

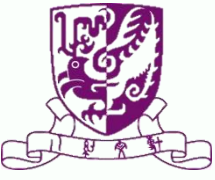
Place Audit for Building Age-friendly Communities: WHY? WHAT? HOW?



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The Chinese University of Hong Kong





Place Audit for Building Age-friendly Communities:

WHY?





Determinants of Health

- **NOT** hospitals, doctors and medical systems
- Four primary determinants of health
 - Individual behaviour
 - Social relationships
 - The physical environment
 - Economic status (McKnight, 2003, p.1)
- Positive conditions of a good life: **health, wisdom, justice, community, knowledge and economic well-being** (McKnight, 2003, p.2)
- The importance of citizens and their neighbourhoods!





Our Right to the City

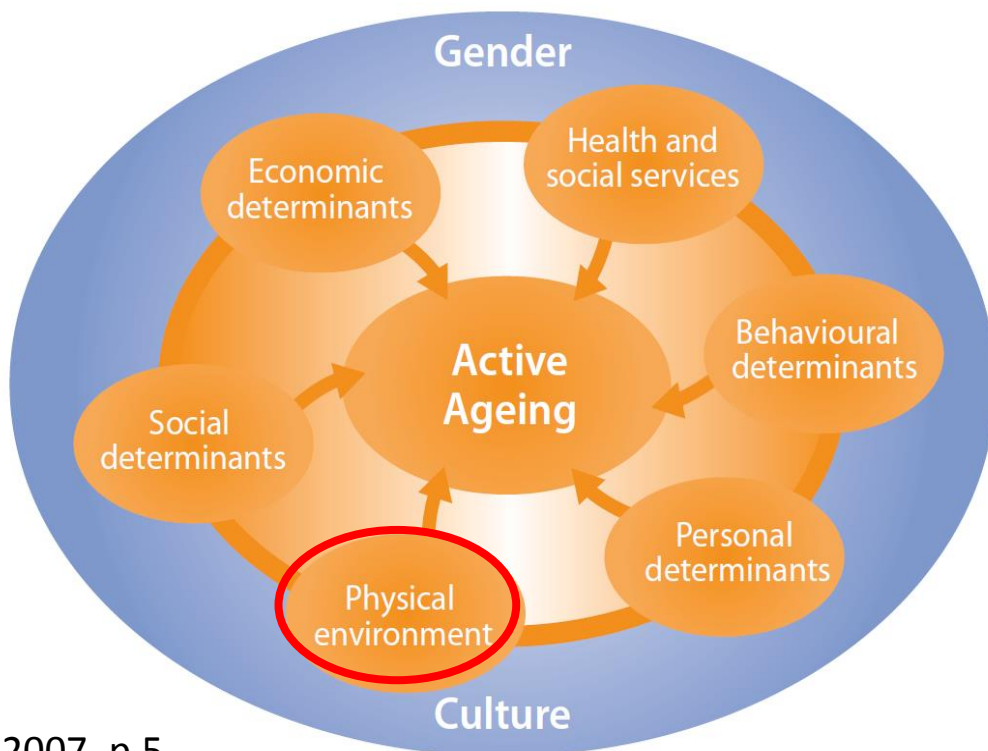
- Our daily lives are shaped by the city!
- ‘The city and urban space as a creative product of and context for the everyday life of its inhabitants... a work of art’ (Purcell, 2003, p.578)
- The right to shape the city after our heart’s desire (Park cited in Harvey, 2008, p.23)... **‘A right to change ourselves by changing the city’** (Harvey, 2008, p.23)
- Those who **live, inhabit the space**, contributing through everyday practices/uses the rhythm, colour, smell, taste of city as a work of art: they have the right to **USE and PARTICIPATE** in making decisions on the production of space





What is an age-friendly community?

An age-friendly community is one in which 'policies, services, settings and structures support and enable people to age actively' (WHO, 2007, p.5)



WHO, 2007, p.5





Importance of Neighbourhoods

- **New Urbanism:** walkable, compact cities and neighbourhoods
- **Sustainable communities:** urban ecology, renewable energy, housing choices, transit-oriented development, education, health, local economy, etc.
- **Complete streets:** streets not just for vehicles but pedestrians, cyclists, wheelchair users
- **Walkable communities**
- **Place-making**





THE SOCIAL ENVIRONMENT AND HEALTH: A Discussion of the Epidemiologic Literature

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Health & Place

journal homepage: www.elsevier.com/locate/healthplace

HEALTH & PLACE

Associations between neighborhood perceptions and mental well-being among older adults

Anna Toma, Mark Hamer, Aparna Shankar*

CrossMark

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HEALTH & PLACE

Therapeutic landscapes and wellbeing in later life: Impacts of blue and green spaces for older adults

Jessica Finlay^{a,b,*}, Thea Franke^{b,c}, Heather McKay^{b,c}, Joanie Sims-Gould^{b,c}

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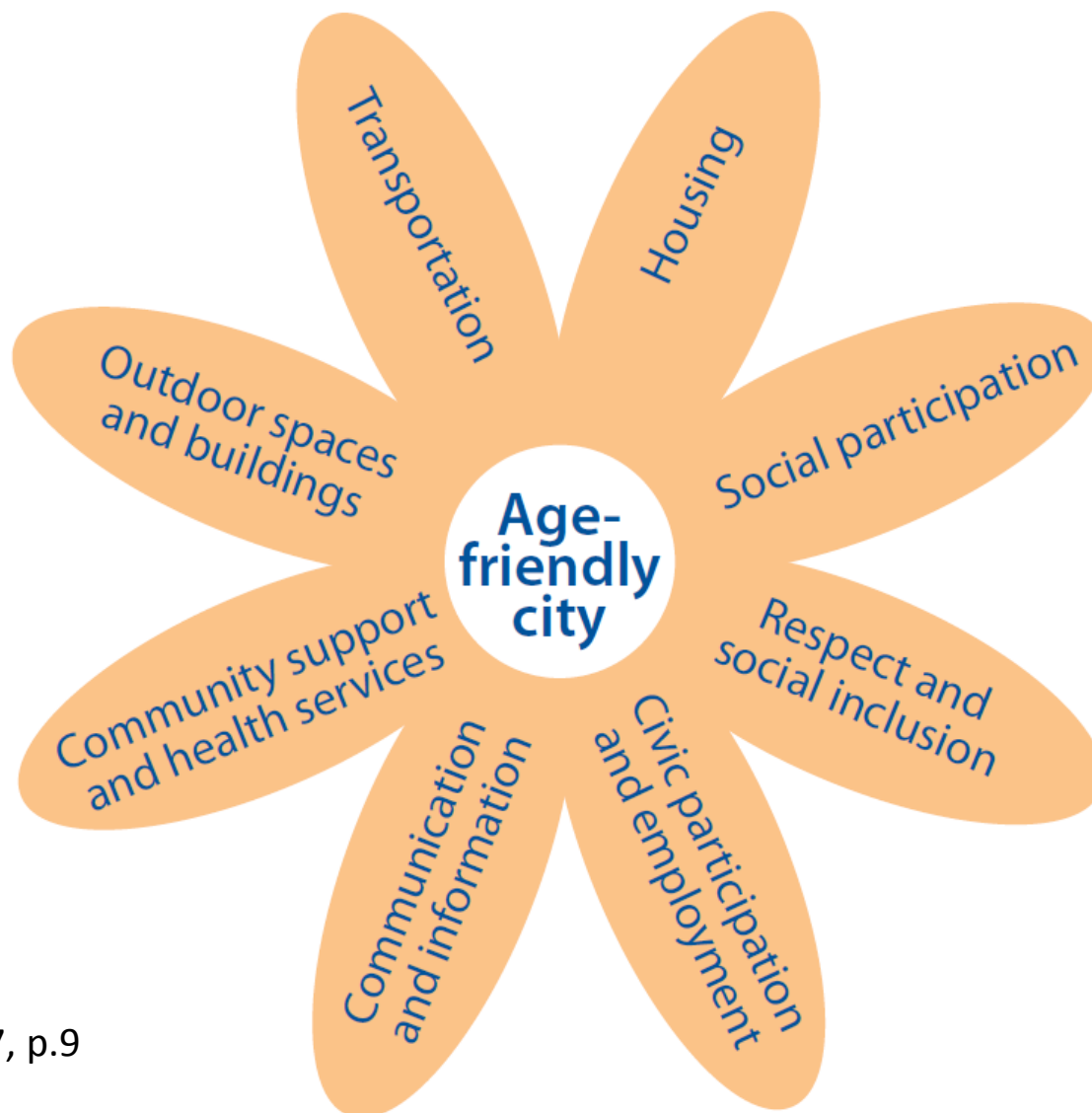
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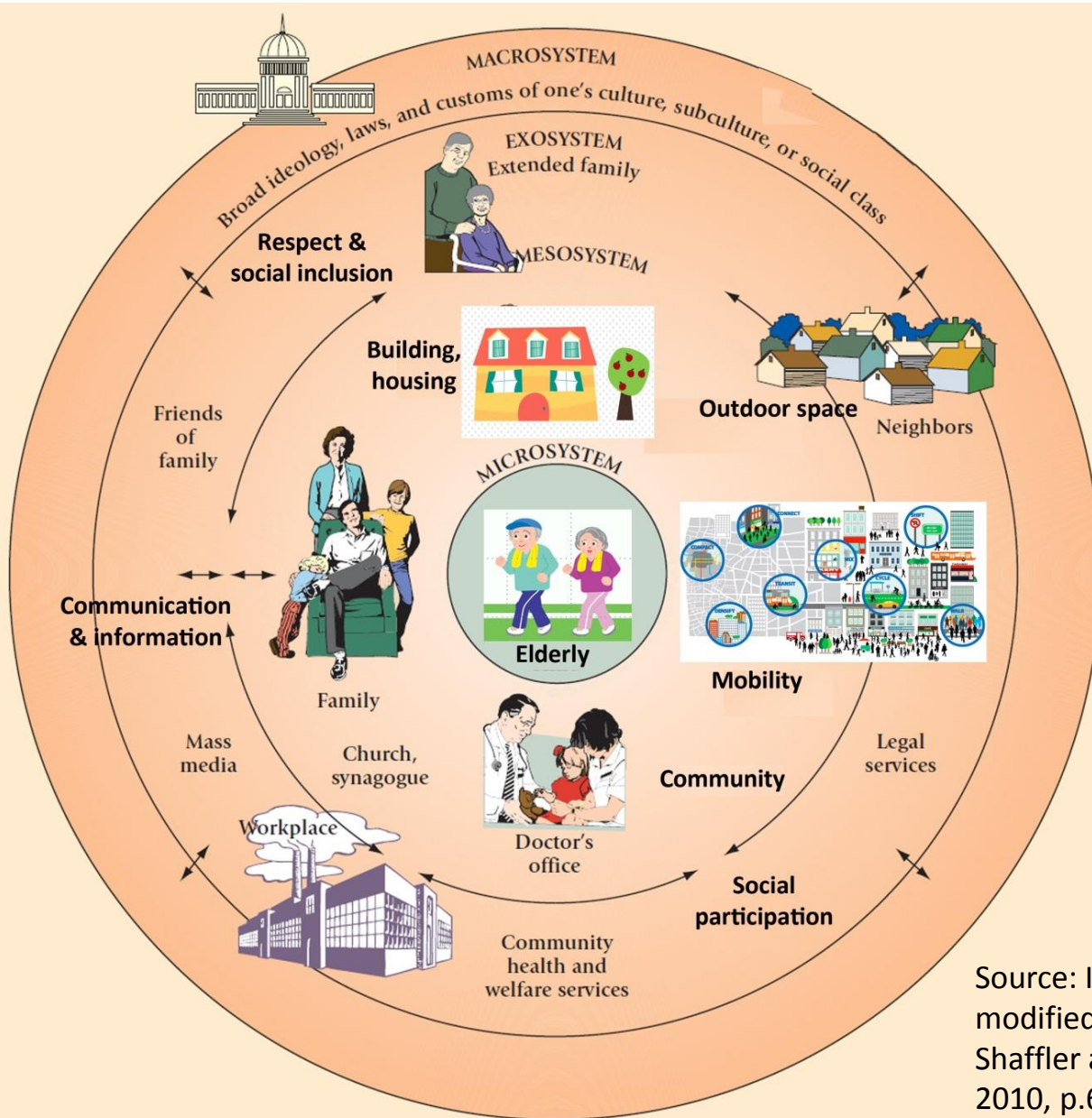
Place Audit for Building Age-friendly Communities: WHAT?





WHO, 2007, p.9

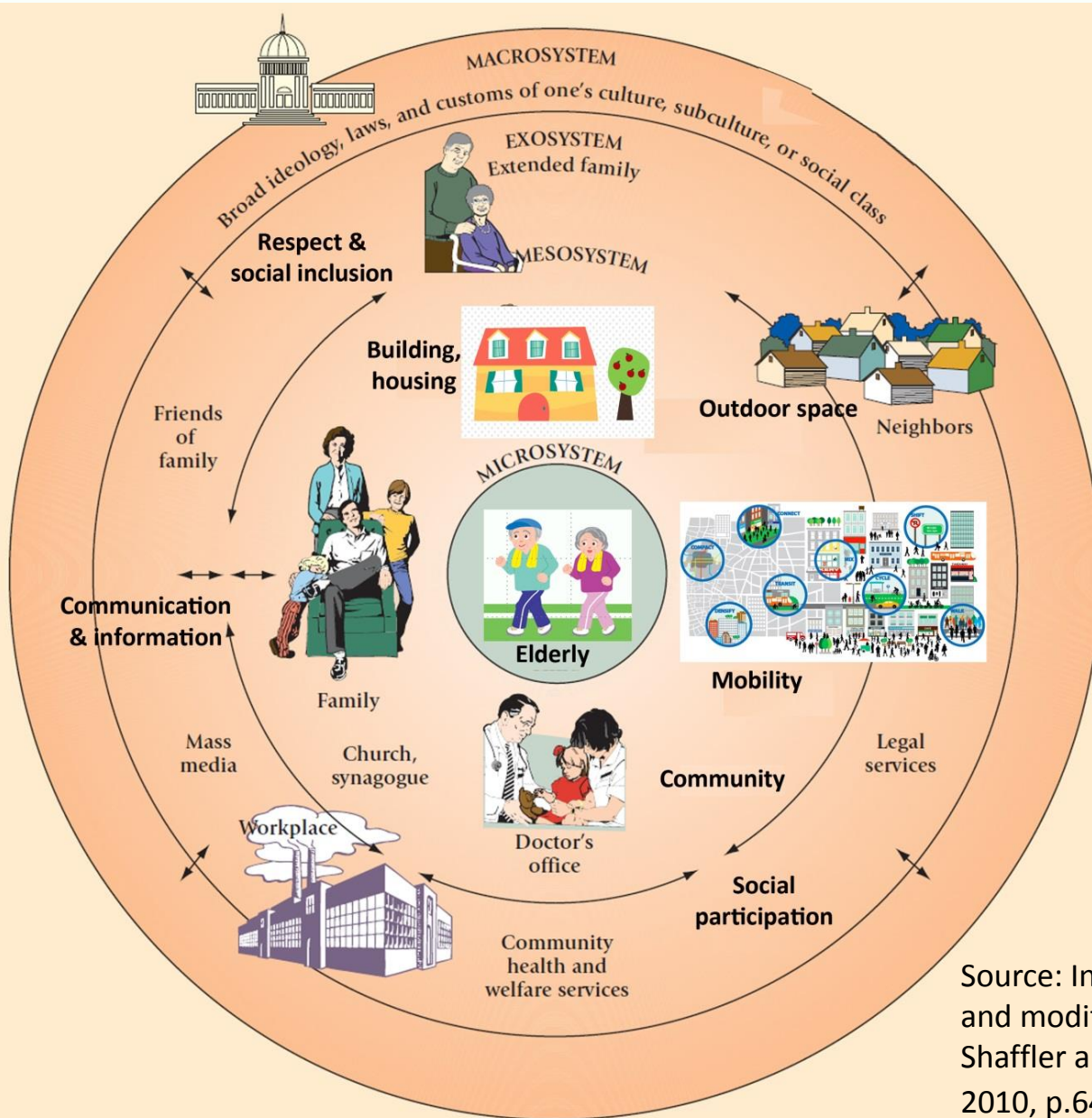




- Individual behaviour
- Social relationships
- The physical environment
- Economic status

Source: Inspired and modified from Shaffler and Kipp, 2010, p.64.





How can the PHYSICAL ENVIRONMENT nurtures active, healthy individual behaviour, great social relationships & abundant employment opportunities?

Source: Inspired and modified from Shaffler and Kipp, 2010, p.64.





WHO Global Age-Friendly Cities: 33 cities in 22 countries

PHYSICAL ENVIRONMENT	CONDITIONS OF A GOOD LIFE
<p>MESO-SYSTEM</p> <ul style="list-style-type: none">• Outdoor spaces & buildings• Transportation• Housing• Community & health services	<p>Active <u>individual behaviour & great social relationships</u>: Health, wisdom, community, justice</p>
<p>EXO- TO MACRO-SYSTEM</p> <ul style="list-style-type: none">• Social participation• Respect and social inclusion• Communication & information• Civic participation and employment	<p>Great <u>social relationships & Economic status</u>: justice, knowledge & economic well-being</p>





Active Individual Behaviour & Great Social Relationships

Health & community

Outdoor spaces and buildings

- Public areas are clean and pleasant.
- Green spaces and outdoor seating are sufficient in number, well-maintained and safe.
- Pavements are well-maintained, free of obstructions and reserved for pedestrians.
- Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.
- Pedestrian crossings are sufficient in number and safe for people with different levels and types of disability, with non-slip markings, visual and audio cues and adequate crossing times.
- Drivers give way to pedestrians at intersections and pedestrian crossings.
- Cycle paths are separate from pavements and other pedestrian walkways.
- Outdoor safety is promoted by good street lighting, police patrols and community education.
- Services are situated together and are accessible.
- Special customer service arrangements are provided, such as separate queues or service counters for older people.
- Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.
- Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.





Active Individual Behaviour & Great Social Relationships

Transportation

- Public transportation costs are consistent, clearly displayed and affordable.
- Public transportation is reliable and frequent, including at night and on weekends and holidays.
- All city areas and services are accessible by public transport, with good connections and well-marked routes and vehicles.
- Vehicles are clean, well-maintained, accessible, not overcrowded and have priority seating that is respected.
- Specialized transportation is available for disabled people.
- Drivers stop at designated stops and beside the curb to facilitate boarding and wait for passengers to be seated before driving off.
- Transport stops and stations are conveniently located, accessible, safe, clean, well-lit and well-marked, with adequate seating and shelter.

- Complete and accessible information is provided to users about routes, schedules and special needs facilities.
- A voluntary transport service is available where public transportation is too limited.
- Taxis are accessible and affordable, and drivers are courteous and helpful.
- Roads are well-maintained, with covered drains and good lighting.
- Traffic flow is well-regulated.
- Roadways are free of obstructions that block drivers' vision.
- Traffic signs and intersections are visible and well-placed.
- Driver education and refresher courses are promoted for all drivers.
- Parking and drop-off areas are safe, sufficient in number and conveniently located.
- Priority parking and drop-off spots for people with special needs are available and respected.

**Health,
Community
& wisdom**





Active Individual Behaviour & Great Social Relationships

Housing

- Sufficient, affordable housing is available in areas that are safe and close to services and the rest of the community.
- Sufficient and affordable home maintenance and support services are available.
- Housing is well-constructed and provides safe and comfortable shelter from the weather.
- Interior spaces and level surfaces allow freedom of movement in all rooms and passageways.
- Home modification options and supplies are available and affordable, and providers understand the needs of older people.
- Public and commercial rental housing is clean, well-maintained and safe.
- Sufficient and affordable housing for frail and disabled older people, with appropriate services, is provided locally.

Community and health services

- An adequate range of health and community support services is offered for promoting, maintaining and restoring health.
- Home care services include health and personal care and housekeeping.
- Health and social services are conveniently located and accessible by all means of transport.
- Residential care facilities and designated older people's housing are located close to services and the rest of the community.
- Health and community service facilities are safely constructed and fully accessible.
- Clear and accessible information is provided about health and social services for older people.
- Delivery of services is coordinated and administratively simple.
- All staff are respectful, helpful and trained to serve older people.
- Economic barriers impeding access to health and community support services are minimized.
- Voluntary services by people of all ages are encouraged and supported.
- There are sufficient and accessible burial sites.
- Community emergency planning takes into account the vulnerabilities and capacities of older people.

Health, community & justice





Great Social Relationships

Social participation

- Venues for events and activities are conveniently located, accessible, well-lit and easily reached by public transport.
- Events are held at times convenient for older people.
- Activities and events can be attended alone or with a companion.
- Activities and attractions are affordable, with no hidden or additional participation costs.
- Good information about activities and events is provided, including details about accessibility of facilities and transportation options for older people.
- A wide variety of activities is offered to appeal to a diverse population of older people.
- Gatherings including older people are held in various local community spots, such as recreation centres, schools, libraries, community centres and parks.
- There is consistent outreach to include people at risk of social isolation.

Knowledge & justice





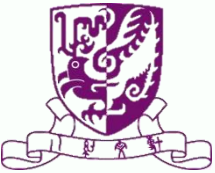
Great Social Relationships

Respect and social inclusion

- Older people are regularly consulted by public, voluntary and commercial services on how to serve them better.
 - Services and products to suit varying needs and preferences are provided by public and commercial services.
 - Service staff are courteous and helpful.
 - Older people are visible in the media, and are depicted positively and without stereotyping.
 - Community-wide settings, activities and events attract all generations by accommodating age-specific needs and preferences.
 - Older people are specifically included in community activities for “families”.
- Schools provide opportunities to learn about ageing and older people, and involve older people in school activities.
 - Older people are recognized by the community for their past as well as their present contributions.
 - Older people who are less well-off have good access to public, voluntary and private services.

Community & justice





Great Social Relationships

Communication and information

- A basic, effective communication system reaches community residents of all ages.
- Regular and widespread distribution of information is assured and a coordinated, centralized access is provided.
- Regular information and broadcasts of interest to older people are offered.
- Oral communication accessible to older people is promoted.
- People at risk of social isolation get one-to-one information from trusted individuals.
- Public and commercial services provide friendly, person-to-person service on request.
- Printed information – including official forms, television captions and text on visual displays – has large lettering and the main ideas are shown by clear headings and bold-face type.
- Print and spoken communication uses simple, familiar words in short, straightforward sentences.
- Telephone answering services give instructions slowly and clearly and tell callers how to repeat the message at any time.
- Electronic equipment, such as mobile telephones, radios, televisions, and bank and ticket machines, has large buttons and big lettering.
- There is wide public access to computers and the Internet, at no or minimal charge, in public places such as government offices, community centres and libraries.

Knowledge & justice





Economic Status

Civic participation and employment

- A range of flexible options for older volunteers is available, with training, recognition, guidance and compensation for personal costs.
- The qualities of older employees are well-promoted.
- A range of flexible and appropriately paid opportunities for older people to work is promoted.
- Discrimination on the basis of age alone is forbidden in the hiring, retention, promotion and training of employees.

- Workplaces are adapted to meet the needs of disabled people.
- Self-employment options for older people are promoted and supported.
- Training in post-retirement options is provided for older workers.
- Decision-making bodies in public, private and voluntary sectors encourage and facilitate membership of older people.

Economic well-being





Place Audit for Building Age-friendly Communities: HOW?



Singapore

Look out for popular spots around the neighbourhood that are often visited by seniors, e.g. the market, supermarket, bus stops, etc, and trace out the route that they take on a map

Recruit seniors and volunteers for Town Audit

Involve as many volunteers as possible for a one-time training session

Try to plan different routes that do not overlap with one another to cover as much area as possible during the audit

It is ideal to have 1 ambulant (able to walk on his own) senior and 1 wheelchair-bound senior for each route as their needs are different

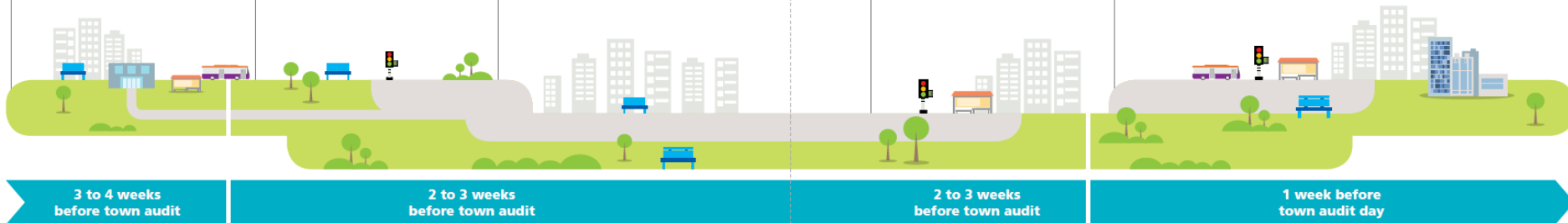
The suggested number of volunteers for each route is three: 1 writer to jot down feedback from the ambulant senior, 1 writer to jot down feedback from the wheelchair-bound senior and 1 photographer to take pictures of the findings

The Town Audit team should have at least five individuals for each route – 2 seniors and 3 volunteers. You are welcome to involve more seniors/volunteers for each route if you like

Conduct training for volunteers

Brief volunteers on the purpose of the audit and on possible and common physical hazards to look out for

All volunteers should walk through their assigned routes during the training to get used to the route



Day of Town Audit

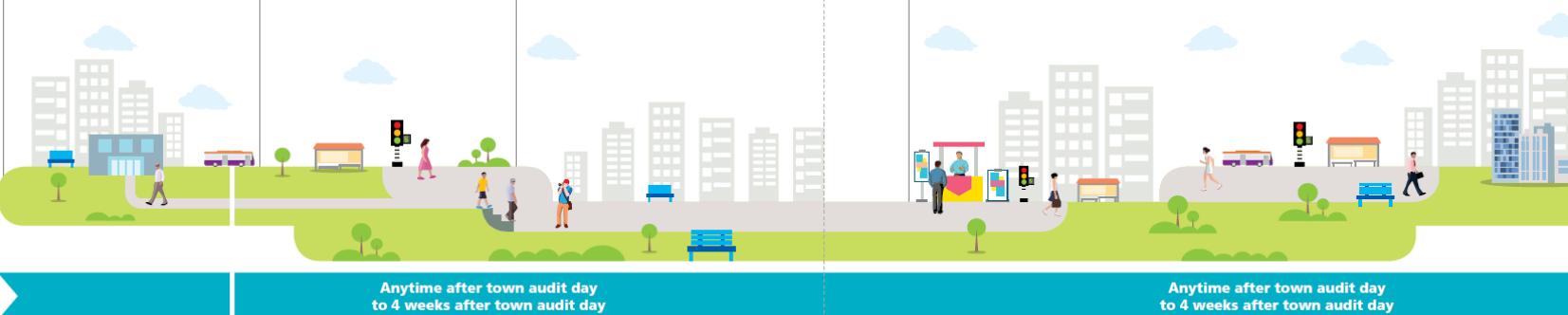
Start early at around 8 am and end at around 10.30 am to avoid the heat

Collate the observations into a report and classify them into broad categories for easier tracking

Prepare some refreshments for seniors and volunteers at the end of the audit

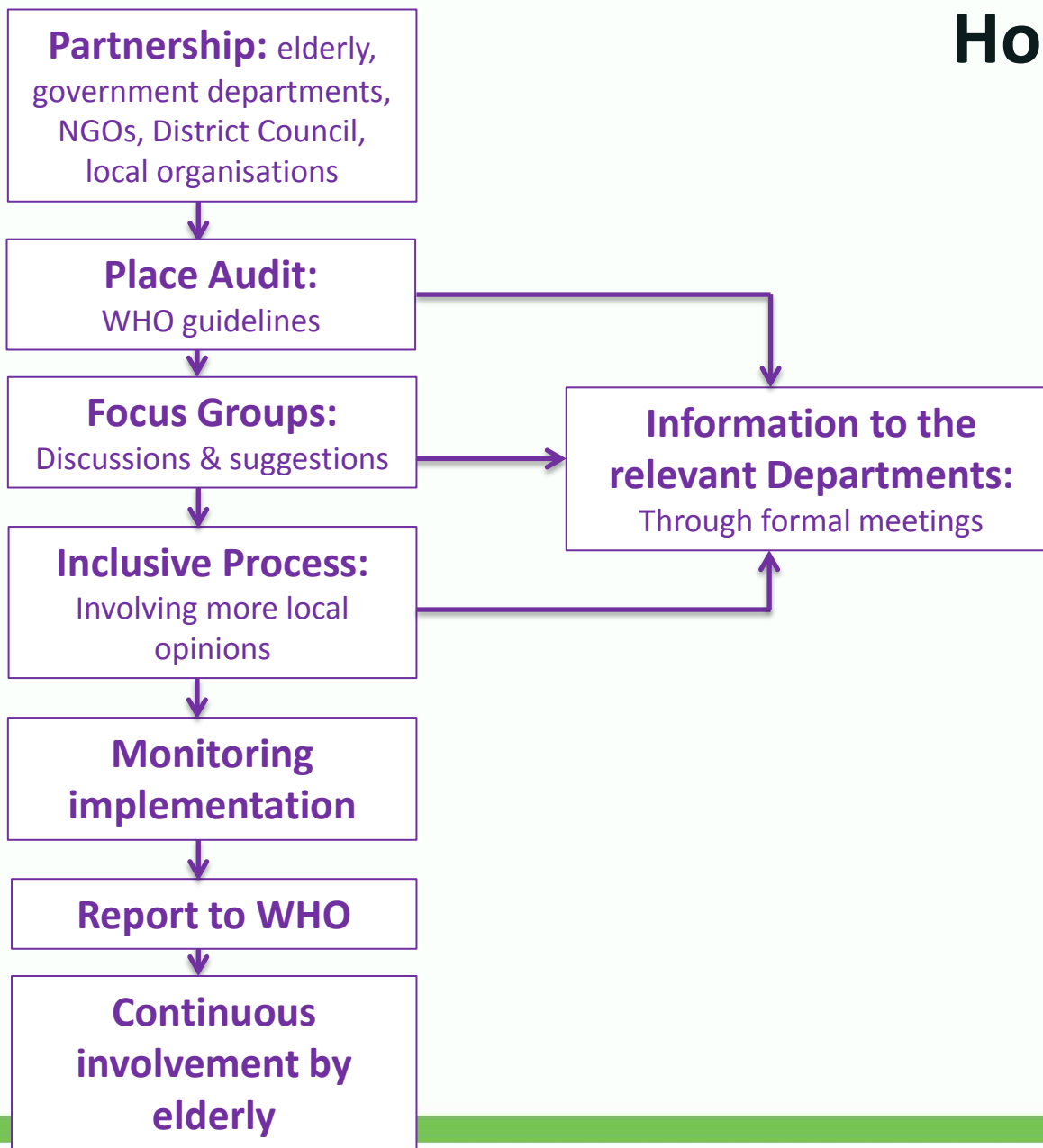
Check if the improvements can be done as part of your community's Neighbourhood Renewal Programme, or be submitted to the Community Improvement Projects Committee for consideration

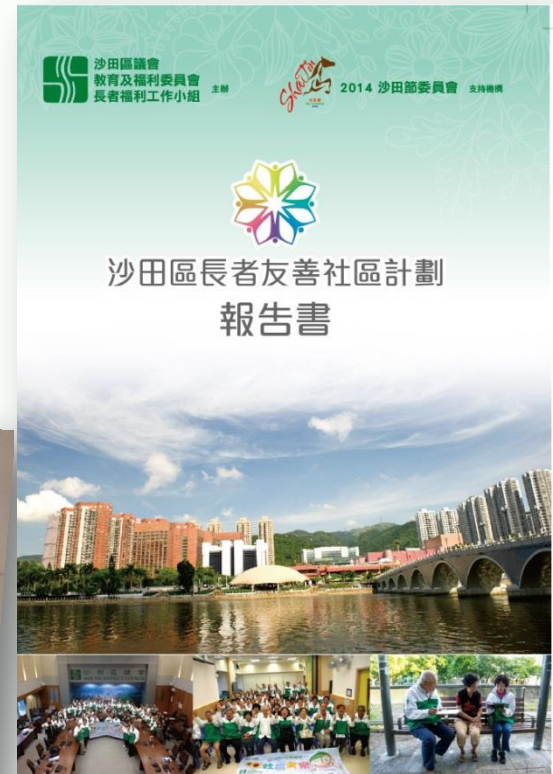
Connect with agencies such as the Town Council, LTA and HDB to assess the suggestions and explore other available funding





Hong Kong







Shatin



Recruitment & training of elderly participants & volunteers



Auditing the community space

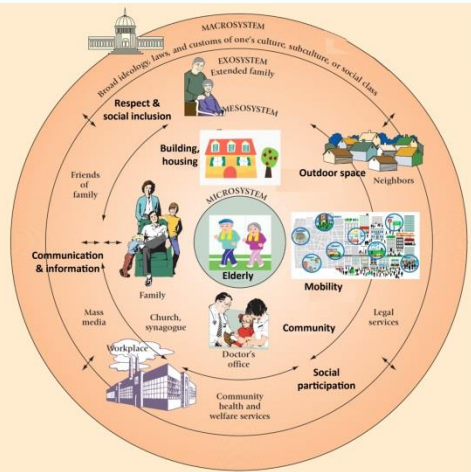




Shatin & Western District: some experience

Promoting age-friendly communities





城門河沿岸雖的椅子，但質素則非常參差。



有些坐椅太矮了，下肢乏力的長者很難站起。



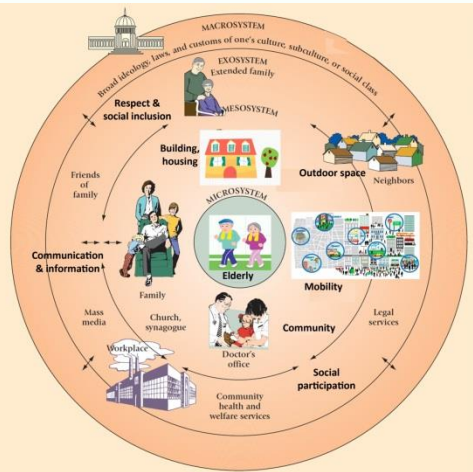
缺乏足夠避雨設施，讓長者避雨

Outdoor seats: have handles, have backs, with cover to avoid sunshine and rain and not too low



Outdoor space: regular cleaning of river course, trees are great—add other colourful plants? Knowledge about trees?





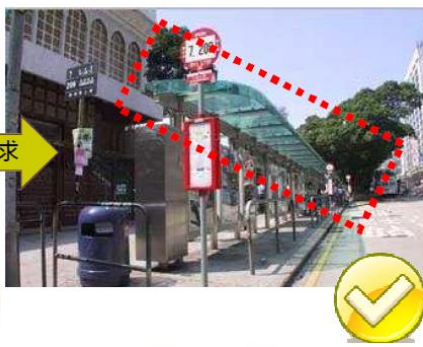
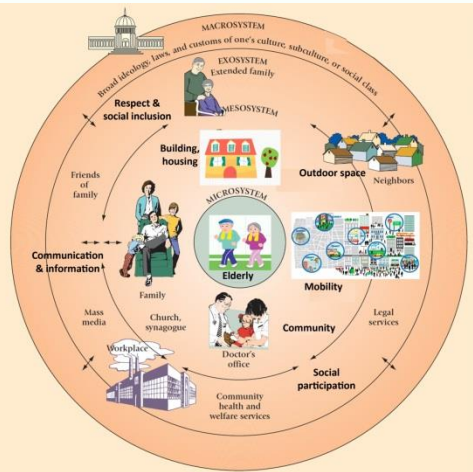
Transportation:

- Pavement should be smooth
- Road crossing facilities
- Conflicts among different users



Barrier-free design: railings, consistent tactile paving surface, access for the wheel-chair bound



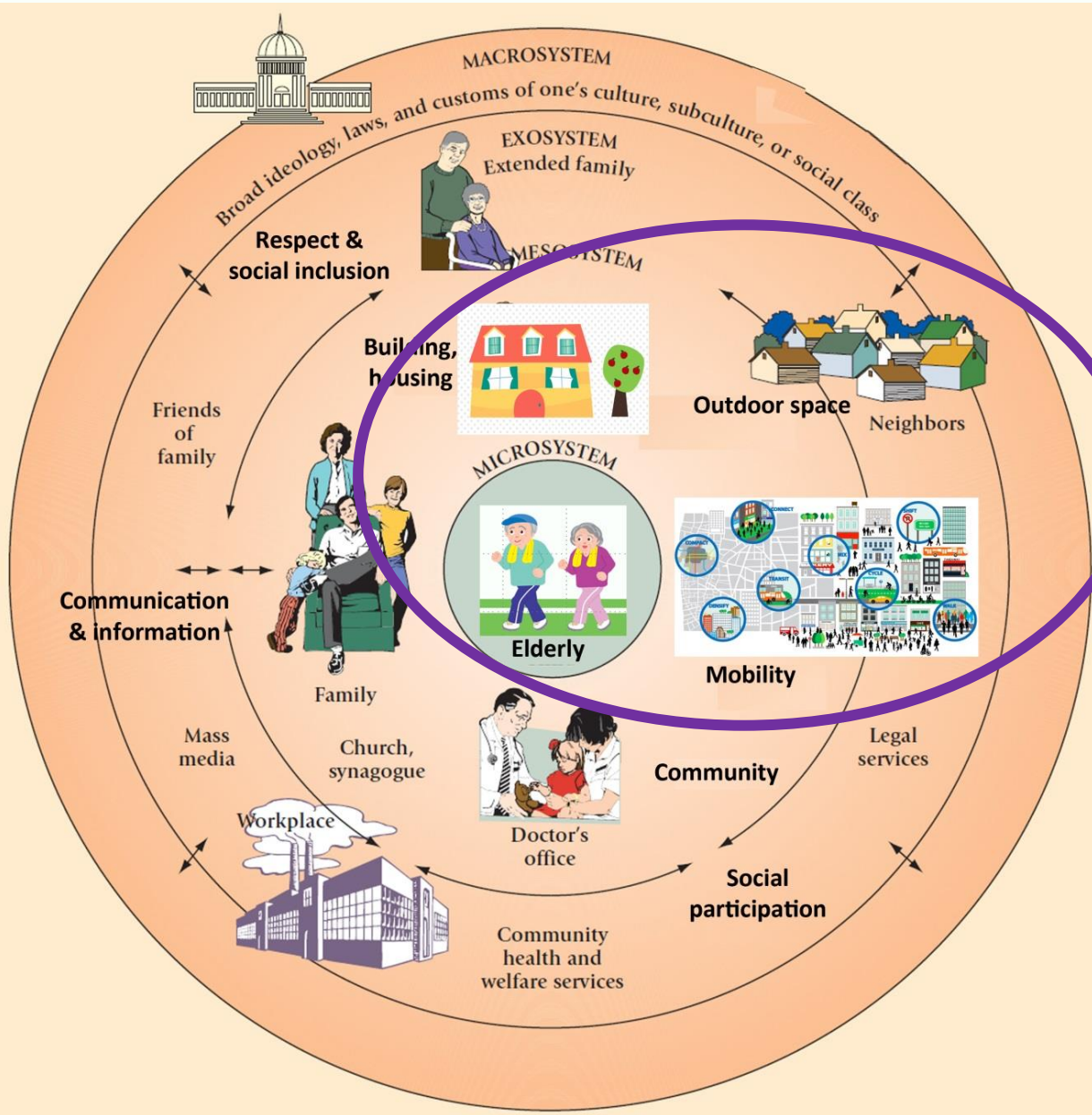




Conclusion

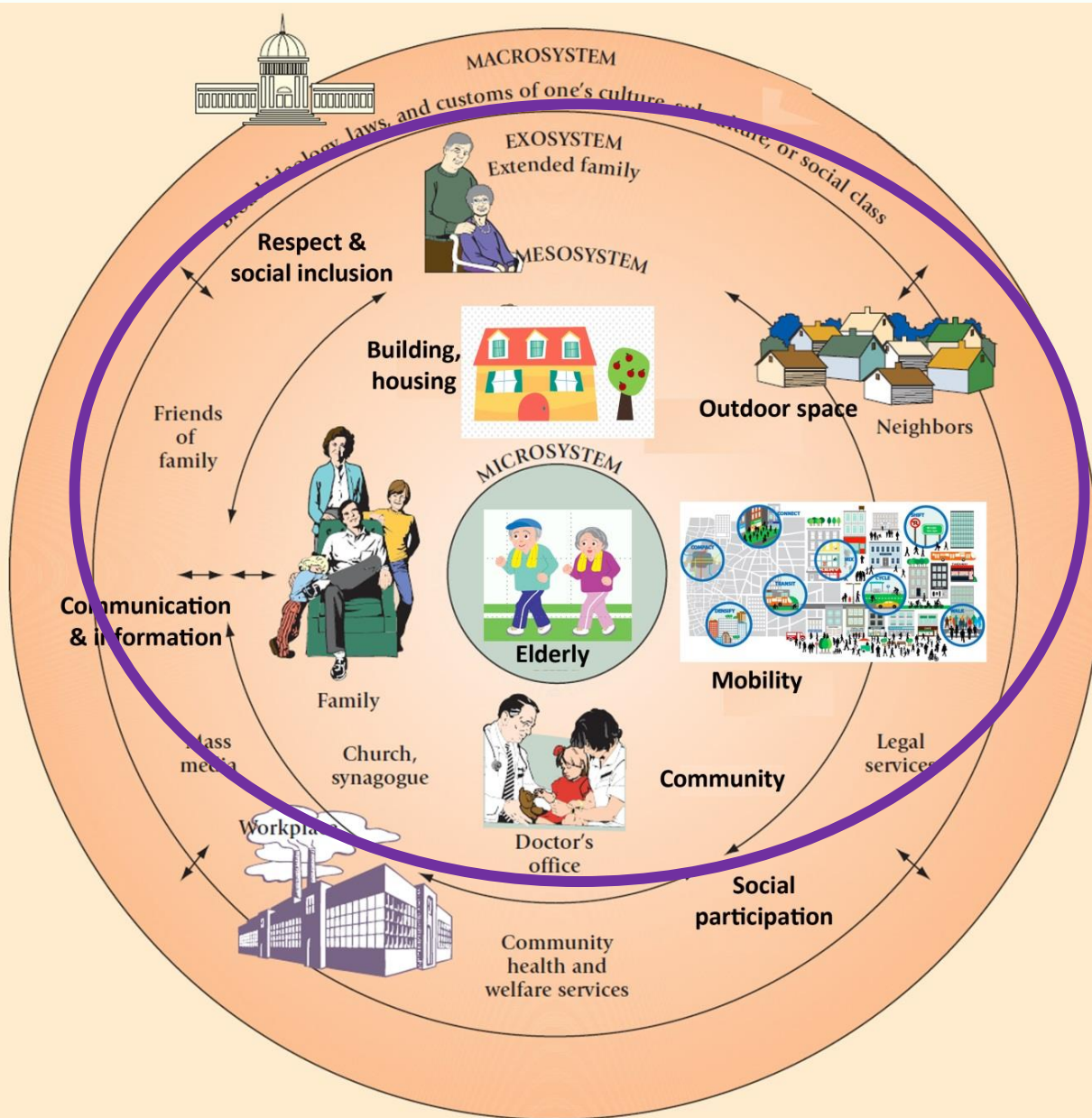
- Hong Kong version of the WHO active aging policy?
- Place audit to develop age-friendly design guidelines?
 - Outdoor space and buildings
 - Transportation
 - Housing
 - Community support and health services
 - Social participation
 - Respect and social inclusion
 - Civic participation and employment
 - Communication and information





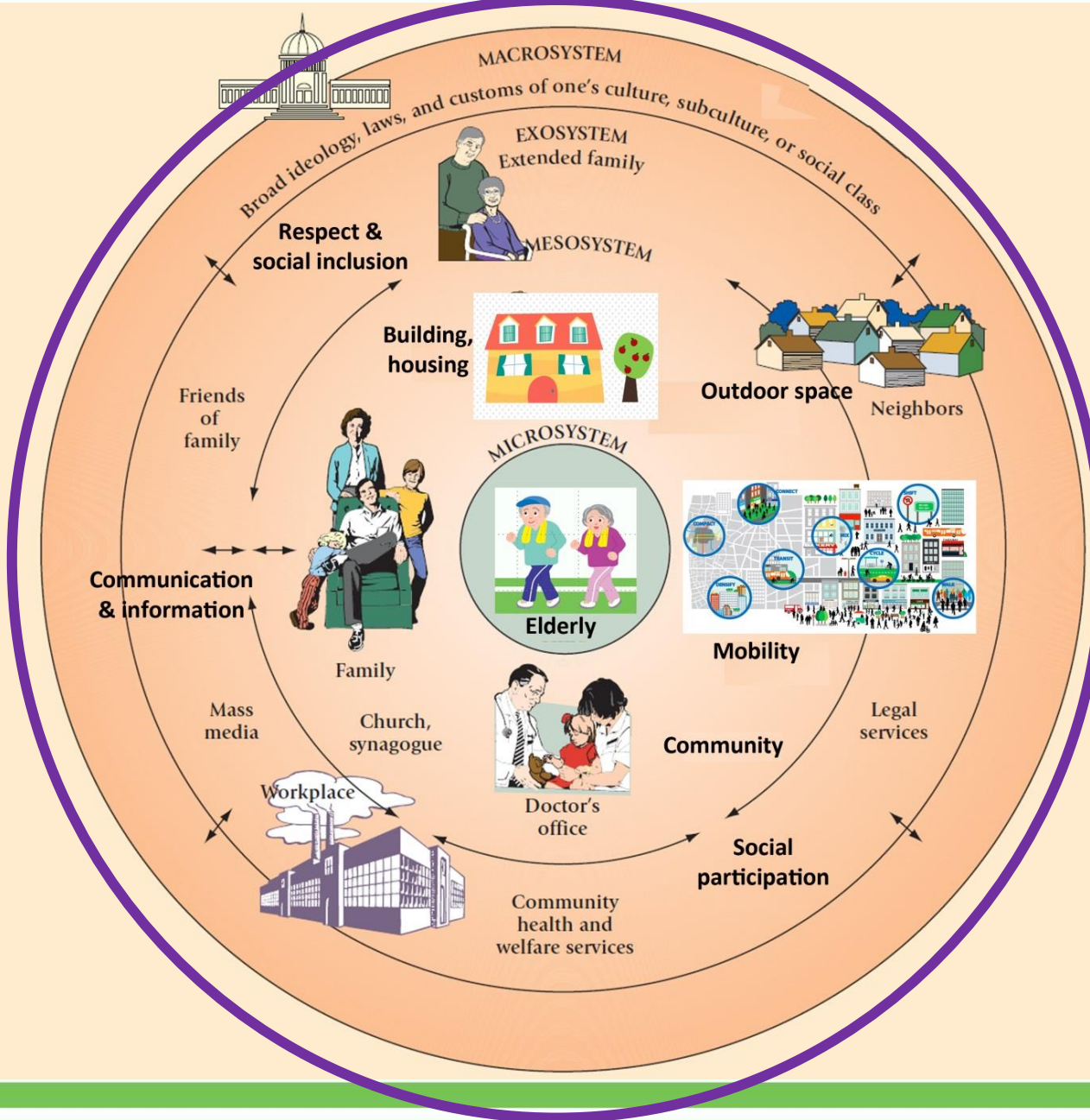
Accessible & green neighbourhood
nourishing positive & active
Individual behaviour





Accessible & green neighbourhood nourishing positive & active Individual behaviour in a nurturing community





Accessible & green neighbourhood
nourishing positive
Individual behaviour & an active life in a nurturing community with respect & engagement opportunities

