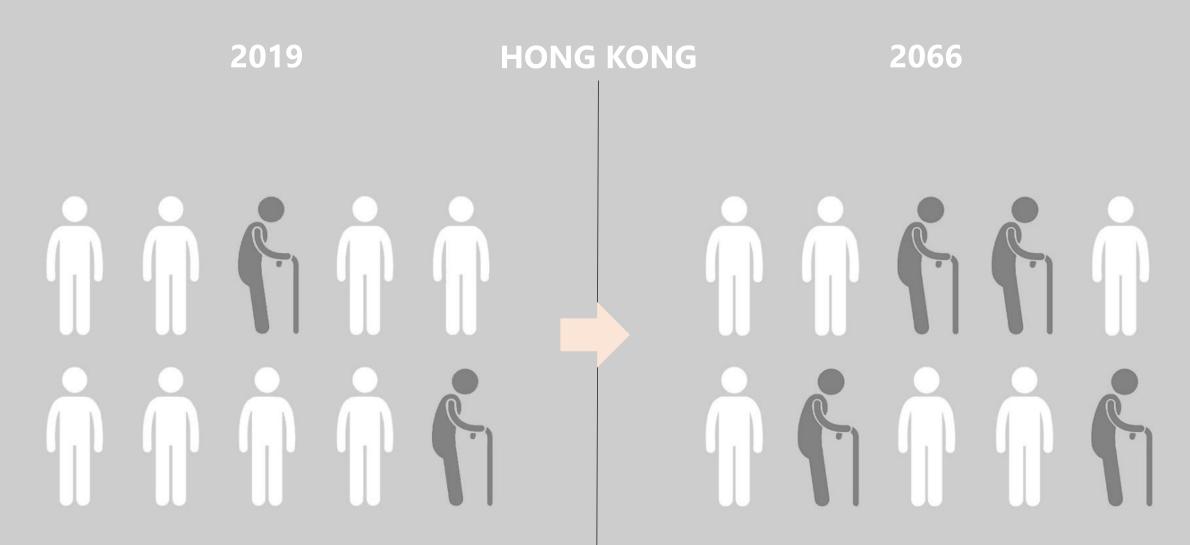
Jockey Club Age-Friendly City International Conference 7 June 2021

CARING for the Elderly. **Build a BETTER City**

Ms. Winnie Ho, JP Director of Architectural Services



Elderly people aged 65 +



Elderly people aged **65** + **36.6%** of the population (2.59 million)

Rethink

What do we need to do to **embrace** the **demographic change**? Have we considered **what** our elderly **want**? How to

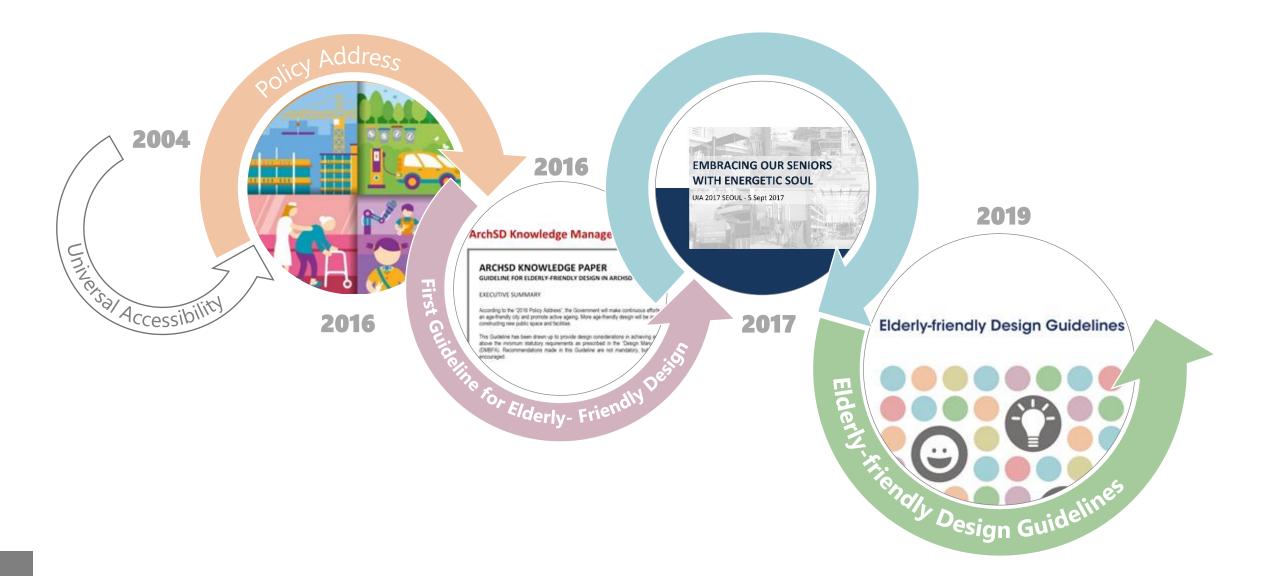
improve life

for the current and tomorrow's elderly generations? to **enable** them (us) to live **fulfilling lives**? to **stay active** in the communities? How can better

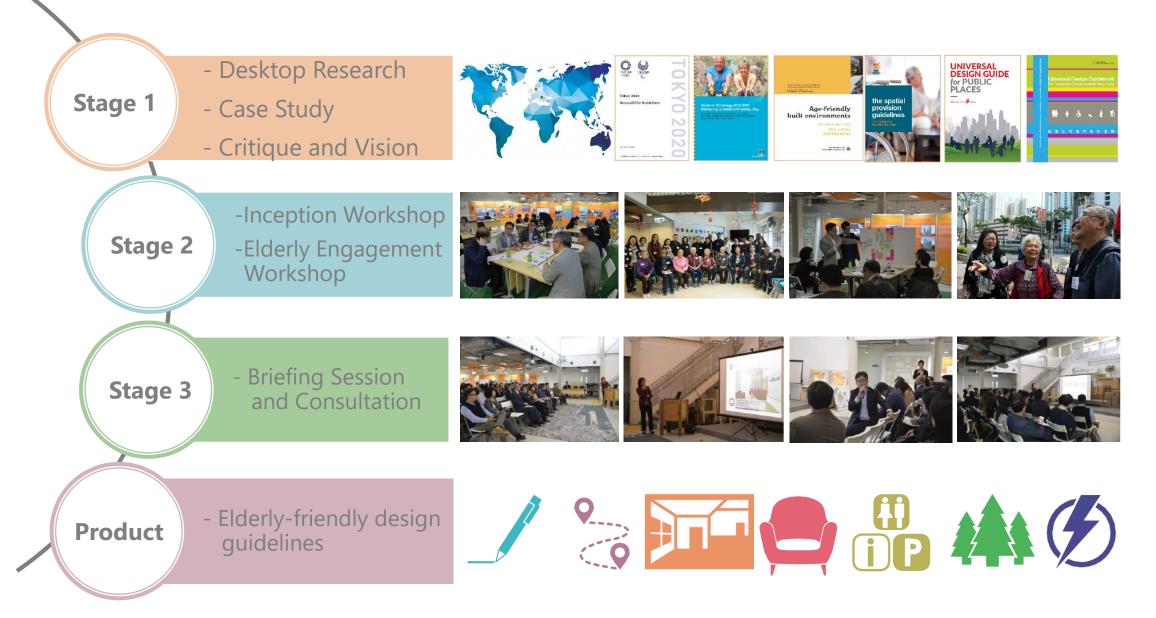
design decisions

contribute to the building of an elderly-friendly environment that supports active ageing?

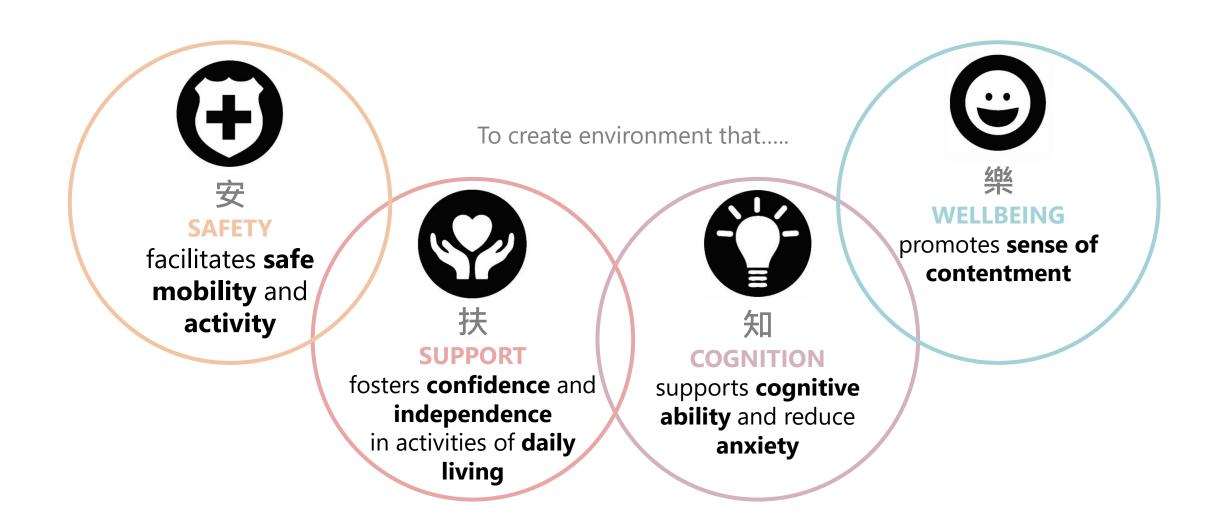
Timeline of our journey



Journey of the Elderly-Friendly Design Guidelines



4 Overarching Principles



Well-being

the state of being comfortable, healthy, or happy.

The shall

"Any elderly care home is not just any environment. It must be designed with the needs of the elderly in mind so that they can live with dignity, respect and enjoyment in this purpose built care 10 home."

Purpose-built Multi-welfare Services Complex, Kwu Tung North







Integrated Workshop

With district elderly community centre, NGOs, and Project Related Parties



明愛元朗長者社區中心(天澤中心)明愛元朗長者社區中心 建築署

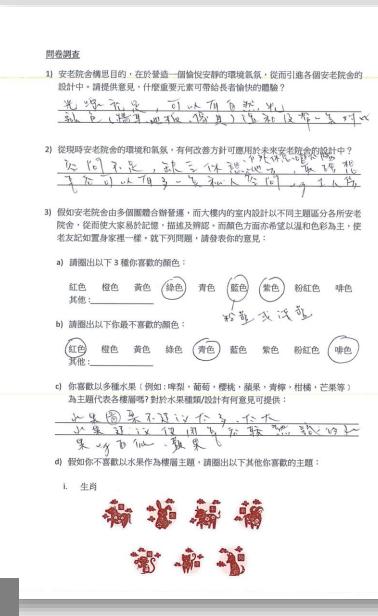
長者院舍設計方案交流會

112 11 11 2111 2020年11月10日

Integrated Workshop

Elderly perspective. Theme objects?







Design Feedback from Service Operators of Different RCHEs & The Elderly

Theme and identify primary considerations:

- Easy to remember
- Easy to tell other people
- Meaningful
- Recognizable
- Enjoyable
- Colourful
- Have a big contrast
- Provide numbers for each floor
- Create home-like feeling
- Daily life elements

Questionnaires prepared by ArchSD

Elderly perspective . Theme objects?

X Symbols not easily recognized by the elderly

METAL

X Birds

Pattern looks nice but difficult to be distinguished

X Animals

Chinese Zodiac : Dog, pig, etc. are **not good**, as they **bear other meanings**

X Mahjong May draw up unpleasant feeling and

religious background

not good to those who have

中發



Elderly cannot distinguish different kinds of flowers. Not preferred by male elderly PEAR GRAPE CHERRY APPLE LIME MANDARIN MANGO

Fruit theme - Most welcomed by elderly

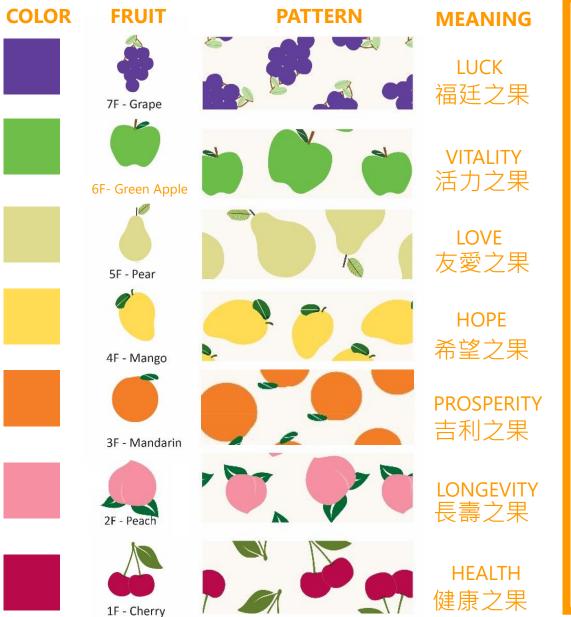
14

WATER

WOOD

FIRE

EARTH



15

Design Considerations (The elderly's comments)

 ✓ Pastel tone colour
 ✓ Limit use of blue





即是唔要似醫院、唔要似營舍。唔 要單以功能分配房間,如治療室、護 士站、活動室等。色彩設計要比較自 然,開陽,引入日光最好。器材設備 貼近家用風格,型做住家的氣氛。





Tree of Wisdom Concept

The **life cycle of a tree** is a **metaphor** for the **journey of life** and the fruits representing the elderly, are the wealth of knowledge that is gained along the way.

The purpose built care home therefore is a "Tree of Wisdom" and the elderly that resides in them are the fruits that grow from it.

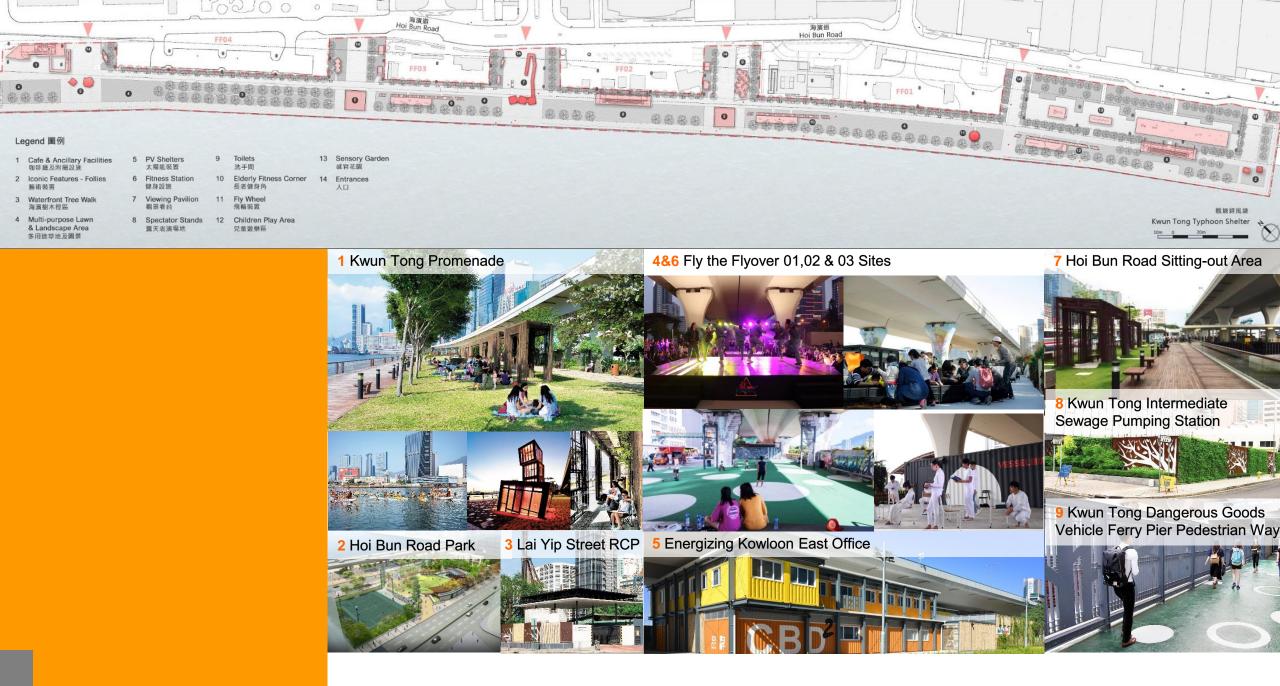


Kwun Tong Promenade



Kwun Tong Promenade Bringing Nature into our City







Inland area

Bypass / Flyove

Building

Promenade

Sea

WHARF TH



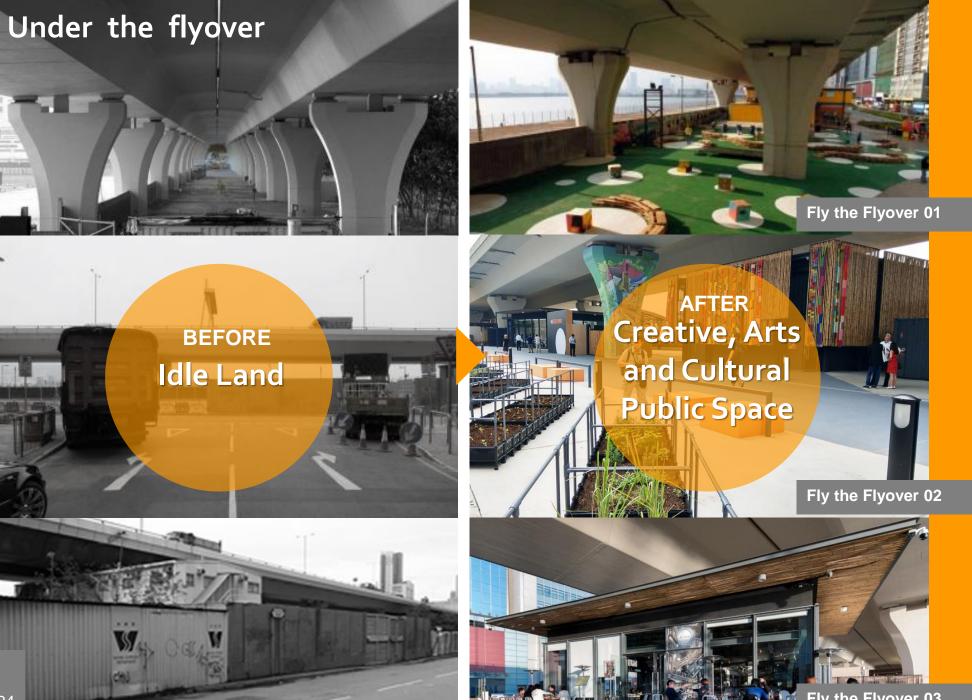
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Open Space







24

Fly the Flyover 03

A variety of activities



(CROSS-GENERATIONAL)

T



Tamar – HKCEC Promenade

and a

(CROSS-GENERATIONAE)

Photo credit: DEVB

PEXXE



Seating





A variety

S e a t i n g

Seating + Greenery

S e a t i n g

(CROSS-GENERATIONAL)

Seating + Pavilion





Wan Chai Promenade

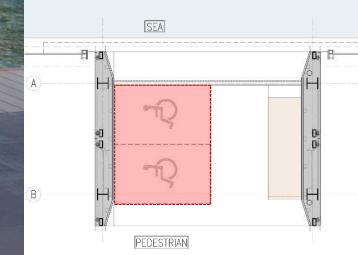
習仔海

Great Eag

(CROSS-GENERATIONAL) (INCLUSIVENESS)







S e a t i n g

[INCLUSIVENESS]

CROSS-GENERATIONAL)



Kerbless design + Inclusive pavilion



(INCLUSIVENESS)

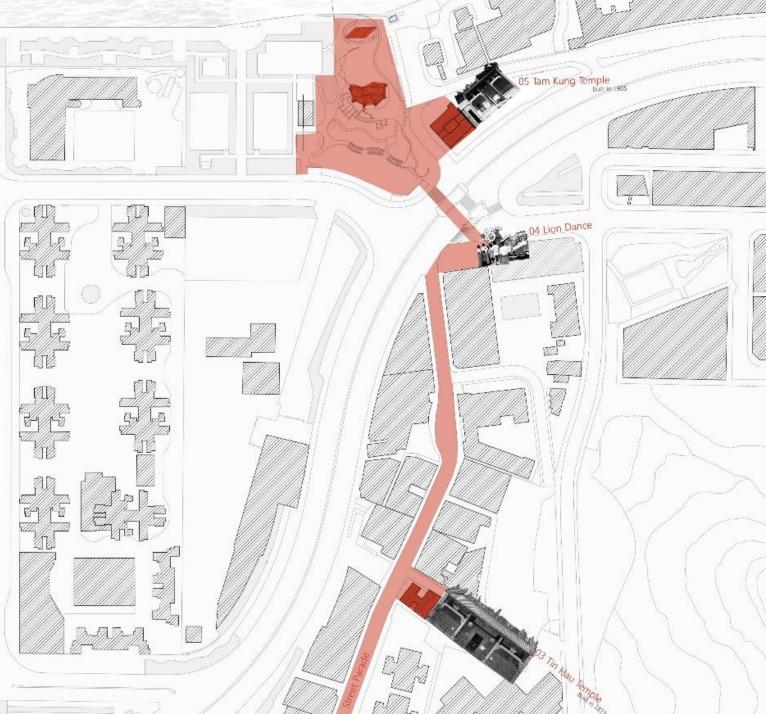














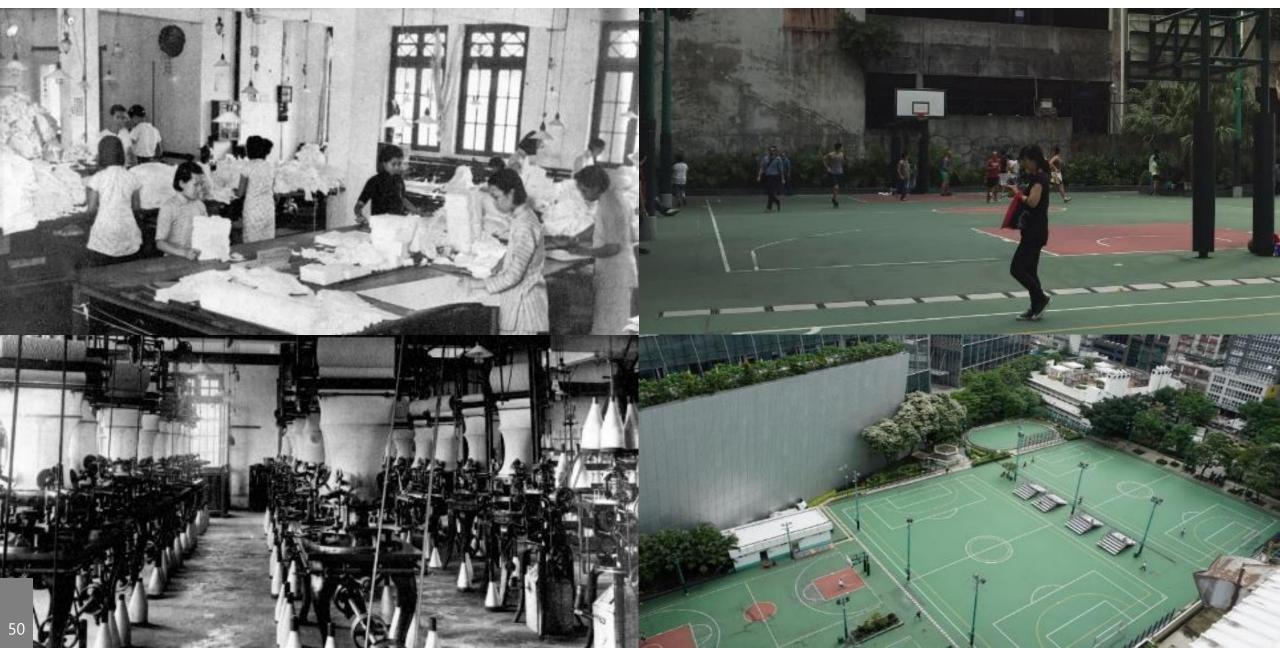




Local Memories



The Past of Hong Kong





Artistic and Casual, Old and New

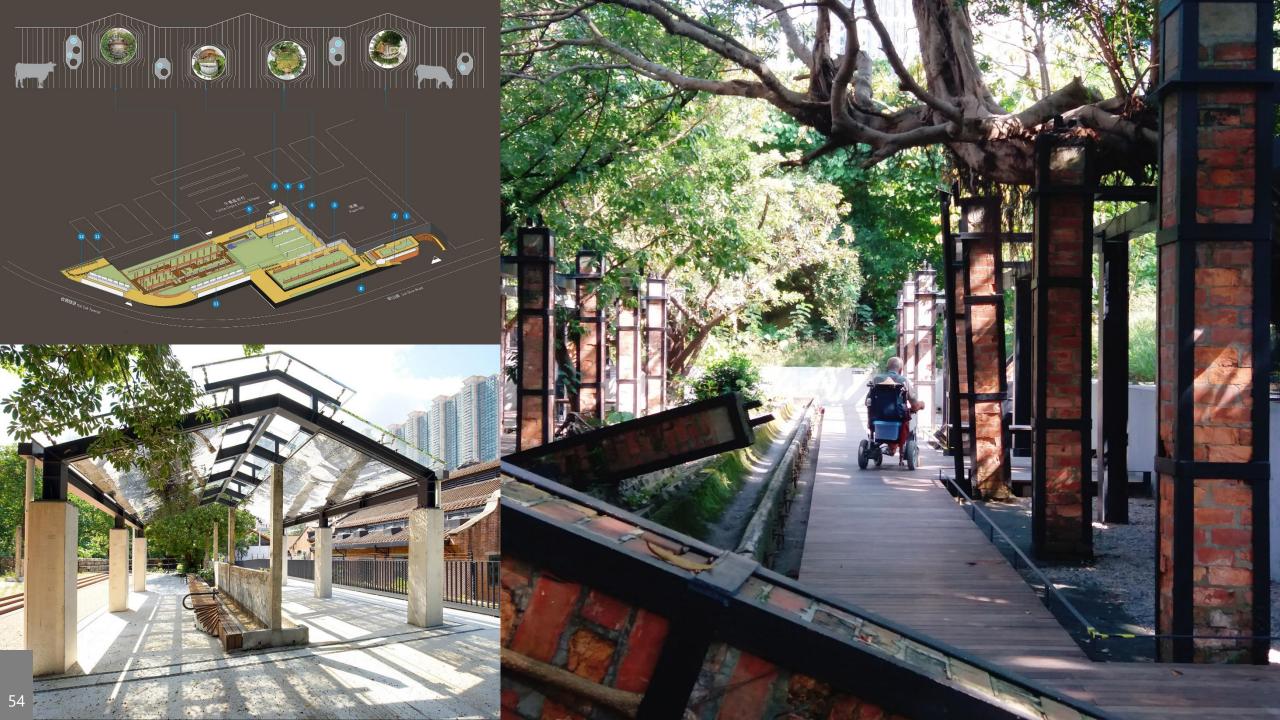
[CROSS-GENERATIONAL]

Electronics

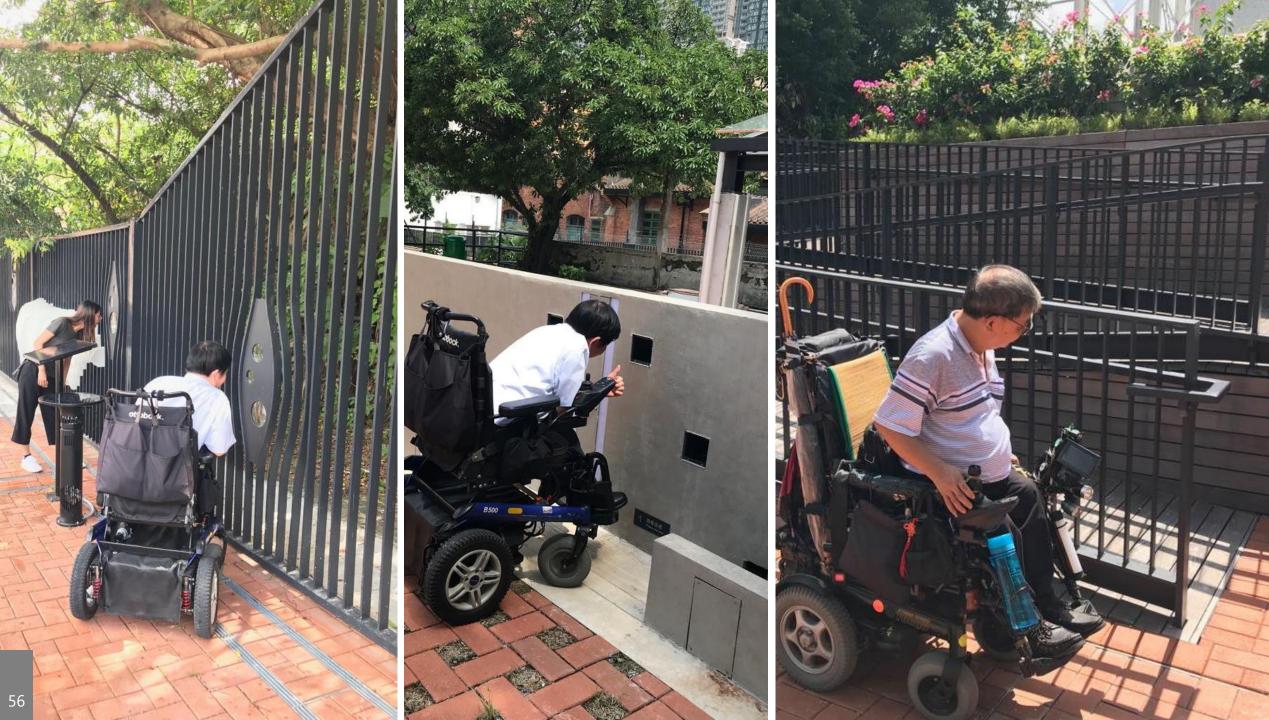








CROSS-GENERATIONA INCLUSIVENES









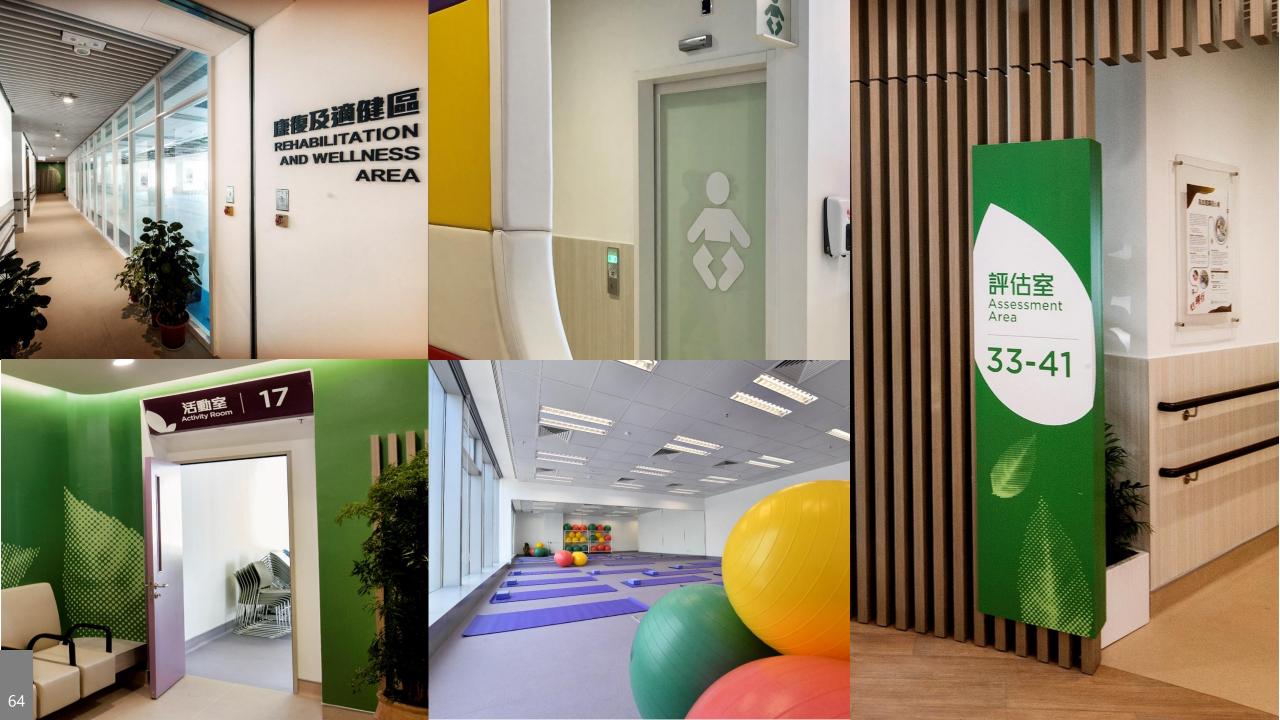
(CROSS-GENERATIONAL) (INCLUSIVENESS)



INS

Kwai Tsing District Health Centre



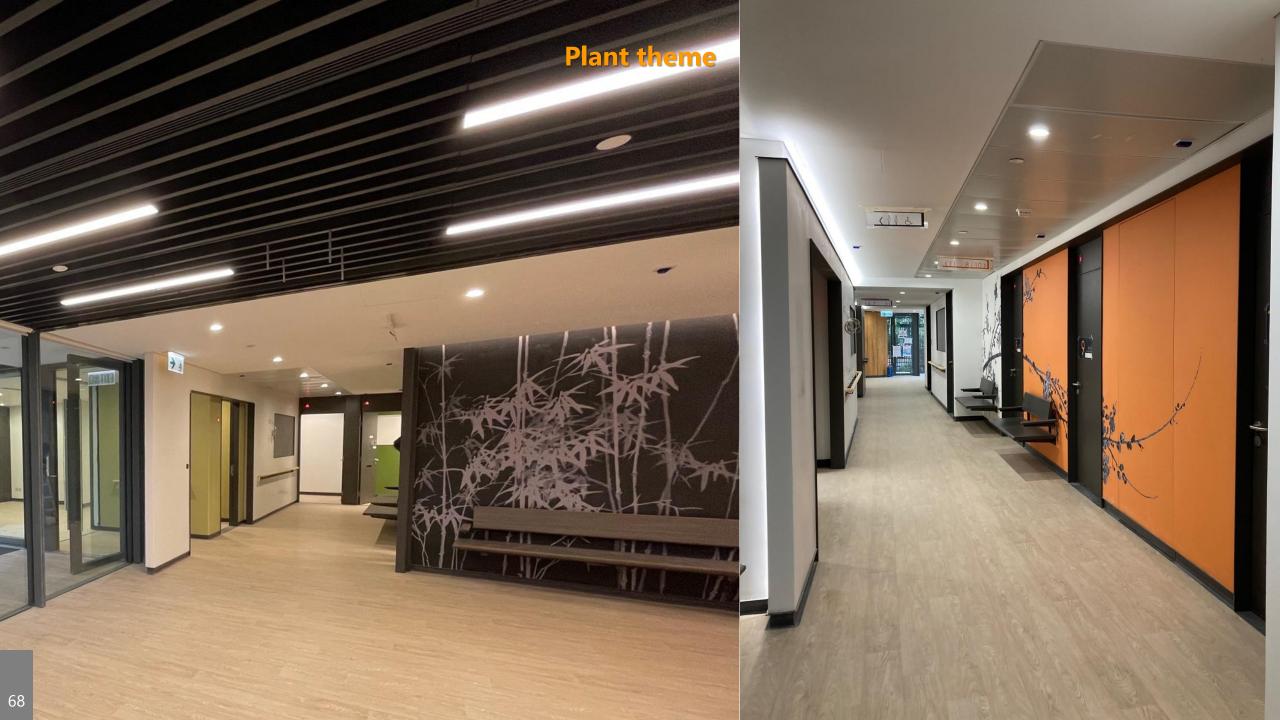




Tuen Mun Wu Hong Elderly Health Centre

T APRILITIES





Collaborate

and embrace a **multi-disciplinary** and **synergistic** approach in building an Elderly Friendly Design City Architectural Services Department 建築署

Symposium on Delivering an Elderly-friendly City 構建長者友善城市研討會

Symposium on Delivering an Elderly-friendly City 10.2019









	AA	
		2017年 7月 - 2020年 12月
	小松荫ut crack	
	ut cracle	
	Chapter 3:	Thematic Session "Open Space" Architecture Play Space Elderly Health "開放空間": 建築設計 遊樂環境 長者健康
	Date: Time: Venue: Register: Quota:	2020.07.25, Sat 10AM-12PM Online (Link will be sent after successful registration) https://forms.gle/7g5qHXaAQ3rJ2o2T6 50 (Public)
老加松柏		And sease

CUHK IOA/SOA/URSP -"Nutcrackers" Seminar on Elderly Wellbeing and Built Environment 7.2020

[Nutcrackers] Seminar Series – "Open Space: Architecture | Play Space | Elderly Health"

DATE 125 JUL 2020 TIME | 10:00-12:00 **VENUE I WEBINAR**

老如松柏... 是我們寄望香港每一個人都會擁有的。 「松果」- 寓意是一些可令長者生活得更關心舒 **適的建築城市設計。這些松柏的「果實」,不一** 定是宏大的概念,可以是一些細微的設計事物。

小松隊將會聯同醫護健康及城市建築界的專業人 士, 與長者及學生, 一起在香港中尋「松果」。

想一起成為小松隊隊員嗎?

A collaborative effort of health and built environment professionals, elders and students who will be digging for pine nuts in Hons Kons.

Pine nuts are some attentive observations in the city where design can be further explored to help building quality environments for our grannies, our parents and our seniors, where they will be happy and safe to live in.

Let's crack them up - the pine nuts!



七月至十二月的公開講堂, 歡迎各位參與! 每月的星期六早上: 25/7, 29/8, 19/9, 31/10, 28/11, 19/12 詳情: https://www.facebook.com/nutcrackers.cuhk/ 查詢: 劉先生 Kayson Lau 3943 7034



Infrastructure

Urban Planning

Come co-create an age-friendly city! Initiated by KPF, CUHK Jockey Club Institute of Ageing's project "Nutcrackers" focuses on the relationship between elderly well-being and built environment. In this public talk, Prof Jean Woo (Doctor; Emeritus Professor of Medicine, CUHK), Ms Ho Wing Yin, Winnie (Architect; Deputy Director of Architectural Services, HKSARG) and Mr Chris Yuen (Play Environment Consultant; Playright Children's Play Association) will share their expertise on the topic of "Open Space".



Partnership Scheme & Awards 2019

HKCSS 2019 Inclusive Environment Recognition Scheme



Ko Shan Theatre New Wing - 全面共融大獎

West Kowloon Government Offices - 共融環境優異獎

香港特別行政區政府建築署 推展「長者友善」公共建築





Partnership Scheme & Awards 2020

Jockey Club Age Friendly City Partnership Scheme



Selected and awarded under the category of **Aged-friendly Facilities Award**



ArchSD Knowledge Management

ARCHSD KNOWLEDGE PAPER

GUIDELINE FOR ELDERLY-FRIENDLY DESIGN IN ARCHSD PROJECTS

EXECUTIVE SUMN

According to the "2016
an age-friendly city and
constructing new public

encouraged.

Authors :

KM Manager :

Key Words :

Date :

Guideline for Elderly-Friendly Design in ArchSD Projects 1.0 Background This Guideline has bee Urban landscape and built environment contribute largely to the urban-friendliness of a city. The outside environment and public buildings have a major impact on the mobility, independence and quality of life of above the minimum s elderly and affect their ability to "age in place". Proper design provides better environment for the elderly. It (DMBFA), Recommend enhances sense of belongings and health being of the elderly. According to the "2016 Policy Address", the Government will make continuous efforts to develop Hong Kong into an age-friendly city and promote active ageing. The Government will provide additional chairs or priority seats for the elderly in existing public facilities such as markets, swimming pools and sports centres, and incorporate more age-friendly design when planning and constructing new public space and facilities. (f) With a vision to serve and care for our community by enriching the living environment through quality professional services, ArchSD is committed to promote quality design for the health, safety and accessibility of the elderly people in our projects, and henceforth to facilitate the elderly to enjoy life with autonomy which is essential in achieving the goal of healthy ageing. 20 Objectives To make recommendations for reference by Project Team on elderly-friendly design in ArchSD projects. 3.0 Methodology Ageing is a gradual process: the ability in seeing, hearing, locomotion and cognition declines in a progressive manner as ageing progresses. Recommendations in this Guideline address the 4 main aspects of age-related disabilities: Visual, Hearing, Locomotive and Cognitive. Action column is included to indicate the action to be taken by the following disciplines for each elderly-friendly design consideration:-A = Architects B = Building Services Engineers L = Landscape Architects M = Property Services Managers P = Project Managers Q = Quantity Surveyors Deposition in KM Por S = Structural Engineers Page 2 First Issue: June 2016

Extent of Application

Parks, open spaces and places frequented by the general public in the following ArchSD projects should follow the recommendations for elderly-friendly design made in this Design Guideline unless otherwise stated -

- (a) Government offices:
- (b) Law courts;
- (c) Public libraries:
- (d) Community halls;
- (e) Places of public entertainment (PPE);
- Markets
- (g) Hospitals and healthcare facilities; Welfare facilities*:
- Transport stations, interchange and passenger terminals;
- Columbariums; and/or
- (k) Crematoriums.

*Welfare facilities include Residential Care Home for the Elderly and Social Centre for the Elderly

Visual

Ageing occurs in the structures of the eye causing varied effects. The elderly may have problems in accommodating dramatic changes in lighting levels or unable to tolerate glare. Reduction in contrast sensitivity with diminished ability to perceive depth is also common, hence difficult to recognize changes in level of floor surfaces.

Degeneration in colour vision also gives rise to insensitivity to colours of shorter wavelengths (e.g. blues, greens or violets), whereas warm colours with longer wavelength (e.g. reds, oranges or yellows) are easier to differentiate.

R	Recommendations			
Ī	Reduce glare	5.1.1	Avoid using bare light bulbs.	A, B
		5.1.2	Use non-glare or low gloss floor finishes.	A
		5.1.3	Use non-reflective materials e.g. matt paint or textured wallpaper on walls surfaces.	A
		5.1.4	Avoid windows at the end of long corridors or large enclosed space which creates glare.	A

e from Design Manual: Barrier Free Access 2008 and article in NCBI - National Institutes of Health - Ageing changes in the /www.ncbi.nlm.nih.gov/pmc/articles/PMC2585730/).

Page 3

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Locomotive 3

The elderly may experience decline in mobility. They may become unstable in their gait and find it hard to negotiate steps. A fall can be a serious occurrence for an older person who has less balance and slower reaction times. Frail elderly would require the use of walking aids, canes and wheelchairs.

Provision of seatings and resting places would better serve the elderly with decreased stamina. The elderly may have difficulties to open heavy doors. They may also be easily susceptible to injury due to bending, stooping and stretching.

Recommendations

ecommentiation	•		Acuon
Provide wider steps	7.1.1	Provide risers of maximum 150mm and treads of minimum 300mm for internal main circulation staircases and steps in or connected to the main entrance lobby. (For the avoidance of doubt, this requirement is not applicable to the staircases required for MoE.)	A
	7.1.2	 Provide risers of maximum 150mm and treads of minimum 300mm for external main circulation staircases and steps leading to: (a) The main entrances, parks and open spaces; and/or (b) Major public facilities inside parks and open spaces (major public facilities such as accessible toilets, pavilions, amphitheatre, children play areas, elderly fitness stations and other main activity centres). 	A
Provide wider ramps	7.2.1	Provide minimum width of 1.5m for internal ramps in or connected to the main entrance lobby.	A
	7.2.2	Provide minimum width of 1.5m for external ramps leading to: (a) The main entrances, parks and open spaces; and/or (b) Major public facilities inside parks and open spaces (major public facilities such as accessible toilets, pavilions, amphitheatre, children play areas, elderly fitness stations and other main activity centres).	A
	7.2.3	Avoid curved ramp which induces a cross fall and affects balancing and steering of wheelchair.	A
Provide wider corridors	Provide minimum width of 1.8m for corridors in or connected to the main entrance lobby.		

nce from Design Manual: Barrier Free Access 2008 and Building and Construction Authority, Singapore - Code on bility in the Built Environment 2013 (https://www.bca.gov.sg/BarrierFree/others/ACCESSIBILITY_CODE_2013.pdf). Page 5

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Action



Caring for the Elderly . Build a Better City



