From Active Ageing to Age Friendly City: a reflection on the theoretical framework

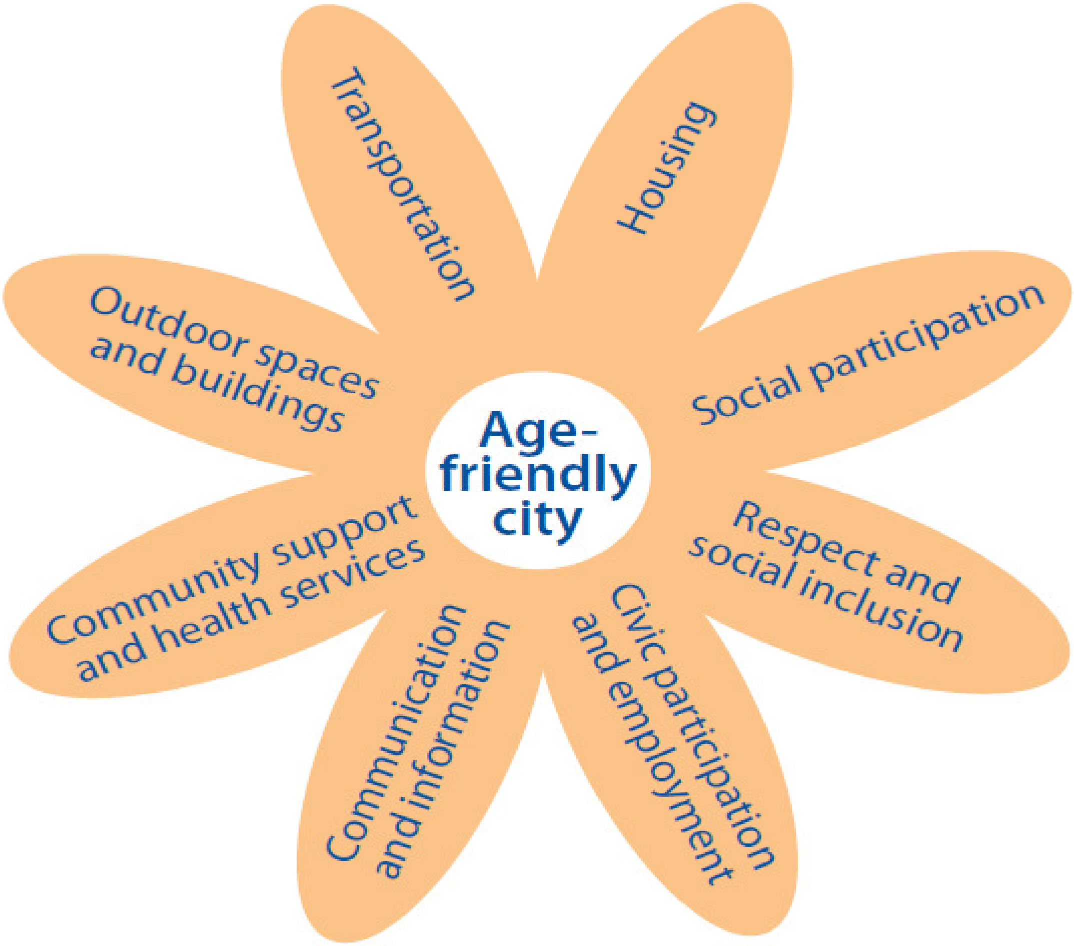
From Active Ageing to Age Friendly City: a reflection on the theoretical framework

KWOK Yan Chi, Jackie (Dr.)

The School of Design &
Institute of Active Ageing
Hong Kong Polytechnic University

THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

Figure 6. Age-friendly city topic areas


Age-friendly city
Transportation
Housing
Outdoor spaces and buildings
Social participation
Community support and health services
Respect and social inclusion
Communication and information
Civic participation and employment

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’?

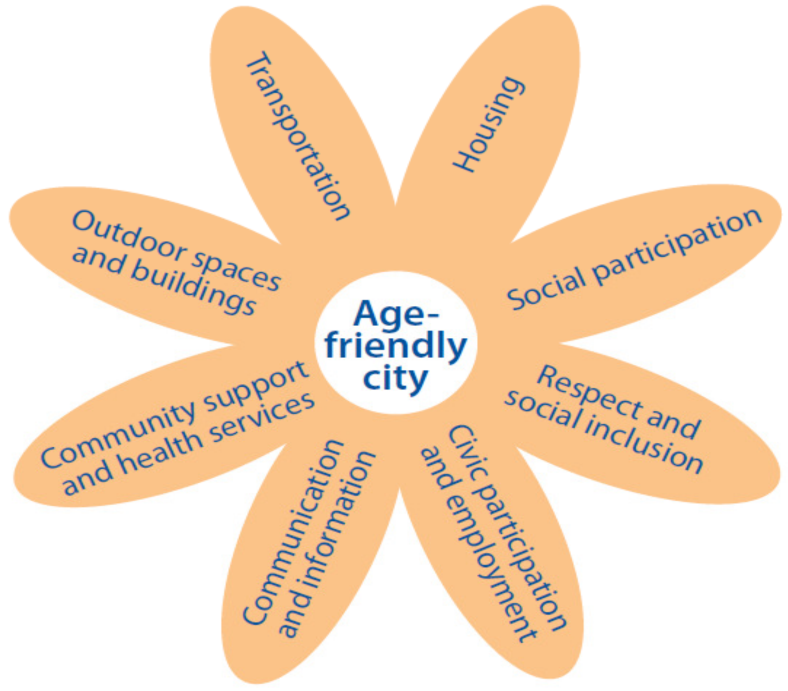


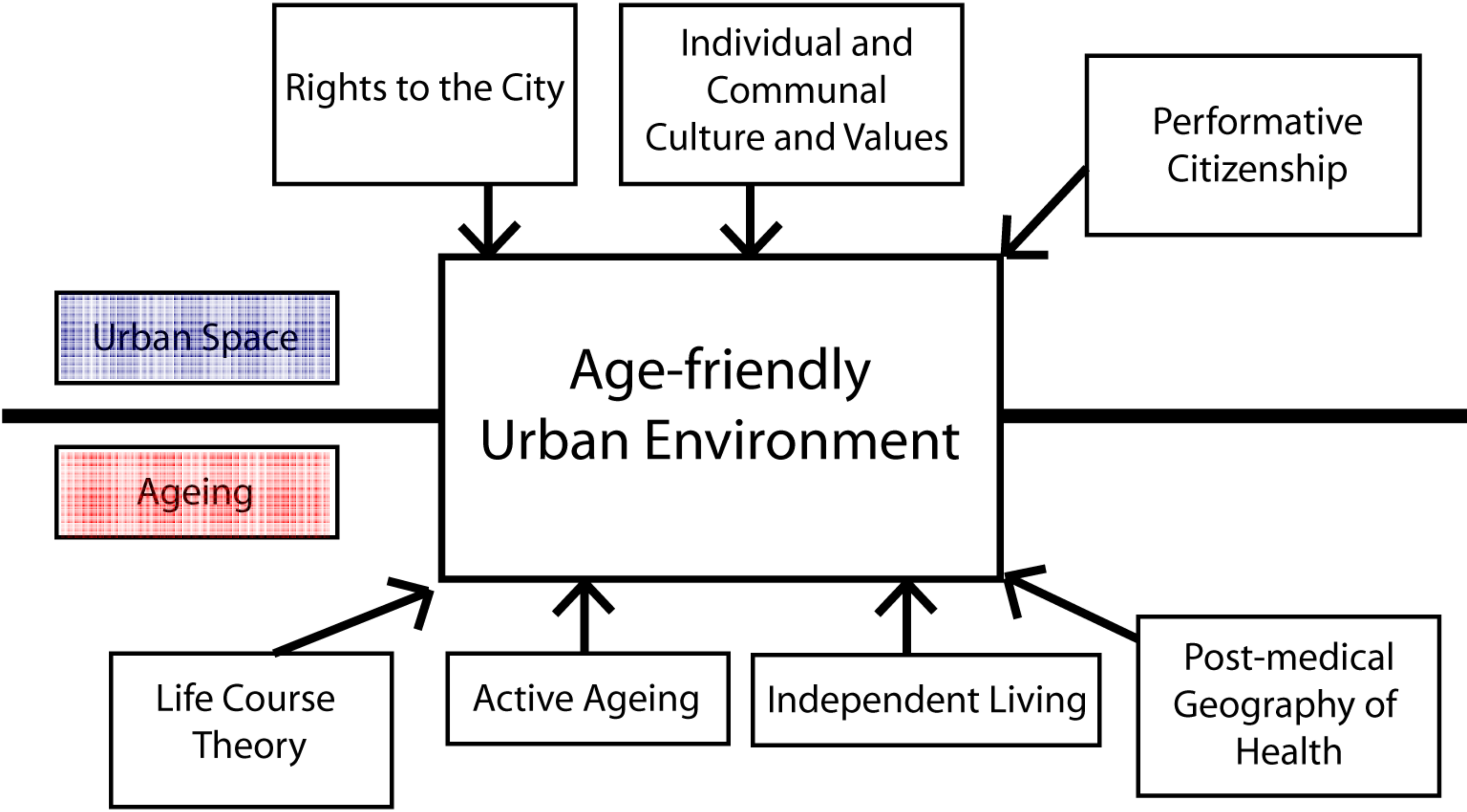
Figure 6. Age-friendly city topic areas

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

- 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


Rights to the City
Individual and Communal Culture and Values
Performative Citizenship
Urban Space
Ageing
Age-friendly Urban Environment
Life Course Theory
Active Ageing
Independent Living
Post-medical Geography of Health

- 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.

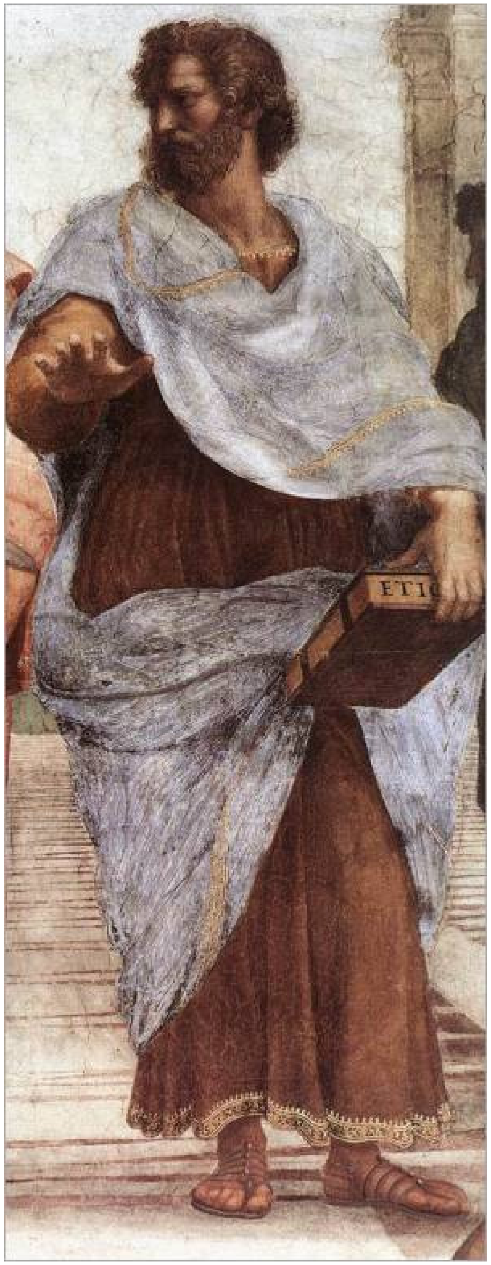
World Health Organization(2002). Active ageing: a Policy Framework

Leys and de Rouck :Independent living

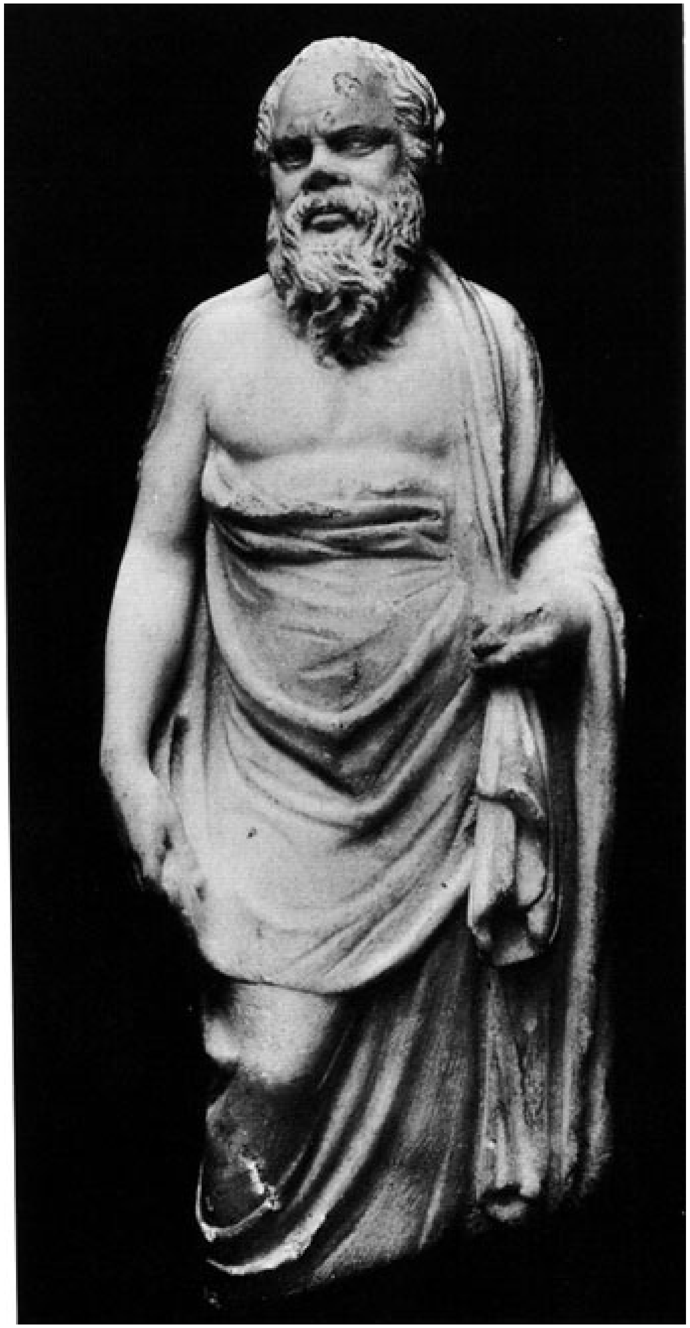
- Each individual has a right to independence that comes from exercising control over his or her life, based on an ability and opportunity to make choices in everyday activities.
- These activities may include participating in community life; fulfilling social roles such as marriage, parenthood, employment, 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

Norberg Schultz : culture and Values

- 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)**

for dign
務唔夠
長者服務唔夠

Kearns and Andrew: ‘post-medical geography of health’

- 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"*.

*References :Raphaela, Dennis., Renwickb, Rebecca., Brownb, Ivan., Steinmetz, Brenda., Sehdevc, Hersh., Phillips, Sherry.,(2001) 'Making the links between community structure and individual well-being: community quality of life in Riverdale, Toronto, Canada' ,*Health & Place* 7 ,pp.179–196

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.

References :Raphaela, Dennis., Renwickb, Rebecca., Brownb, Ivan., Steinmetz, Brenda., Sehdevc, Hersh., Phillips, Sherry., (2001) ‘Making the links between community structure and individual well-being: community quality of life in Riverdale, Toronto, Canada’ ,*Health & Place* 7 , pp.179–196

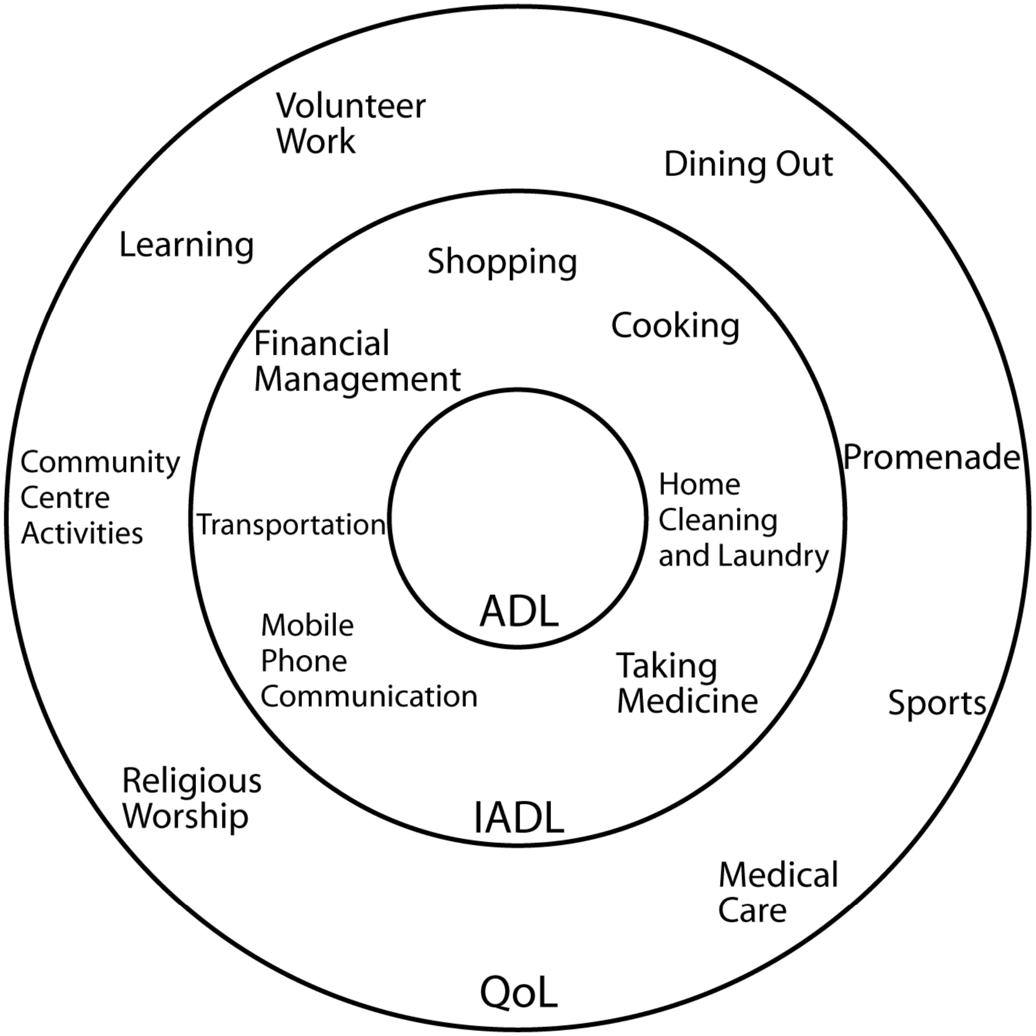
Becoming

- 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:


Volunteer Work
Dining Out
Learning
Shopping
Cooking
Financial Management
Community Centre Activities
Promenade
Transportation
Home Cleaning and Laundry
ADL
Mobile Phone Communication
Taking Medicine
Sports
Religious Worship
IADL
Medical Care
QoL

- **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

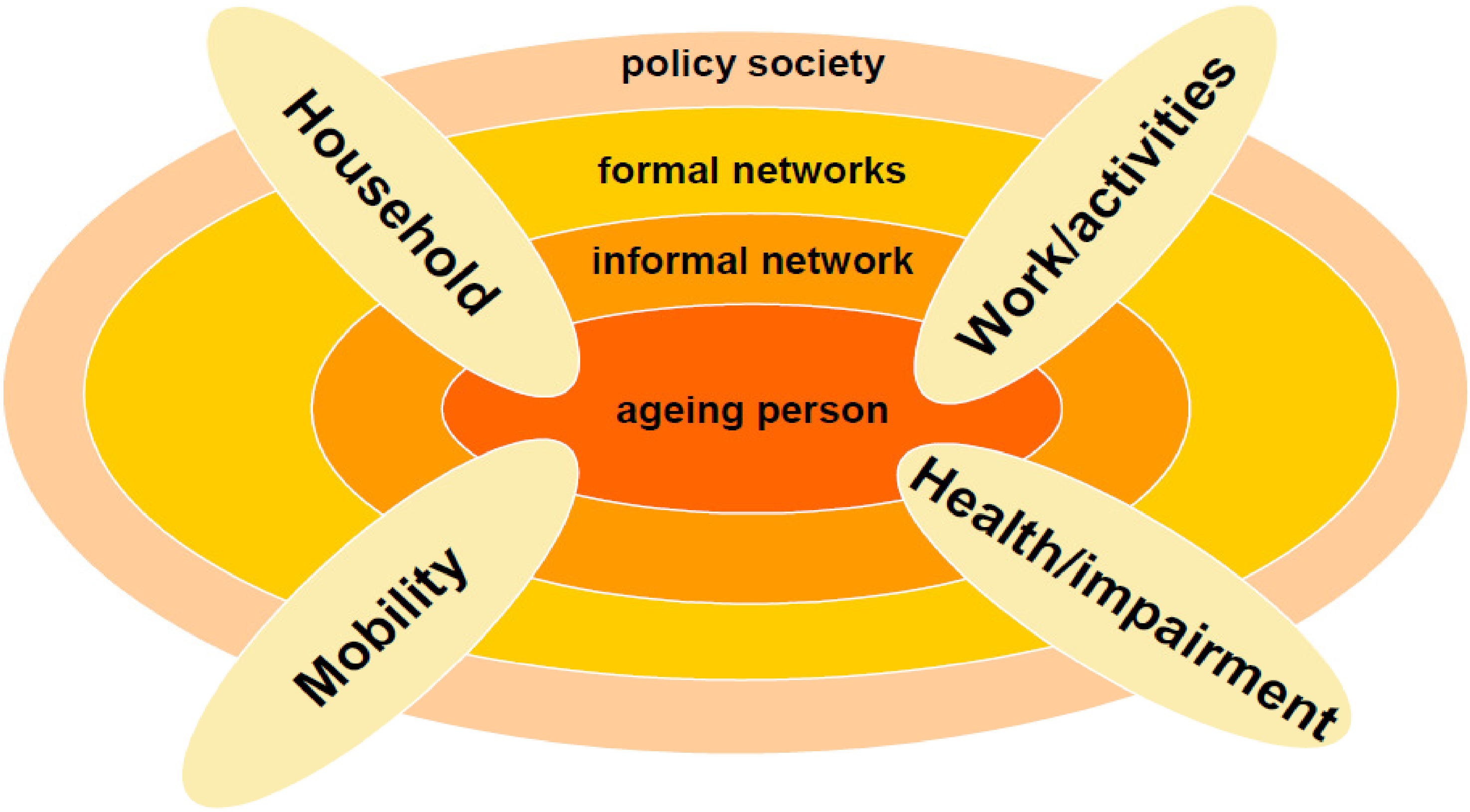

policy society
formal networks
informal network
ageing person
Household
Work/activities
Mobility
Health/impairment

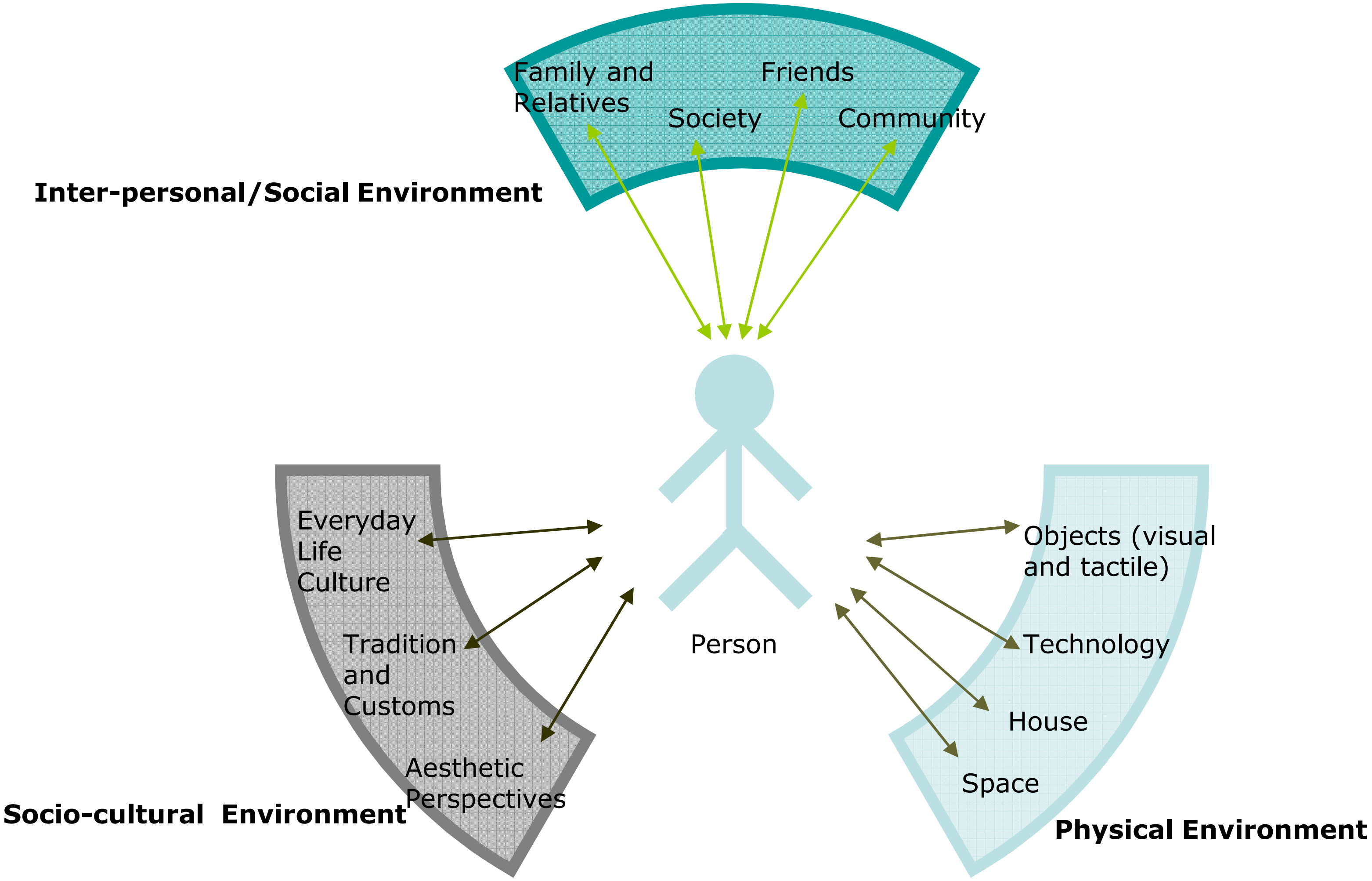
Figure 1: Model of conceptual framework

Model of conceptual framework for independent living

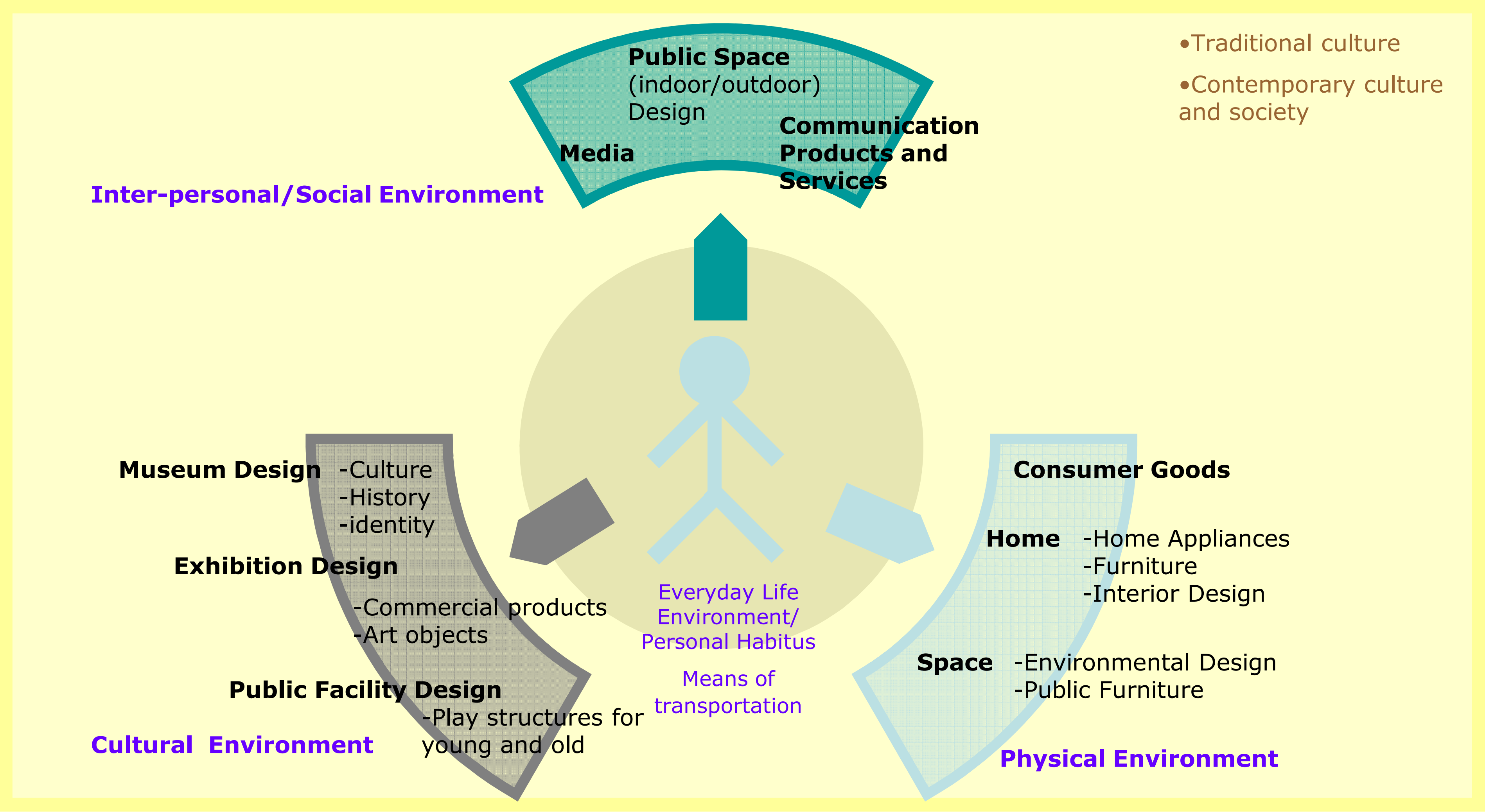
(Leys & De Rouck, 2005)

A person with the related material world

To see a person as an agent living in a different but inter-connecting network


Family and Relatives
Friends
Society
Community
Inter-personal/Social Environment
Everyday Life Culture
Tradition and Customs
Aesthetic Perspectives
Socio-cultural Environment
Person
Objects (visual and tactile)
Technology
House
Space
Physical Environment

- To see people as users of design products and services at different aspects of environemnt

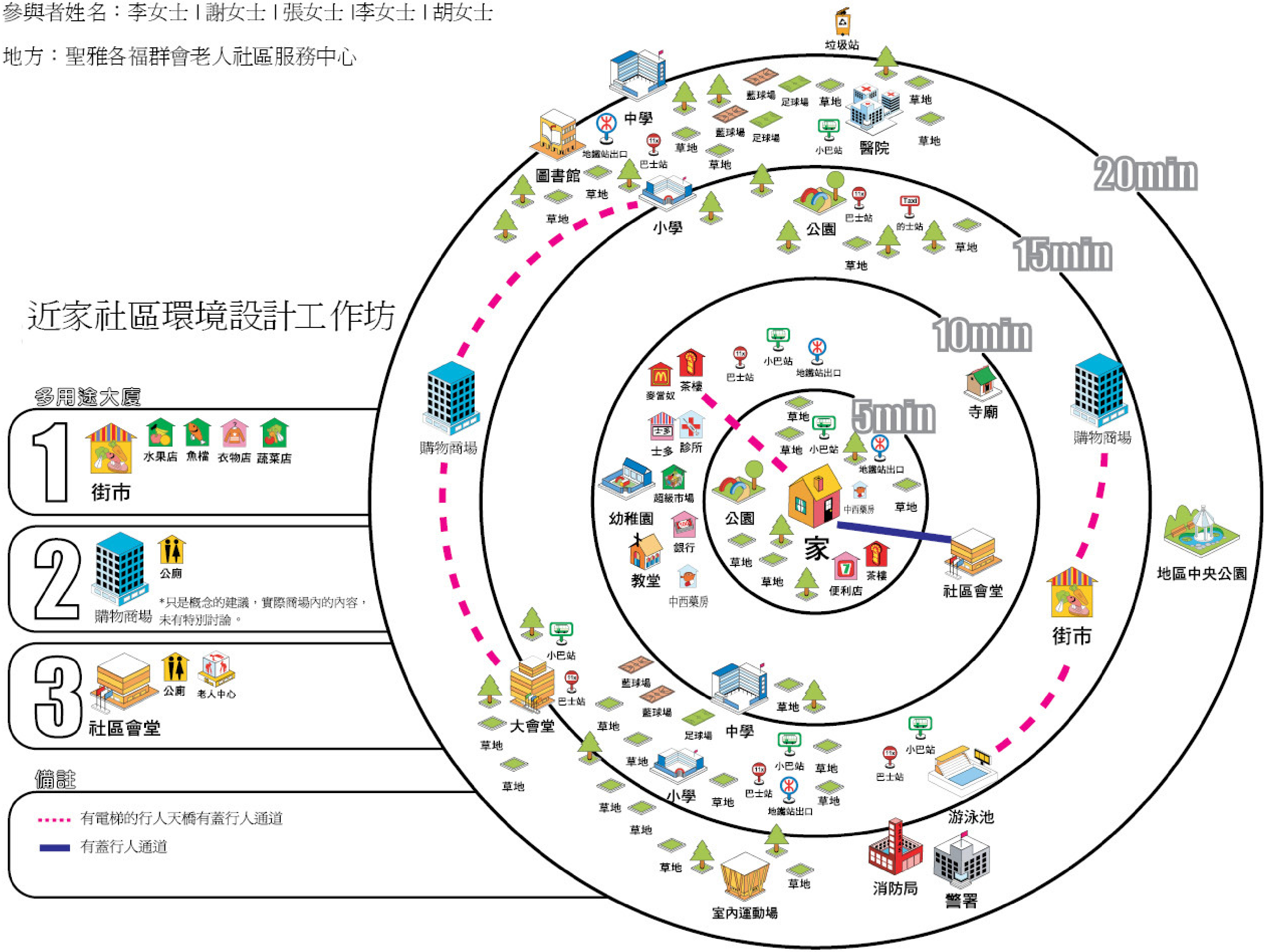

•Traditional culture
•Contemporary culture and society
Public Space (indoor/outdoor) Design
Media
Communication Products and Services
Inter-personal/Social Environment
Museum Design -Culture -History -identity
Exhibition Design
-Commercial products
-Art objects
Public Facility Design
-Play structures for young and old
Cultural Environment
Everyday Life Environment/ Personal Habitus
Means of transportation
Consumer Goods
Home -Home Appliances -Furniture -Interior Design
Space -Environmental Design -Public Furniture
Physical Environment

作品 2

日期：2003年4月22日

參與者姓名：李女士 | 謝女士 | 張女士 |李女士 | 胡女士

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
垃圾站
中學
藍球場
足球場
草地
醫院
小巴站
地鐵站出口
巴士站
圖書館
小學
公園
的士站
20min
15min
10min
5min
麥當奴
茶樓
士多
診所
幼稚園
超級市場
銀行
教堂
中西藥房
公園
家
便利店
寺廟
社區會堂
購物商場
地區中央公園
街市
大會堂
中學
小學
游泳池
室內運動場
消防局
警署
多用途大廈
1
街市
水果店
魚檔
衣物店
蔬菜店
2
購物商場
公廁
*只是概念的建議，實際商場內的內容，未有特別討論。
3
社區會堂
公廁
老人中心
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.

AIPスポットの地区デザイン

AIPスポットの地域展開

高齢化が著しく進行し、住宅の老朽化・空き家化、バリアフリー、医療介護支援などの対応が必要な住宅地に対して、従来の大規模画一的なスクラップビルド型開発とは全く異なる「AIPスポットの地域展開」を提案する。高齢者が独居や要介護などどのようなライフステージにおいても、それまでの豊かな生活を営みながら地域に住み続けられるためのサポート拠点「AIPスポット」を順次整備していく。AIPスポットがどの家からも徒歩圏（500m～1000mの間隔）にあるように小規模分散配することで、高齢者のニーズにめ細やかに対応する。高齢者は分の住宅に住み続けることを基にしながらも、状況に応じて地域内住み替え（高齢者住宅）を選べ、いままでの多様で豊かな生活を継続する。AIPスポットは、地域の実情に応じて、空き家活用による共同福祉住宅（AIPスポット１）、病院に寄り添う介護医療支援住宅（AIPスポット２）、まち機能をもつ交流促進住宅（AIPスポット３）のタイプを選定することで地域展開する。

AIPスポット1
空き家活用による共同福祉住宅

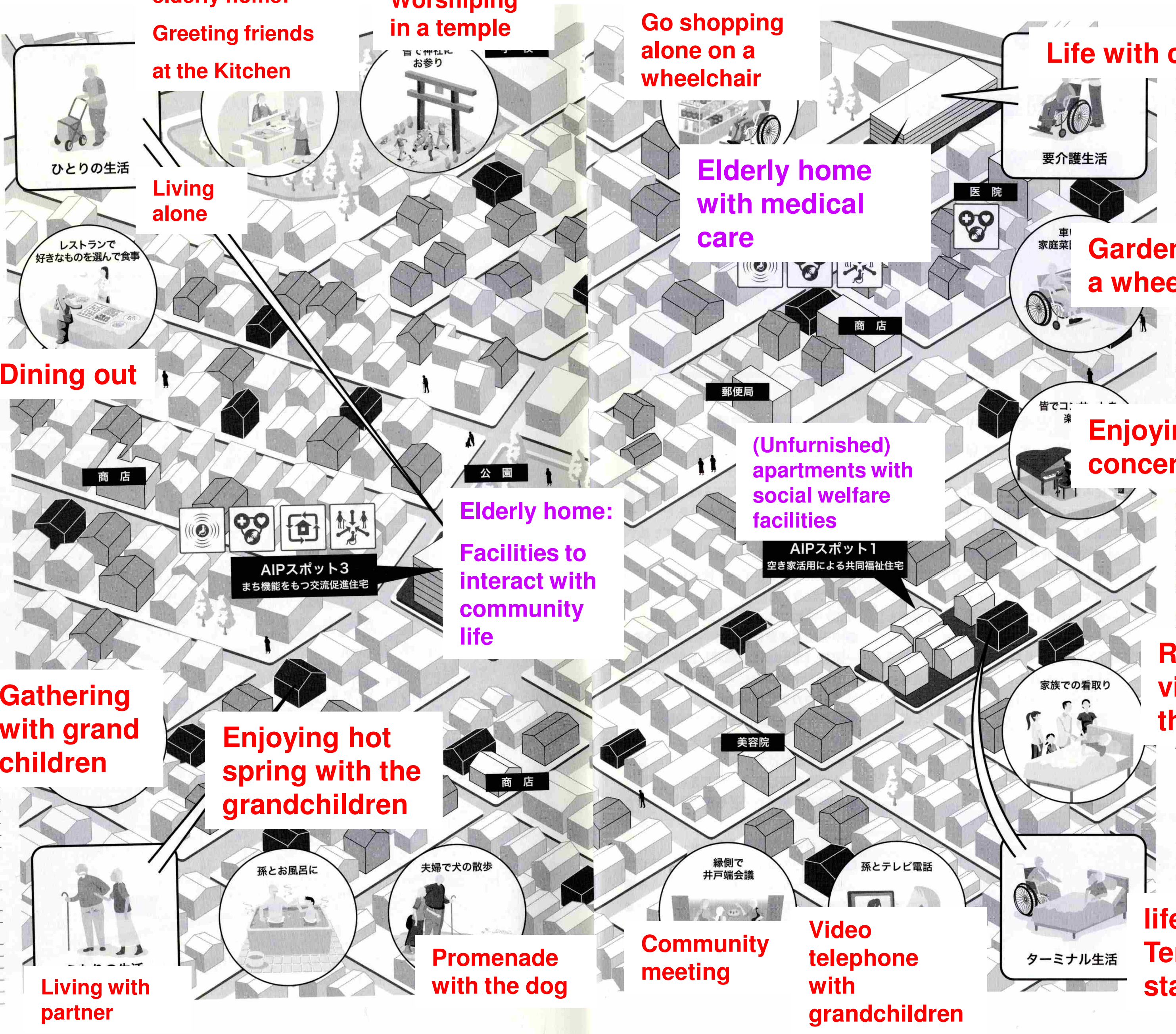
特　徴	空き家活用による喫茶、デイサービスなどを含むグループ居住
用途地域	第1住専
附属機能	喫茶
圏　域	0.5km
1棟当戸数	4～10戸
棟　数	5棟
住戸数	40戸
住戸面積	100㎡程度

AIPスポット2
病院が寄り添う介護医療支援住

特　徴	住宅地の集合住宅
用途地域	第2住専
附属機能	喫茶、コンビニ、病院併
圏　域	0.5km
1棟当戸数	20～30戸
棟　数	5棟
住戸数	120戸
住戸面積	20㎡程度

AIPスポット3
まち機能をもつ交流促進住宅

特　徴	近隣商店街の集合住宅（集合住宅改修含む）
用途地域	近隣商業
附属機能	レストラン、店舗、介護、医療、健康クラブ
圏　域	1km
1棟当戸数	30～60戸
棟　数	4棟
住戸数	200戸
住戸面積	30㎡程度


Communal life in elderly home:
Greeting friends
at the Kitchen
Go Worshiping in a temple
神社にお参り
Go shopping alone on a wheelchair
Life with care
要介護生活
ひとりの生活
Living alone
Elderly home with medical care
医院
Gardening on a wheel chair
家庭菜
レストランで好きなものを選んで食事
Dining out
商店
郵便局
公園
商店
Enjoying a concert
皆でコ
AIPスポット3
まち機能をもつ交流促進住宅
Elderly home:
Facilities to interact with community life
(Unfurnished) apartments with social welfare facilities
AIPスポット1
空き家活用による共同福祉住宅
Relatives visiting at the hospital
家族での看取り
Gathering with grand children
Enjoying hot spring with the grandchildren
美容院
商店
孫とお風呂に
夫婦で犬の散歩
縁側で井戸端会議
孫とテレビ電話
Living with partner
Promenade with the dog
Community meeting
Video telephone with grandchildren
ターミナル生活
life at the Terminal stage
Residence occupied by older people
独居高齢者
高齢夫婦世帯（59）
高齢者のいる世帯
医療・看護・介護の三位一体システムに対応
見守り緊急通報

「安心といきいき」の生活場面

生活、ひとりの活、ターミナルの生活などどのような状況になっても、身近にAIPスポットがあることで、安心でいきいきした生活場面が展開される。
たとえば…

ふたりの生活では、住み慣れた自宅に住み続け、自由で自立した「自分50・夫婦50」の時間を過ごす。夫婦での散歩、孫との風呂や料理などの時間を楽しむと共に、ボランいつつードマ

ケア」による安心を基盤にしながら、歩行が困難でも車いすを利用してAIPスポットで買い物や家庭菜園を楽しみ、さらに家族の心負担軽減や自由時間確保などの「サポーターフォロー」をはかり、皆での神社のお参りや散歩、コンサートする る時

守り えつつ、孫とテレビ電話を楽しむ。さらにAIPスポットのレストランで安価な料金で好きなものを選べる食事や、キッチン越しの挨拶、縁側で井戸端会議を日課に組み込むことで「ライフリズムキープ」を計り、安心で楽しみのある生活を実現する。

ターミナル生活では、「医療・看

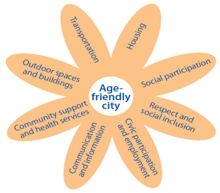
Source: 大阪市立大学大学院生活科学研究科X大和ハウス工業総合技術研究所 2009

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

Life Course Theory	**Desires for Continuity**	**Active Ageing**
•Life is a continuous process •Ageing occurs from birth to death •Enabling older people to make adjustments to changes	•One trends to sustain the continuity of identity and life experience	•Older people should be empowered •To optimize opportunity for health participation and security

Age Friendly City : it’s not just identifying practical and immediate means to match each individual ‘petal’

Figure 6. Age-friendly city topic areas


Transportation
Housing
Outdoor spaces and buildings
Social participation
Age-friendly city
Community support and health services
Respect and social inclusion
Communication and information
Civic participation and employment

- **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 O*pening 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

.

- Baars, Jan.(ed) (2006) *Aging, globalization, and inequality : the new critical gerontology.* Amityville, N.Y. : Baywood Pub.
- Blaikie, A. (1999). Ageing and popular culture. UK : Cambridge University Press.
- Bond, John . & Corner, Lynne. (2004). Quality of life and older people. Maidenhead: Open University Press.
- Boulton-Lewis, G. M., Buys,.Laurie.& Lovie-Kitchin,Jan. (2006). ‘Learning and Active Ageing’ in *Educational Gerontology*, 32: 273.
- Estes, Carroll L., Biggs, Simon, and Phillipson, Chris.(2003). *Social theory, social policy and ageing : a critical introduction* . Maidenhead : Open University Press .
- I’DGO, (2007). *Inclusive Design for Getting Outdoors:How does the outdoor environment affect older people’s quality of life?* (http://www.idgo.ac.uk/older_people_outdoors/outdoor_environment_qol.htm)
- May, Tim. (2001). *Social research: issues, methods and process.* Buckingham ; Phildelphia, Pa. : Open University
- Lefebvre, H.(1996).*Writings on cities*. Blackwell, Cambridge, MA.
- 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)
- Norberg-Schultz, C.(1980).*Genius loci : towards a phenomenology of architecture*. New York : Rizzoli
- Phillips, David. (2006).*Quality of life: concept, policy and practice*. London; New York: Routledge
- Raphaela, Dennis., Renwickb, Rebecca., Brownb, Ivan., Steinmetz, Brenda., Sehdevc, Hersh., Phillips, Sherry., (2001)‘Making the links between community structure and individual well-being: community quality of life in Riverdale, Toronto, Canada’ ,*Health & Place* 7 ,pp.179–196.
- Sugiyama, T & Ward Thompson, C. (2007). ‘Outdoor environments, activity and the well-being of older people: conceptualising environmental support’ Environment and Planning A, vol. 39, pp.1943 - 1960
- Walker, Alan. (2002). ‘A strategy for active ageing’ in *International Social Security Review,* Vol. 55, 1/2002:121-139.
- WHO (2002) .*Active ageing: A policy framework*. WHO/NMH/NPH/02.8. Geneva: World Health Organization.
- WHO (2007) *Global Age-friendly Cities: A Guide.* Geneva: World Health Organization.
- 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).エイジング.イン.プレイス超高齢社会の居住デザイン.京都：学芸出版社