From Active Ageing to Age Friendly City: a reflection on the theoretical framework
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Figure 6. Age-friendly city topic areas

Age-friendly city

- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services
- Outdoor spaces and buildings
A summary of the 8 topics of ‘age-friendly city’ into the 4 thematic directions of the present conference

- Life long learning
- Physical environment
- Social and health service
- Social and civic participation
• Factual and flat description of the human activities and facilities in an urban environment, pragmatic solution to the issue. -- what is the background supporting such proposal of ‘Age-friendly city’?

• Where is the linkage of these 8 aspects?
• Asking the ‘what’ and ‘why’ questions before the ‘how’ question.
• What are the core propositions leading to a conceptual framework which will in turn support the discourse of ‘age-friendly city’?
• **What is ageing?** Life course theory, active ageing, independent living

• **What is a city?** Urban living environment, right to the city, post medical geography of health

• **Based on what ground the city has to be ‘age-friendly’?** The performative citizenship; the being, belonging and becoming aspects of life; ageing in place
• What is ageing?
• Ageing is a social construction
• Becoming old at the age of 65 is a social creation that originated in the Western countries in the 19th Century

Athlete Mr. Yip aged 87

Philosopher Lao Sze Kwang aged 82
Conclusion

- **Age is a social construct**
- Old citizens should be encouraged to work, and to ‘exercise, have sex, take holidays, socialize in ways indistinguishable those of their children’s generation’ (Blaikie1999: 104)
The life course approach of Confucius

- Confucius said: ‘At fifteen my heart was set on learning; at thirty I stood firm; at forty I had no more doubts; at fifty I knew the mandate of heaven; at sixty my ear was obedient; at seventy I could follow my heart's desire without transgressing the norm.’ (The Analects, Book 2: Wei Chang, Chapter 4)
Life course approach

- Life course approaches can be characterised by five paradigmatic principles (based on Elder et al, 2003: 12 -13)
  - [life-span development] Human development and ageing are lifelong processes.
  - [agency] Individuals construct their own life course through the choices and actions they take within the opportunities and constraints of social, economic, political and cultural circumstances.
  - [time and place] The life course of individuals is embedded in historical times and places they experience in a life time.
  - [timing] The developmental antecedents and consequences of life transitions, events and behavioural patterns vary according to their timing in a person’s life.
  - [linked lives] Lives are lived interdependently and socio-historical influences are expressed through a network of shared relationships.
Active ageing

- people should be able to **realize their potential** for physical, social and mental well being throughout the life course
- The word ‘active’ refers to **continuing participation** in social, economic, cultural, spiritual and civic affairs
- Those who are ill or live with disabilities can remain **active contributors** to their families, peers, communities and nations
- Key goal of active ageing: **maintaining autonomy and independence** as one grows old
- Ageing takes place in the context of others --- friends, neighbours, family members and work associates.

• Each individual has a right to independence that comes from exercising control over his or her life, based on an ability and opportunity to make choices in everyday activities.

• These activities may include participating in community life; fulfilling social roles such as marriage, parenthood, employment, and citizenship; sustaining self-determination; and minimizing physical or psychological dependence on others.
• What is a city?
• What is urban living?
• ‘Man is a creature who lives in a polis’ (Aristotle)
• Phadrus: ‘Do you ever cross the border (i.e. leaving the city of Athens and going into the natural landscape)?

• Socrates: ‘I hope that you will excuse me when you hear the reason, which is, that I am a lover of knowledge, and the men who dwell in the city are my teachers, and not the trees, or the country.’
Henri Lefebvre

- Urban form involves the bringing together and meeting up of everything in the urban space
- A place for to meeting and gathering together
- A place for communication
Henri Lefebvre: Rights to the city

- The highest form of rights:
  - Not to be excluded
  - Liberty, individualization in socialization,
  - Respect of different environs and ways of living
Henri Lefebvre: Rights to the city

- All urban dwellers have the rights:
  - to training and education, to work, to culture, to rest, to health, and to housing.
• In a concrete space people continue to negotiate with existing ethical, social, economic and aesthetic orders to organize their life, to search for intimate relationships, and to acquire and defend individual and communal culture and values.
Way of living is a quality of the person

• To think city as a totality
• Relation of the ways of living of the citizens and the city (living environment)
• Individuals are participating in different social domains or life spheres. In which they take up social roles and have particular interactions (Ley & de Rouck 2005)
The performative citizenship

- A shift in the meaning of citizenship from being primarily guaranteed as a status to being primarily guaranteed as a performative act:

- what a citizen can do and how citizenship is important to claim one’s right to the city and the production of that space. (Lepofsky & Fraser)
It is no longer sufficient to design a living environment for older people where only medical services are provided. The sustainability of the physical and psychological health of the citizens is a board concern which involves serious consideration in a multidisciplinary context.
3-B Model for measuring the Quality of Life

- This model serves as a means of understanding how community factors influence health and well-being.

- The quality of life model directs attention to how these factors affect individuals’ lives by considering whether and how basic human needs are being met within a community.

- In 3-B model, *quality of life* is defined as “the degree to which a person enjoys the important possibilities of his or her life in three areas”*.  

3-B model

(1) The area of Being reflects: "who one is" and has physical, psychological, and spiritual components.

(2) The area of Belonging is concerned with the fit between a person and his or her physical, social, and community environments.

(3) The area of Becoming refers to the activities that a person carries out to achieve personal goals, hopes, or aspirations. Becoming involves practical or day-to-day activities, leisure pastimes, and those activities that help one to cope and grow.

Becoming

• people remain enthusiastic about ‘self-development’ and have expectations for a better future.

• From our analysis, we remark that, if people have the advantages of good health and financial stability, they will continue to strive for a life with quality as they age.
Proposal of multi-dimensional schemas for age-enabling urban environment
Enhancing the quality of life of older people:
Activities zones from home to urban space:

- **ADL: Home Environment**
- **IADL: Home/ outdoor Environment**
- **QoL: Outdoor environment**

**The Activities of Daily Living (ADLs):** movement in bed, transfers, locomotion, dressing, personal hygiene, and feeding.

**Source:** 大阪市立大学大学院生活科学研究科 X 大和ハウス工業総合技術研究所 2009
Figure 1: Model of conceptual framework

Model of conceptual framework for independent living

(Leys & De Rouck, 2005)
A person with the related material world

To see a person as an agent living in a different but inter-connecting network
• To see people as users of design products and services at different aspects of environment

- **Inter-personal/Social Environment**
  - Media
  - Communication Products and Services

- **Physical Environment**
  - Cultural Environment
    - Museum Design
      - Culture
      - History
      - Identity
    - Exhibition Design
      - Commercial products
      - Art objects
    - Public Facility Design
      - Play structures for young and old

- **Consumer Goods**
  - Home
    - Home Appliances
    - Furniture
    - Interior Design
  - Space
    - Environmental Design
    - Public Furniture

- **Public Space** (indoor/outdoor) Design

- **Everyday Life Environment/Personal Habitus**
  - Means of transportation

- **Traditional culture**
- **Contemporary culture and society**
日期：2003年4月22日

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地方：聖雅各福群會老人社區服務中心

近家社區環境設計工作坊

多用途大廈

1. 街市

2. 購物商場

3. 社區會堂

備註

有電梯的行人天橋有蓋行人通道
有蓋行人通道
Community Life

• Most participants intentionally planned the elderly home, elderly centre, library, schools, kindergarten, community hall, children and youth centre in one cluster.

• This showed that the participants wished to live happily among other people in a community.
Ageing in Place: Mix used urban district where older people can live among others: they can shop, work, recreate, learn, receive care services in a neighbourhood environment.
<table>
<thead>
<tr>
<th>Life Course Theory</th>
<th>Desires for Continuity</th>
<th>Active Ageing</th>
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<tbody>
<tr>
<td>• Life is a continuous process</td>
<td>• One trends to sustain the continuity of identity and life experience</td>
<td>• Older people should be empowered</td>
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<td>• Ageing occurs from birth to death</td>
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<td>• To optimize opportunity for health participation and security</td>
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<td>• Enabling older people to make adjustments to changes</td>
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Age Friendly City: it’s not just identifying practical and immediate means to match each individual ‘petal’

- Advocating the rights to the city of all people
- Recognizing the capacities and resources among older people
- Responding to ageing-related needs and preferences
- Respecting decisions and choices of older people

The quest for a Life Space
A Life with Quality:
A life with possibilities
• Why does the city need to become age friendly? (Because at the moment it is not age friendly)
• Is Hong Kong able to become an age-friendly city?
• Concepts of ageing: chronologicalised, institutionalized, standardized (fixed retirement age)
• Privatization of social services (e.g. medical services, education, transportation, etc.)
• Commodification of urban space (land and property price are getting higher and higher)
Policy Address 2009-2010

Residential Care Services

(1) Increasing from 50% to 90% the proportion of nursing home

(2) Purchasing, for the first time, vacant places from self-financing nursing homes and care and attention homes;

(3) Making full use of the space in existing subsidized elderly homes to provide more places that offer continuous care.
Policy Address 2009-2010

Ageing in Place

• To provide additional subsidized day care places
• To improve the existing home care services
Policy Address 2009-2010

Active Ageing

• To establish the Elder Academy Development

• To provide a one-stop information service through a new and dedicated Internet portal for the elderly

Elder Academy Development Foundation: 10 million
Vs
Hong Kong 2009 East Asian Games Opening Ceremony on 5 Dec: 40 million
Hong Kong

• The Government views that older people are leading a passive life in indoor space.
• Most policies are about offering supports to older citizens (who need care) in an interior context.
• The city: is not existing for the older persons.
• What should we do next?
• How do we look at ageing?
• How do we see the coming of ageing society in Hong Kong?
• The End
• Thank you
References

- Leys and de Rouck(2005) Active ageing and independent living services: Core propositions leading to a conceptual framework. (http://is.irc.es/pages/EAP/iLs.html)
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