address their needs

