

# Insight from the HKIUD Experiential Workshop on Active Ageing

歷「耆」體驗工作坊成果分享

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HKIUD  
Chairman of  
Experiential  
Workshop  
Organizing Committee

# Our Mission !

Is the urban environment in Hong Kong ready for an ageing population?

## Our Wish

Hong Kong urban environment will serve the needs of the elder 1/3 of our population well.

## March 2018 HKIUD Experiential Workshop

Review how our urban environment may support a happy and well population of elderly.

**What are the findings?**



Co-organizers:



香港聖公會福利協會有限公司  
HONG KONG SHENG KUNG HUI WELFARE COUNCIL LIMITED

Participating Organizations:





Silver Hair Star Sponsor

Event Venue Sponsors

Online Survey & Conference  
Platform Sponsor



UNDERSTAND THE

**GOAL !**

# ACTIVE / HEALTHY AGEING

WHO defines Healthy Ageing “as the process of developing and maintaining the **functional ability** that enables **wellbeing** in older age”.



**OUTDOOR  
EXPERIENTIAL  
EVENT**



**SHARING BY  
PRACTITIONER  
& ELDERLY**



**GROUP  
DISCUSSION**

**TOP CONCERN & ACTIONS**





# Ageing in the Hong Kong Urban Environment

## An Experiential Workshop



### QUESTIONNAIRE ON AGEING IN HONG KONG URBAN ENVIRONMENT

### 香港城市空間與人口老化問卷調查 (2018/3/17)

"Ageing is a gift. Live smarter now to live better forever."

Q1(a). What do you consider the most important for the elderly to be happy and well? 你認為以下哪項對長者保持心情愉快及健康最為重要?

Please rank 1 to 5, with 1 as the most important. 請從1排序至5, 1為最重要。

|   | 1                     | 2                     | 3                     | 4                     | 5                     |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Stay active for better health, free and able to go places 保持健康活躍及良好活動能力   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Connected with people they care 與自己關心的人保持聯絡   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Be part of the local community, engaged in social circles 融入當地社區及維持社交圈子   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Live close to eateries and shops, able to enjoy recreational facilities & provided with needed amenities and assistance 住所鄰近餐廳店舖, 能享受康樂及其他所需設施並獲得協助 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Others 其他   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |





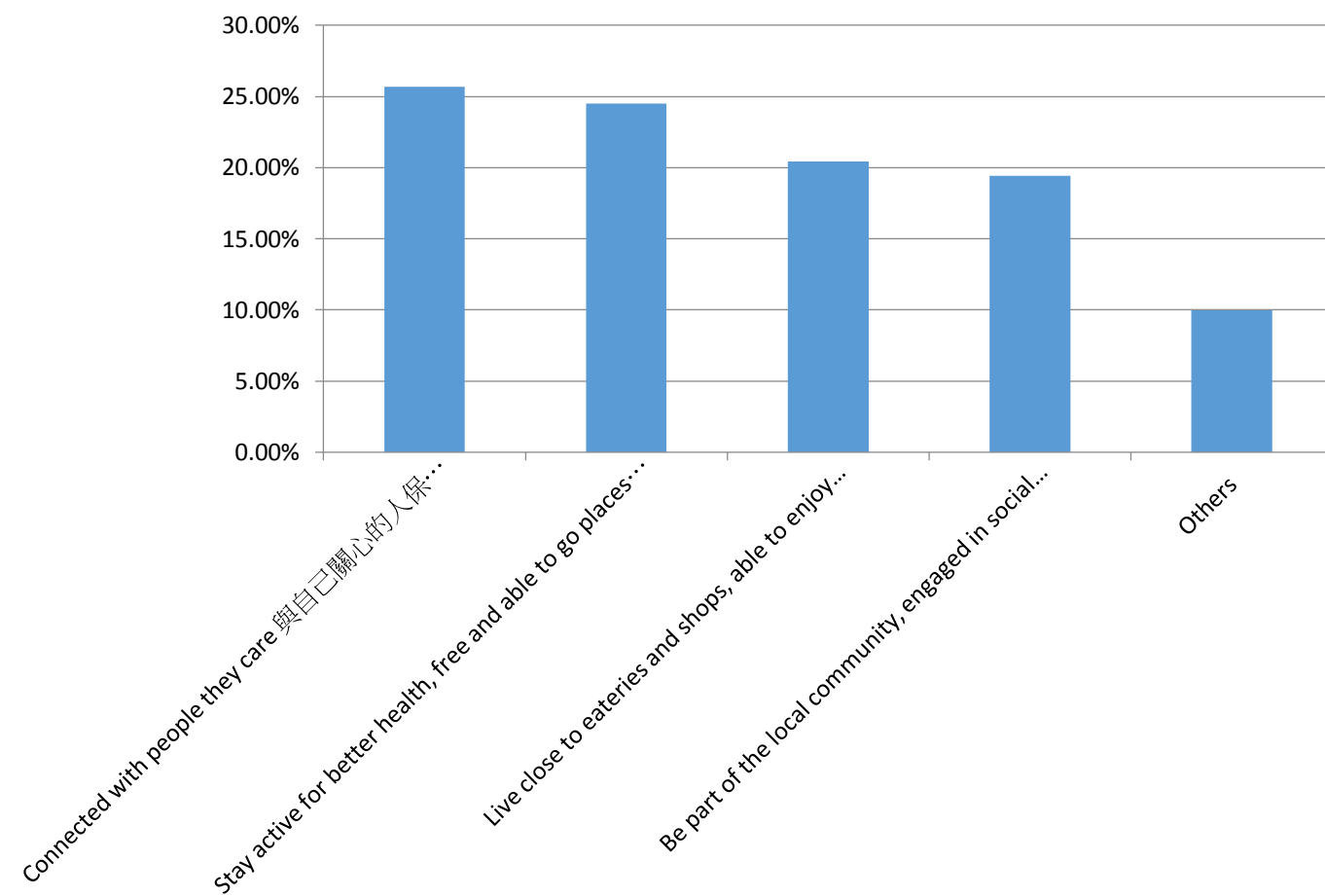
• 1

- What do you consider the most important for the elderly to be happy and well?

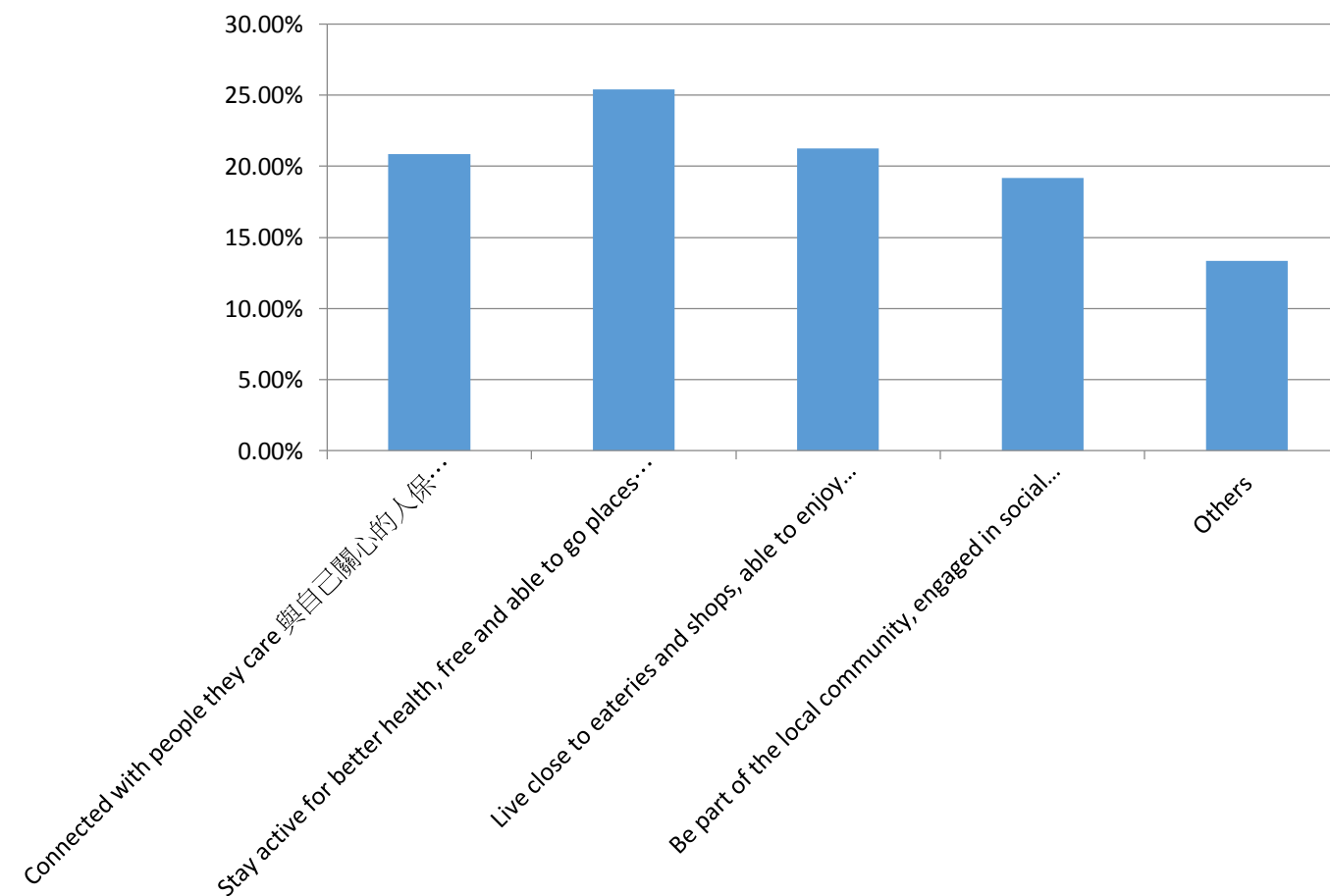
# What do you consider the most important for the elderly to be happy and well?

你認為以下哪項對長者保持心情愉快及健康最為重要？

AM



PM (At the Closing of Workshop)



# What do you consider the most important for the elderly to be happy and well?

## 你認為以下哪項對長者保持心情愉快及健康最為重要？

PM (At the Closing of the Workshop)



|   |            |
|---|------------|
| Connected with people they care<br>與自己關心的人保持聯絡  | 20%        |
| <b>Stay active for better health, free and able to go places</b><br><b>保持健康活躍及良好活動能力</b>  | <b>25%</b> |
| Live close to eateries and shops, able to enjoy recreational facilities & provided with needed amenities and assistance<br>住所鄰近餐廳店舖，能享受康樂及其他所需設施並獲得協助 | 21%        |
| Be part of the local community, engaged in social circles<br>融入當地社區及維持社交圈子  | 19%        |

# What do you consider the most important for the elderly to be happy and well?

## 你認為以下哪項對長者保持心情愉快及健康最為重要？

Feedback from Web

facebook

|   |     |
|---|-----|
| Connected with people they care<br>與自己關心的人保持聯絡  | 20% |
| Stay active for better health, free and able to go places<br>保持健康活躍及良好活動能力  | 28% |
| Live close to eateries and shops, able to enjoy recreational facilities & provided with needed amenities and assistance<br>住所鄰近餐廳店舖，能享受康樂及其他所需設施並獲得協助 | 15% |
| Be part of the local community, engaged in social circles<br>融入當地社區及維持社交圈子  | 18% |

• 1

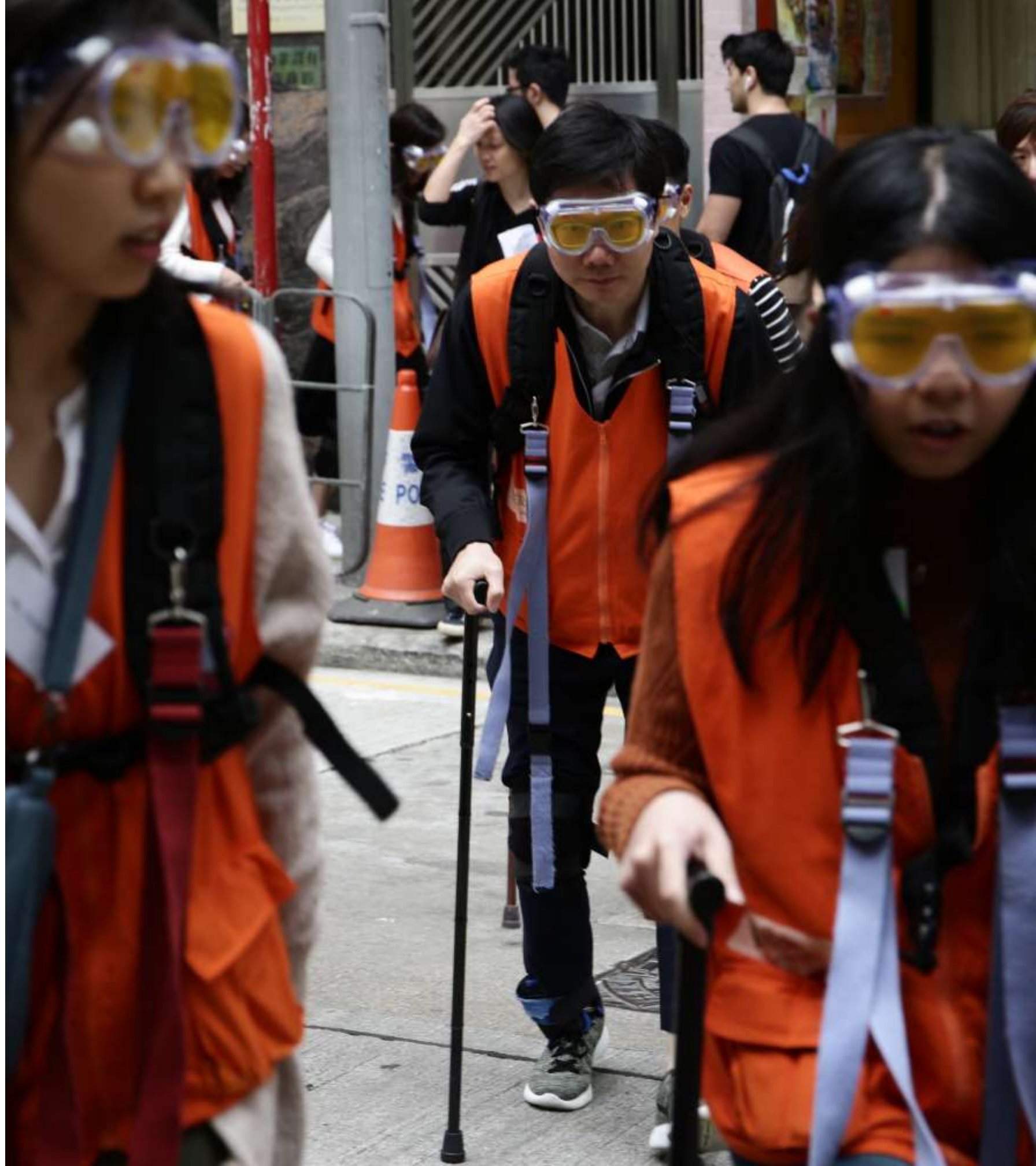
• Disempowerment

“I can no longer do it.”

Stay active for better health, free and able  
to go places  
保持健康活躍及良好活動能力

•2

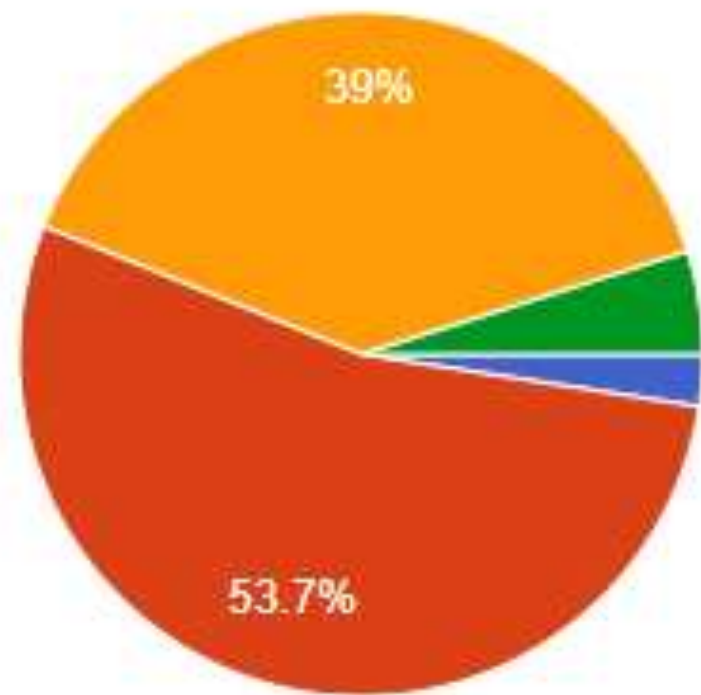
- How well does our current urban environment support Active Ageing?



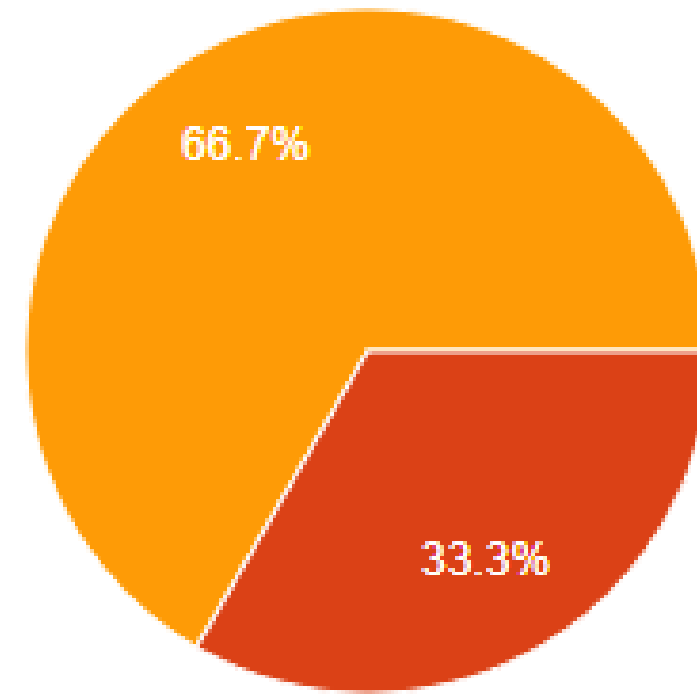
# How well does our current urban environment support Active Ageing?

我們現時的城市設計足夠讓長者享受退休生活嗎？

AM



PM (At the closing of the Workshop)



67%

- Very well 非常足夠
- Average 一般
- Not really 不太足夠
- Not at all 完全不夠

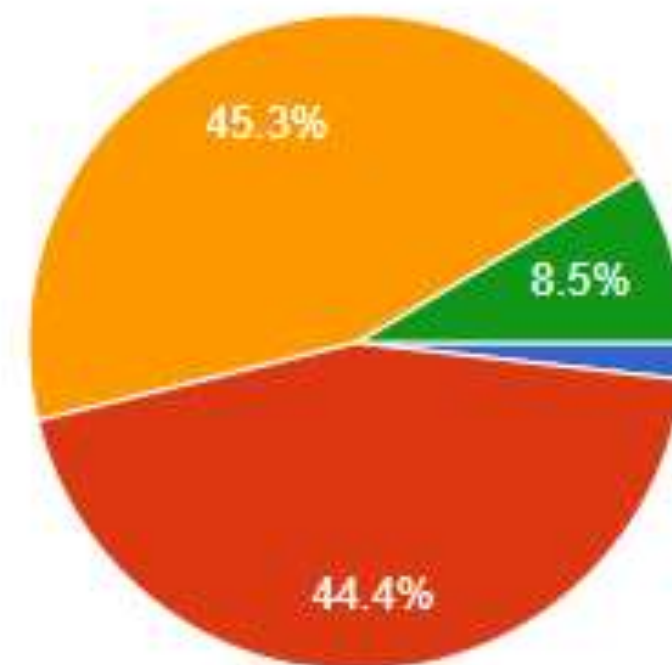


# How well does our current urban environment support Active Ageing?

我們現時的城市設計足夠讓長者享受退休生活嗎？

Feedback from Web

facebook



55%

- Very well 非常足夠
- Average 一般
- Not really 不太足夠
- Not at all 完全不夠



Ageing in the Hong Kong Urban Environment

An Experiential Workshop



- 
- A photograph of a modern urban walkway. The walkway is a wide, paved path with a white, arched metal structure overhead. The structure consists of several large, white, curved beams that form a series of arches. People are walking along the path, some in winter clothing. In the background, there is a large, modern building with a glass facade and a curved roof. The sky is clear and blue.
- 3 • What makes an elderly-friendly urban environment?

What is needed?

# What makes an elderly-friendly urban environment? 要打造長者友善的城市需要甚麼元素？

PM (At the Closing of the Workshop)



|   |     |
|---|-----|
| Healthy and hygienic environment              | 2%  |
| Free from air, noise and light pollution      | 0%  |
| Easy to navigate                              | 8%  |
| Convenience in transportation                 | 13% |
| Comfortably walkable                          | 17% |
| Visually pleasant streetscape                 | 1%  |
| Places and benches for a rest                 | 13% |
| Usable public spaces                          | 6%  |
| Public recreational facilities                | 5%  |
| Safe from hazards                             | 6%  |
| Safe from crime                               | 0%  |
| Amenities such as drinking fountains, toilets | 9%  |
| Weather protection                            | 5%  |
| Barrier-free                                  | 10% |

# What makes an elderly-friendly urban environment? 要打造長者友善的城市需要甚麼元素？

Feedback from Web

facebook

|   |     |
|---|-----|
| Healthy and hygienic environment              | 10% |
| Free from air, noise and light pollution      | 3%  |
| Easy to navigate                              | 6%  |
| Convenience in transportation                 | 14% |
| Comfortably walkable                          | 14% |
| Visually pleasant streetscape                 | 2%  |
| Places and benches for a rest                 | 10% |
| Usable public spaces                          | 5%  |
| Public recreational facilities                | 3%  |
| Safe from hazards                             | 5%  |
| Safe from crime                               | 4%  |
| Amenities such as drinking fountains, toilets | 5%  |
| Weather protection                            | 2%  |
| Barrier-free                                  | 10% |



• 3

• Barriers

“I am excluded.”

Comfortably walkable?

• 3

# Convenient in transportation?

- Isolation



• 3

• Amenities

Good place for a rest ?

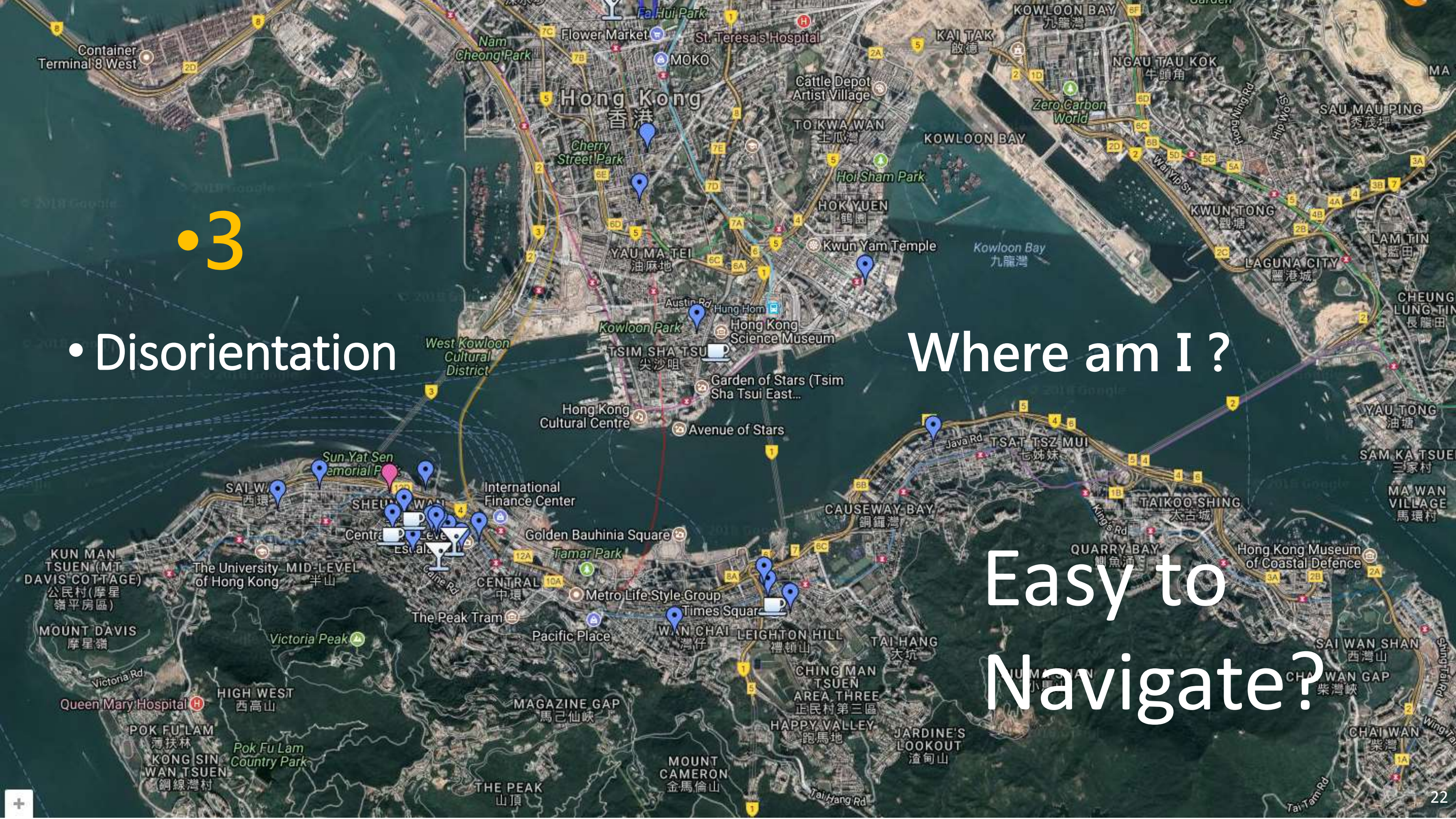
Where is the toilet ?

• 3

• Disorientation

Where am I?

Easy to  
Navigate?



# •4

## • ESTABLISH **KEY ELEMENTS** that shape an elderly-friendly urban environment

•i

• Safe  
infrastructure

•ii

• Supportive  
amenities

•iii

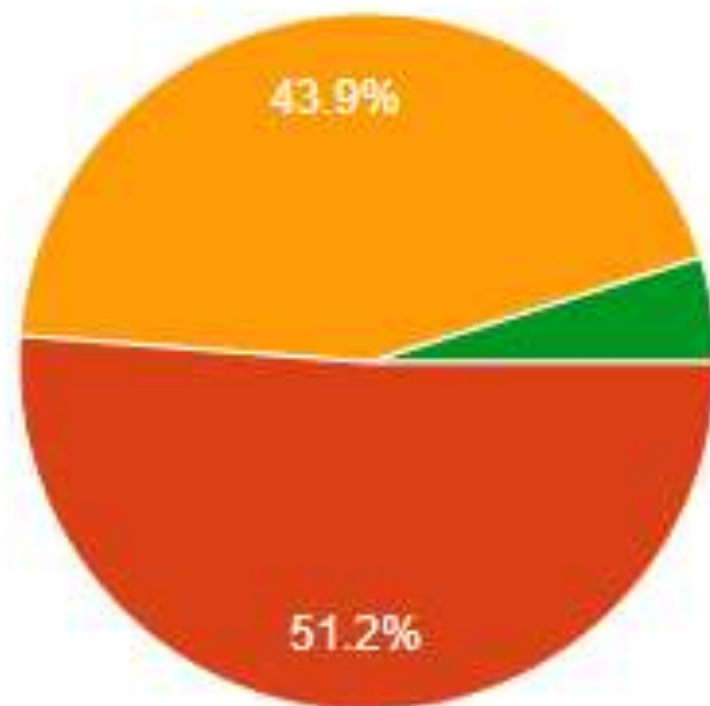
• Cognitive  
power

•iv

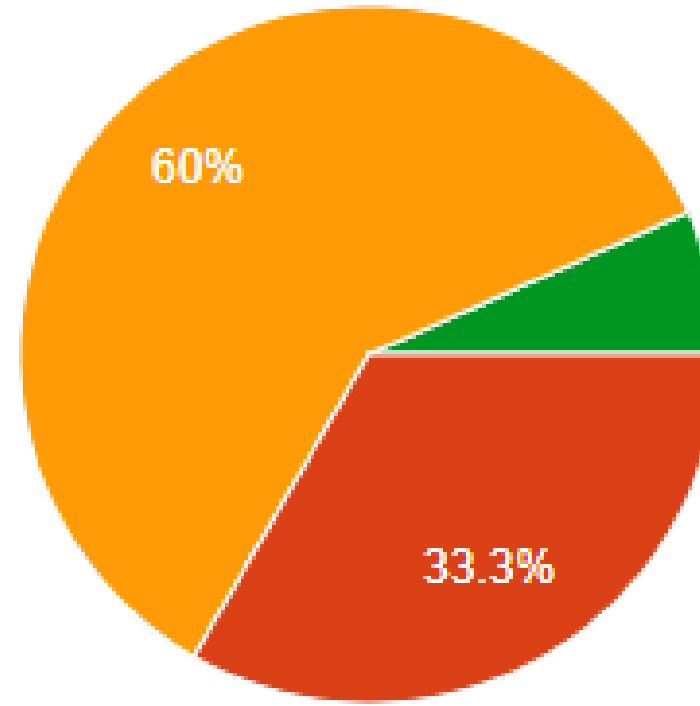
• Well-being  
factors

How safe is the HK urban environment for the elderly?  
對長者而言，香港的城市環境安全嗎？

AM



PM (At the closing of the Workshop)



67%

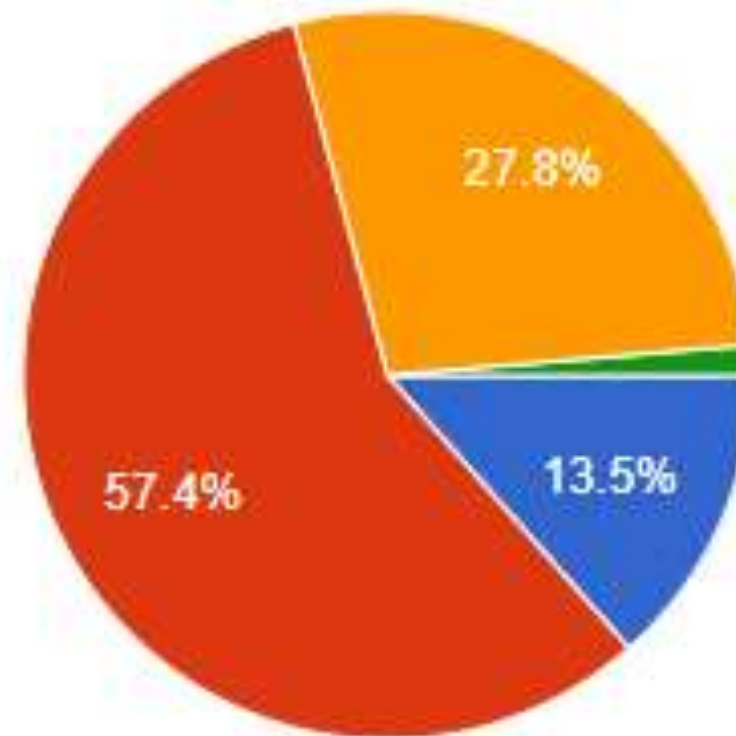
- Very safe 非常安全
- Safe enough 安全
- Somewhat unsafe 有些危險
- Hazardous 危險



How safe is the HK urban environment for the elderly?  
對長者而言，香港的城市環境安全嗎？

Feedback from Web

facebook



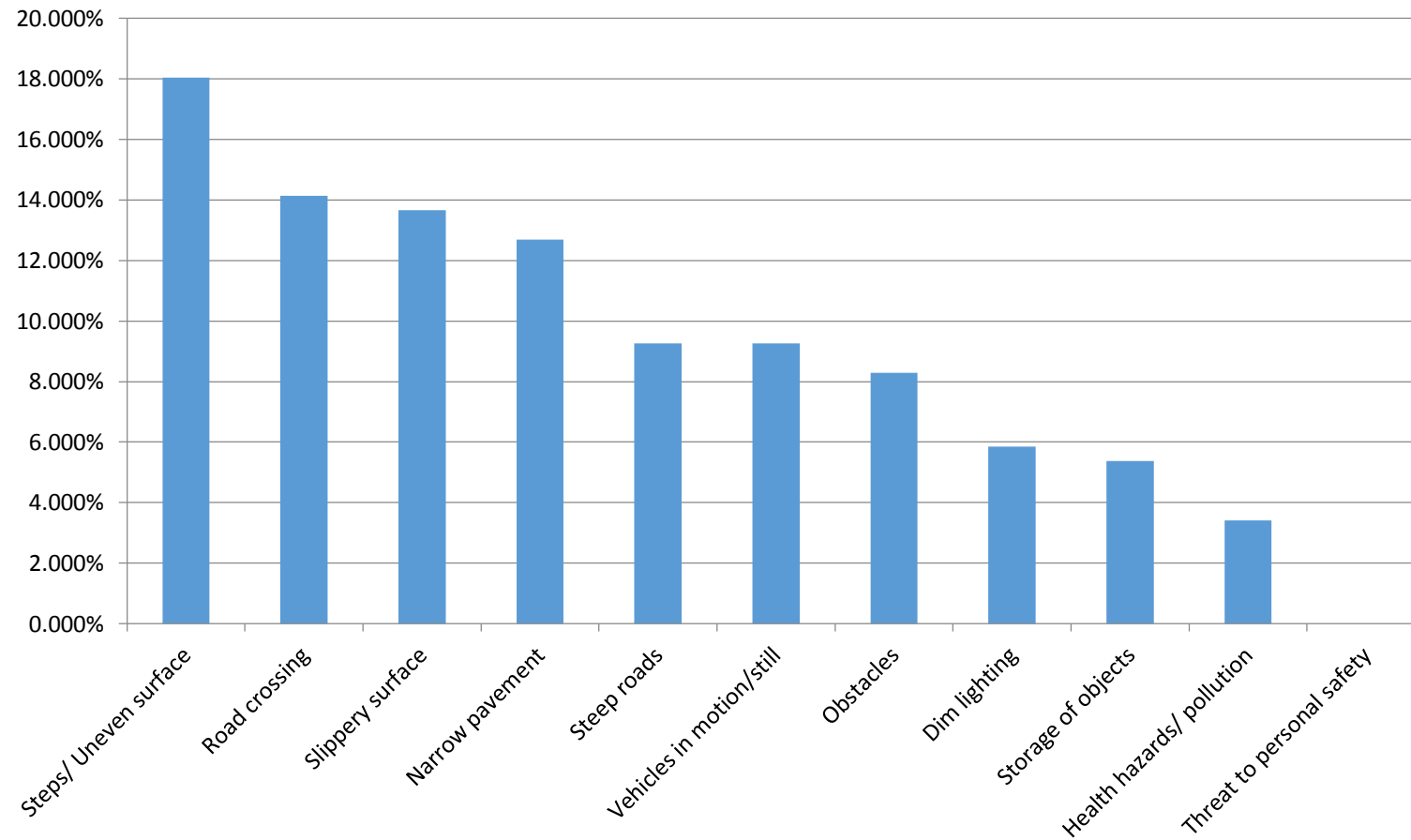
41%

- Very safe 非常安全
- Safe enough 安全
- Somewhat unsafe 有些危險
- Hazardous 危險

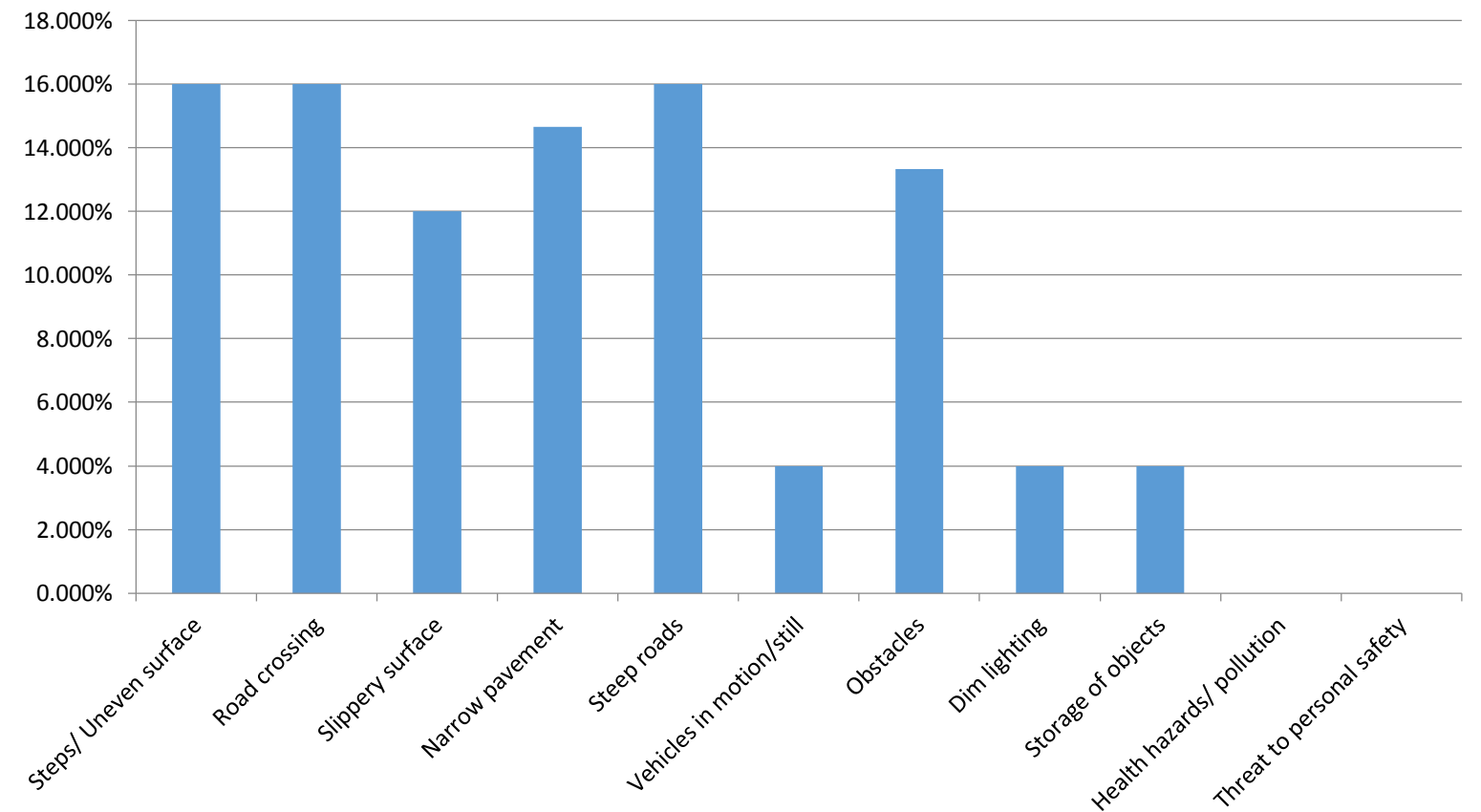


Which are the top 5 hazards in the urban environment?  
請選出城市裡最危險的5個場地。

AM



PM (At the closing of the Workshop)



Which are the top 5 hazards in the urban environment?  
請選出城市裡最危險的5個場地。

PM (At the Closing of the Workshop)



|                           |     |
|---------------------------|-----|
| Steps/ Uneven surface     | 16% |
| Road crossing             | 16% |
| Slippery surface          | 12% |
| Narrow pavement           | 14% |
| Steep roads               | 16% |
| Vehicles in motion/still  | 4%  |
| Obstacles                 | 13% |
| Dim lighting              | 4%  |
| Storage of objects        | 4%  |
| Health hazards/ pollution | 0%  |
| Threat to personal safety | 0%  |

Which are the top 5 hazards in the urban environment?  
請選出城市裡最危險的5個場地。

Feedback from Website

facebook

|                           |     |
|---------------------------|-----|
| Steps/ Uneven surface     | 16% |
| Road crossing             | 12% |
| Slippery surface          | 15% |
| Narrow pavement           | 8%  |
| Steep roads               | 8%  |
| Vehicles in motion/still  | 10% |
| Obstacles                 | 9%  |
| Dim lighting              | 6%  |
| Storage of objects        | 4%  |
| Health hazards/ pollution | 7%  |
| Threat to personal safety | 2%  |



# •5

- top 5 hazards in the urban environment



- Steps/  
Uneven  
surface



- Road crossing



- Steep roads
- Slippery  
surface



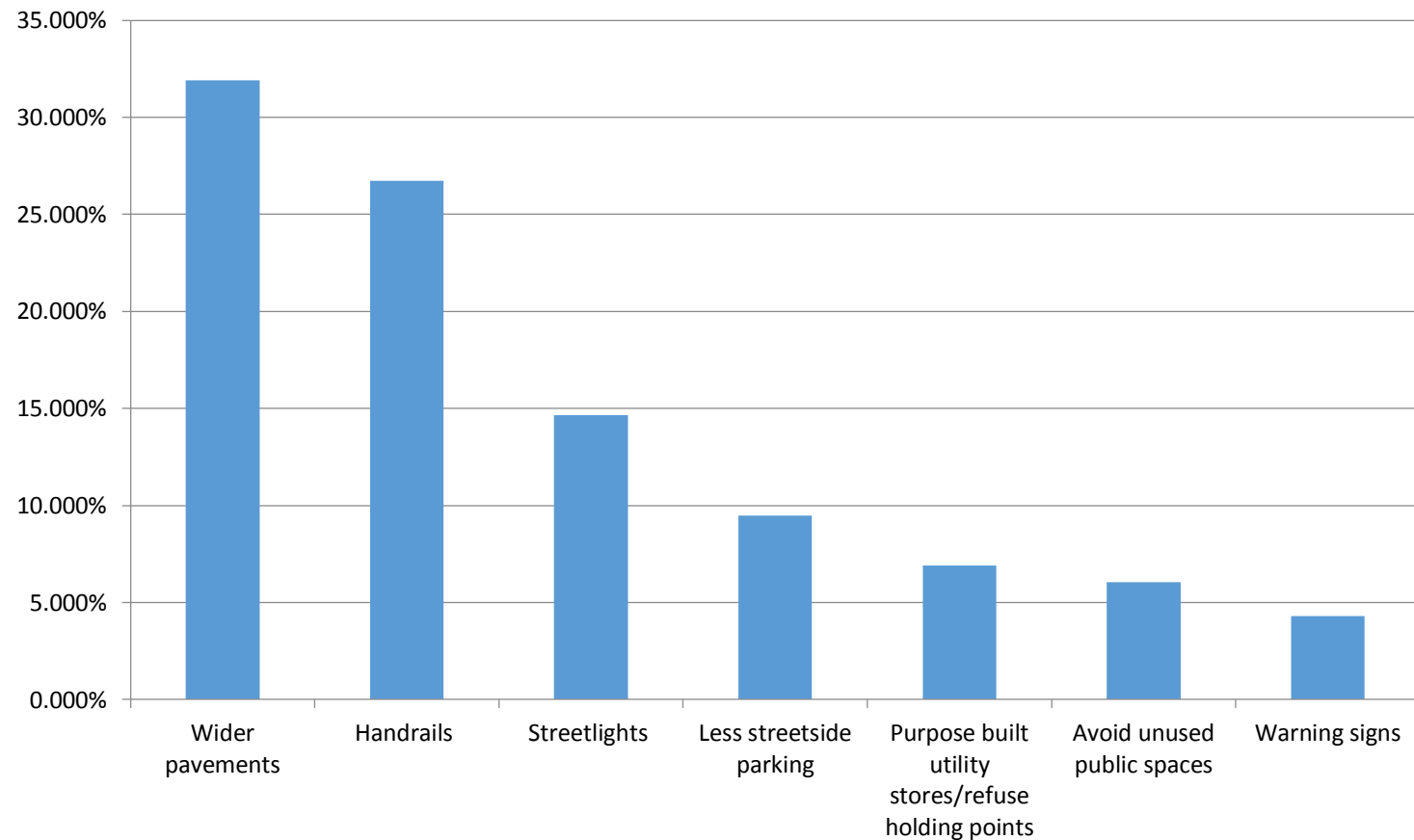
- Narrow  
pavement



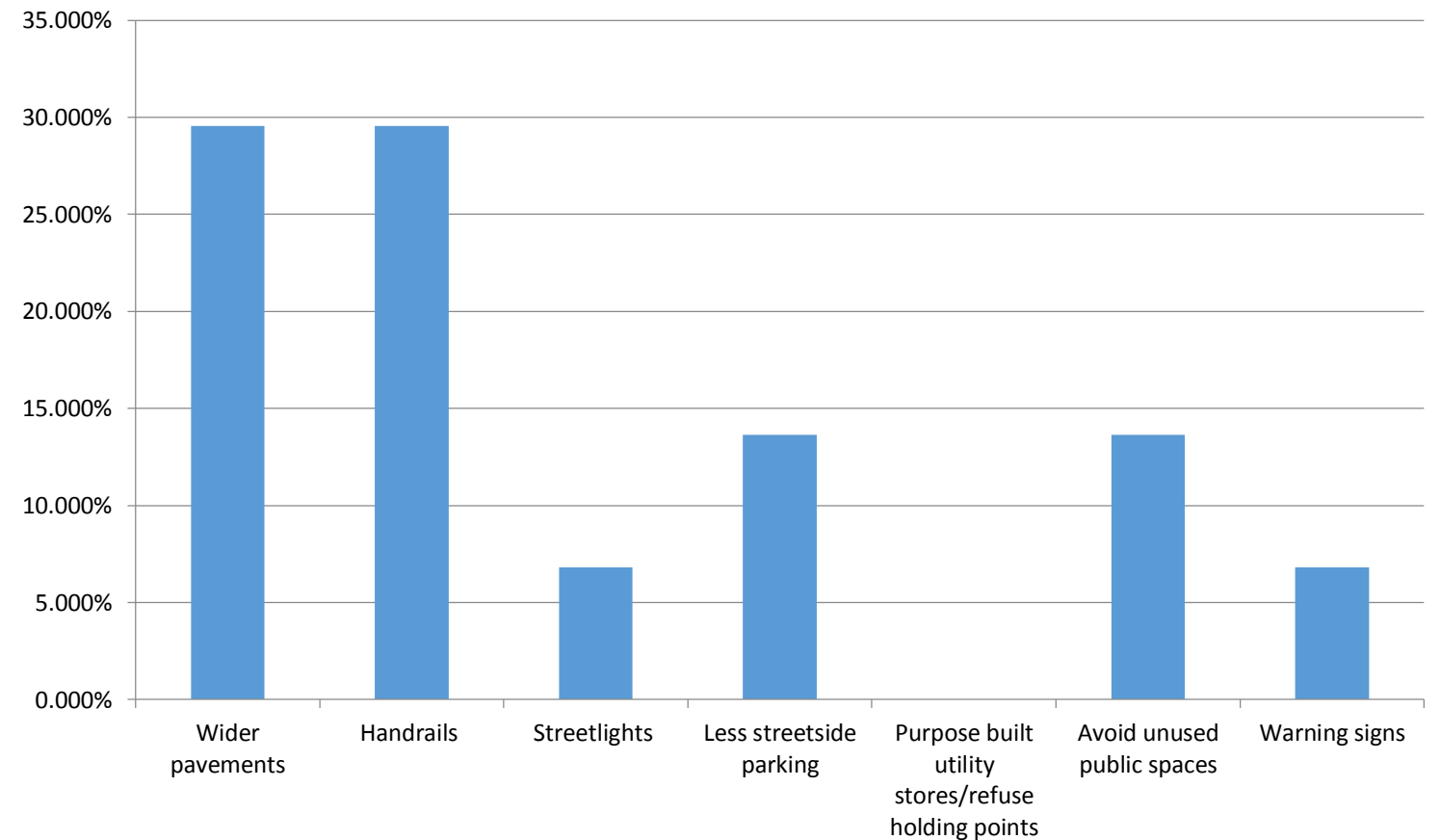
- Obstacles

What may be the most helpful in enhancing safety ?  
你認為以下哪項最能提升長者外出時的安全？

AM



PM (At the closing of the Workshop)



What may be the most helpful in enhancing safety ?  
 你認為以下哪項最能提升長者外出時的安全？

PM (At the Closing of the Workshop)



|  |     |
|--|-----|
| Wider pavements                                    | 29% |
| Handrails  | 29% |
| Streetlights                                       | 6%  |
| Less streetside parking                            | 13% |
| Purpose built utility stores/refuse holding points | 0%  |
| Avoid unused public spaces                         | 13% |
| Warning signs                                      | 6%  |



What may be the most helpful in enhancing safety ?  
你認為以下哪項最能提升長者外出時的安全？

Feedback from Web

facebook

|  |     |
|--|-----|
| Wider pavements                                    | 27% |
| Handrails  | 28% |
| Streetlights                                       | 16% |
| Less streetside parking                            | 8%  |
| Purpose built utility stores/refuse holding points | 3%  |
| Avoid unused public spaces                         | 9%  |
| Warning signs                                      | 8%  |



# •4

- Wider pavement
- Handrail



# •5

## • ESTABLISH **KEY ELEMENTS** that shape an elderly-friendly urban environment

•i

• Safe  
infrastructure

•ii

• Supportive  
amenities

•iii

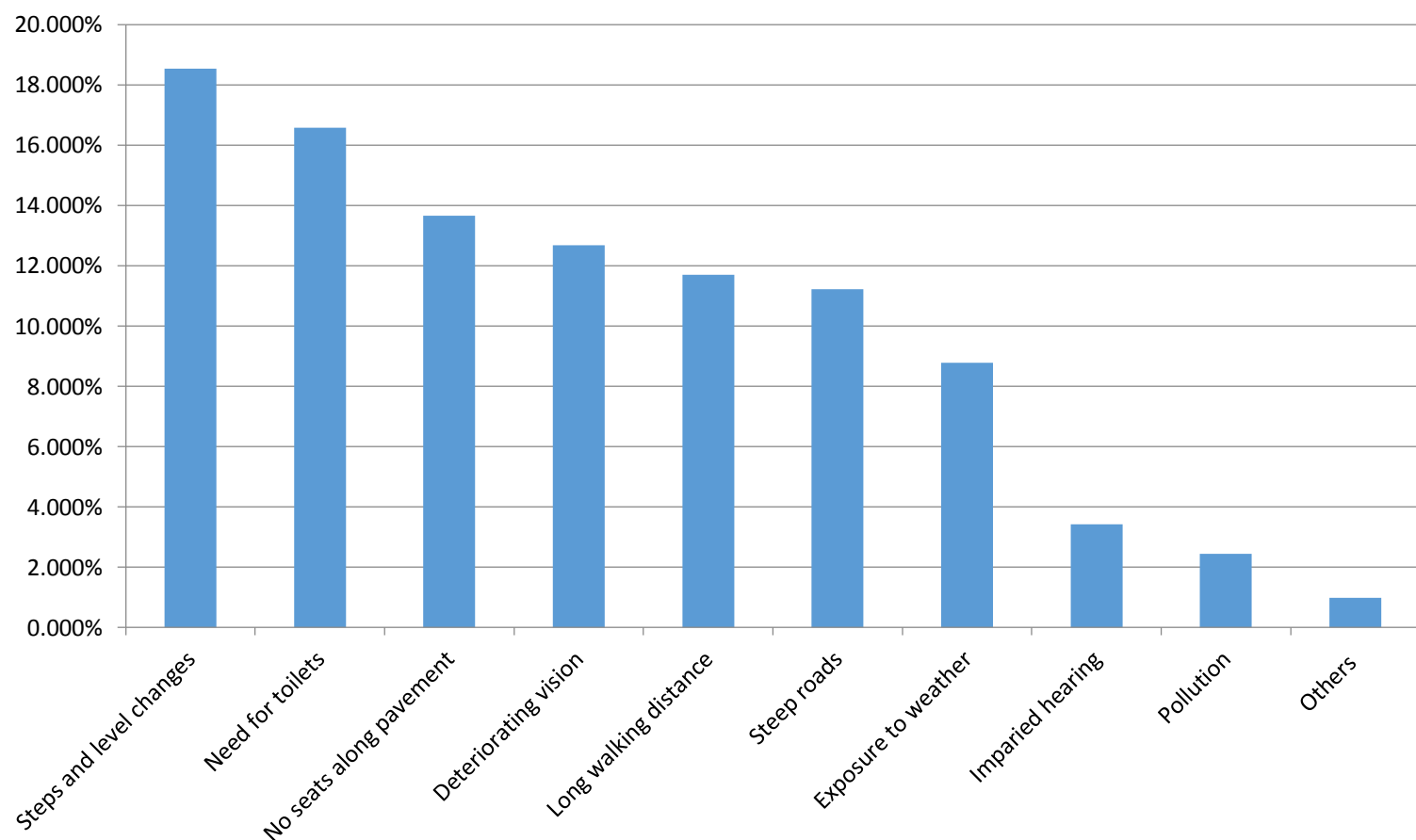
• Cognitive  
power

•iv

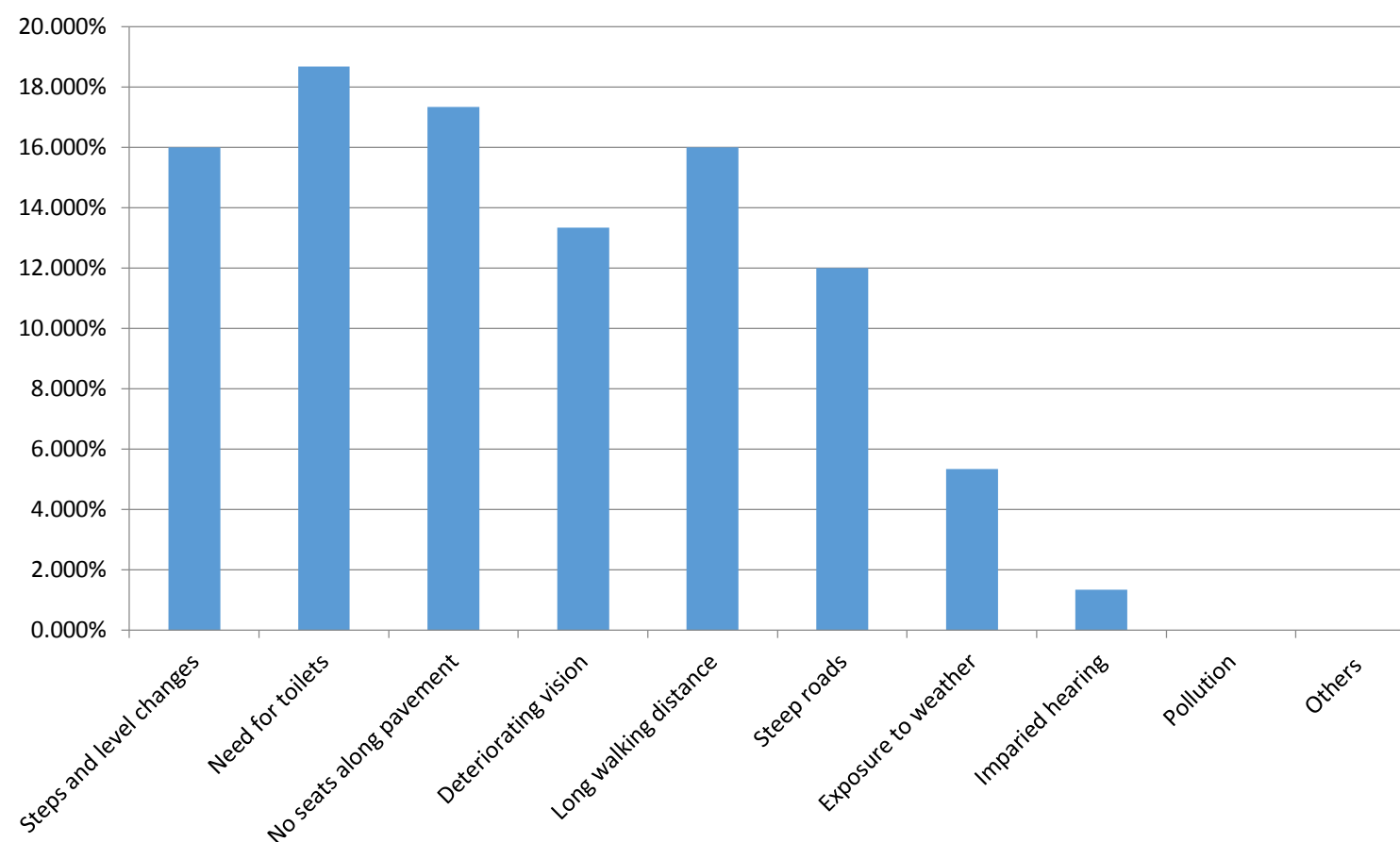
• Well-being  
factors

What are the most prominent physical challenges for the elderly?  
對長者而言，他們在體能上面對最大的挑戰是？

AM



PM (At the Closing of the Workshop)



What are the most prominent physical challenges for the elderly?  
 對長者而言，他們在體能上面對最大的挑戰是？

PM (At the Closing of the Workshop)



|                         |            |
|-------------------------|------------|
| Steps and level changes | 16%        |
| <b>Need for toilets</b> | <b>18%</b> |
| No seats along pavement | 17%        |
| Deteriorating vision    | 13%        |
| Long walking distance   | 16%        |
| Steep roads             | 12%        |
| Exposure to weather     | 5%         |
| Impaired hearing        | 1%         |
| Pollution               | 0%         |



What are the most prominent physical challenges for the elderly?  
 對長者而言，他們在體能上面對最大的挑戰是？

Feedback from Web

facebook

|                              |            |
|------------------------------|------------|
| Steps and level changes      | 13%        |
| <b>Need for toilets</b>      | <b>15%</b> |
| No seats along pavement      | 10%        |
| Deteriorating vision         | 14%        |
| <b>Long walking distance</b> | <b>15%</b> |
| Steep roads                  | 11%        |
| Exposure to weather          | 12%        |
| Impaired hearing             | 7%         |
| Pollution                    | 3%         |





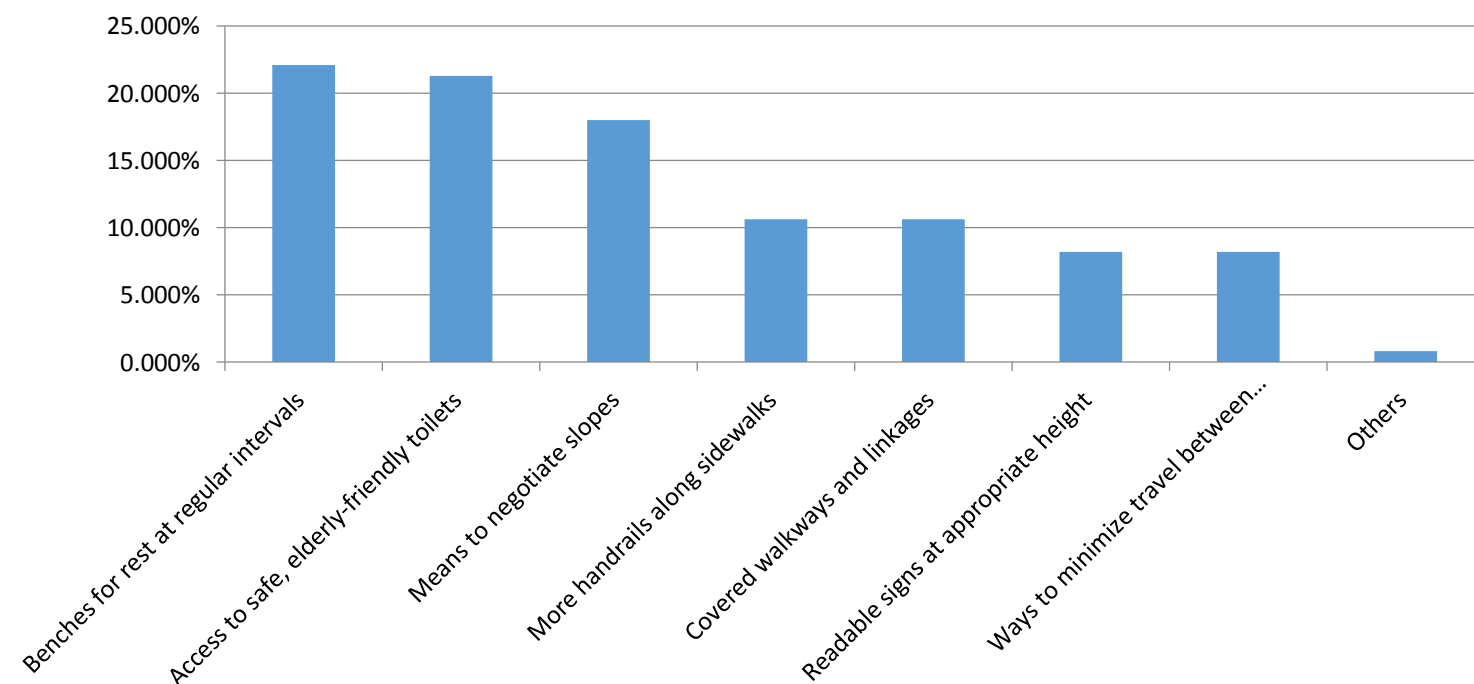
•5

- Need for toilets

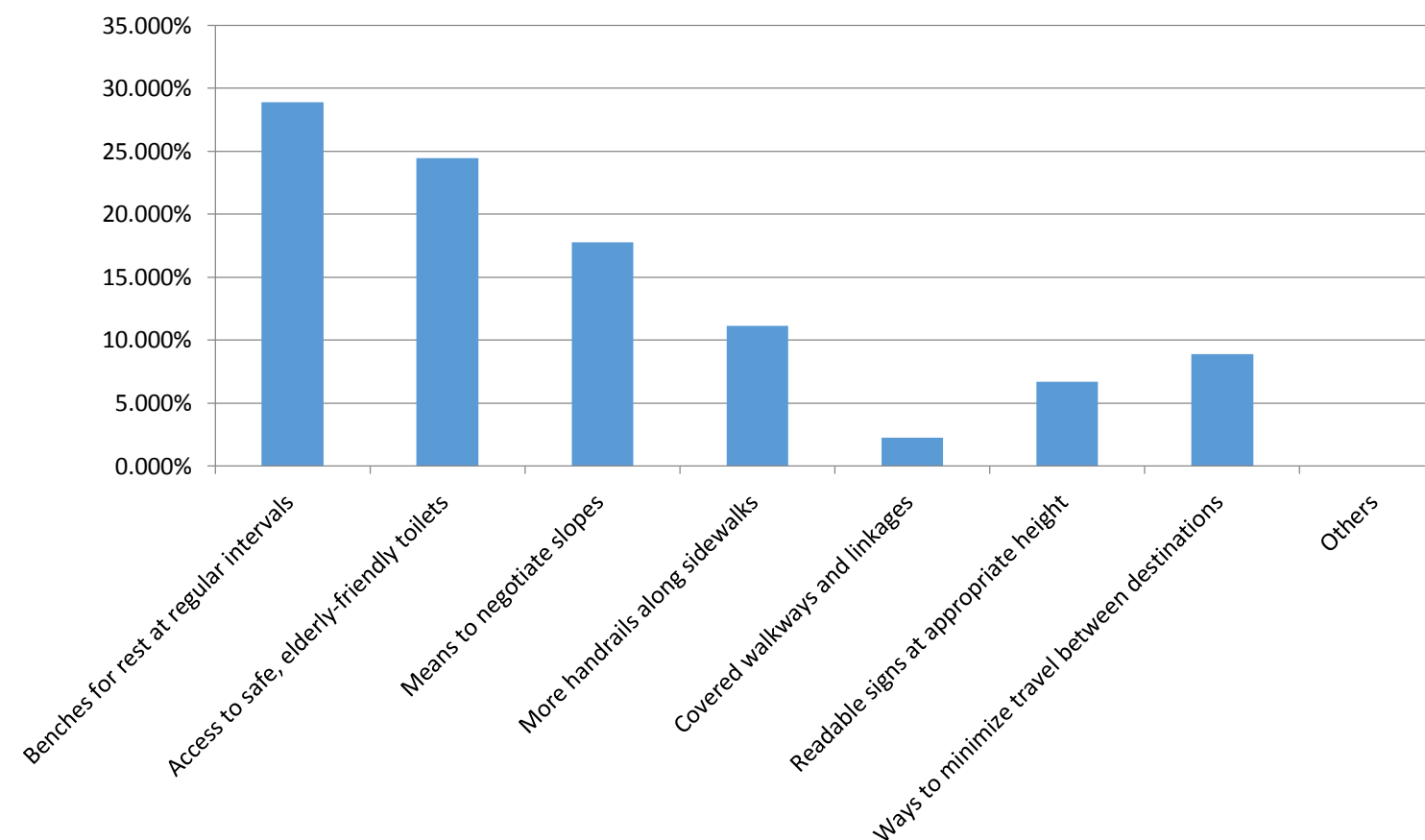
Which may be the most needed supportive facilities for the elderly in Hong Kong urban environment?

以下哪項是城市環境中最急需設立的長者輔助設施？

AM



PM (At the closing of the Workshop)



Which may be the most needed supportive facilities for the elderly in Hong Kong urban environment?

以下哪項是城市環境中最急需設立的長者輔助設施？

PM (At the Closing of the Workshop)



|   |            |
|---|------------|
| Means to negotiate slopes                       | 17%        |
| More handrails along sidewalks                  | 11%        |
| <b>Benches for rest at regular intervals</b>    | <b>28%</b> |
| <b>Access to safe, elderly-friendly toilets</b> | <b>24%</b> |
| Readable signs at appropriate height            | 6%         |
| Ways to minimize travel between destinations    | 8%         |
| Covered walkways and linkages                   | 2%         |

Which may be the most needed supportive facilities for the elderly in Hong Kong urban environment?

以下哪項是城市環境中最急需設立的長者輔助設施？

Feedback from Web

facebook

|   |            |
|---|------------|
| Means to negotiate slopes                       | 19%        |
| More handrails along sidewalks                  | 15%        |
| <b>Benches for rest at regular intervals</b>    | <b>24%</b> |
| <b>Access to safe, elderly-friendly toilets</b> | <b>20%</b> |
| Readable signs at appropriate height            | 2%         |
| Ways to minimize travel between destinations    | 9%         |
| Covered walkways and linkages                   | 10%        |





•5

- Benches for rest at regular intervals
- Toilets

# •6

## • ESTABLISH **KEY ELEMENTS** that shape an elderly-friendly urban environment

•i

• Safe  
infrastructure

•ii

• Supportive  
amenities

•iii

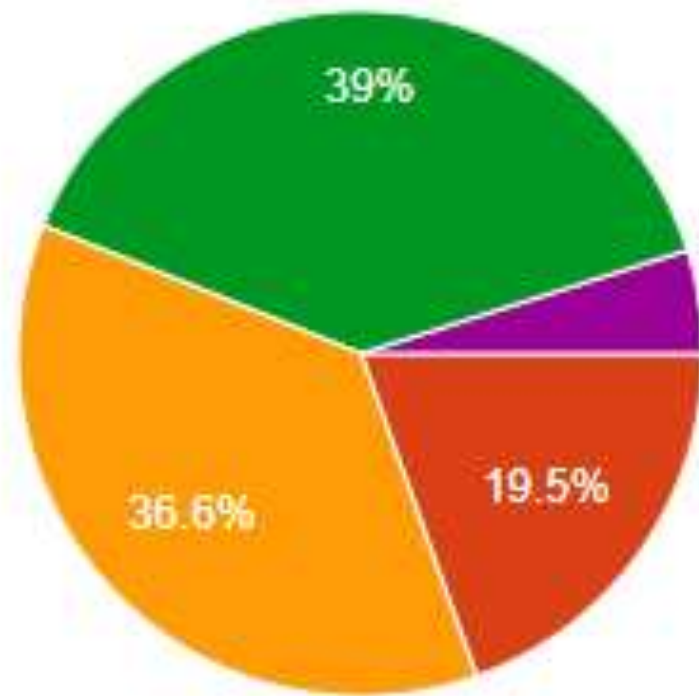
• Cognitive  
power

•iv

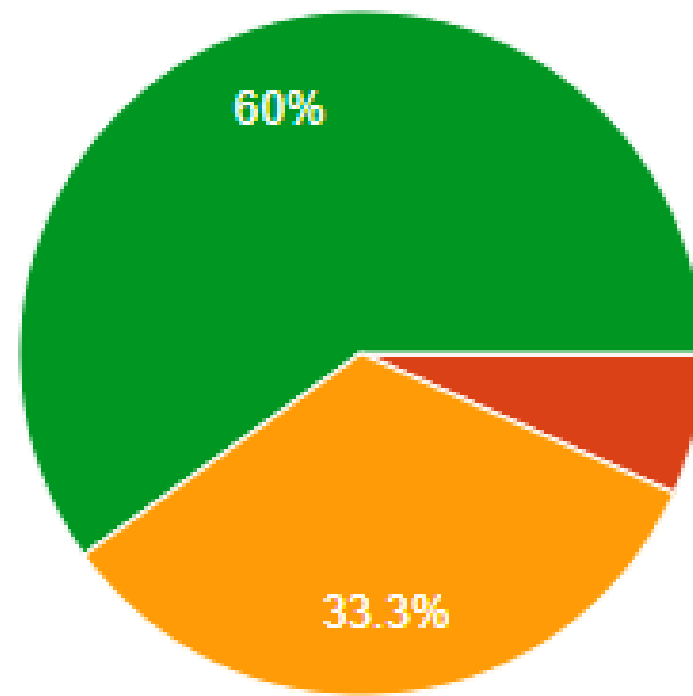
• Well-being  
factors

Is navigating in the urban environment easy for pedestrians?  
對行人而言，不同目的地的指示是否簡明清晰嗎？

AM



PM (At the closing of the Workshop)



93%

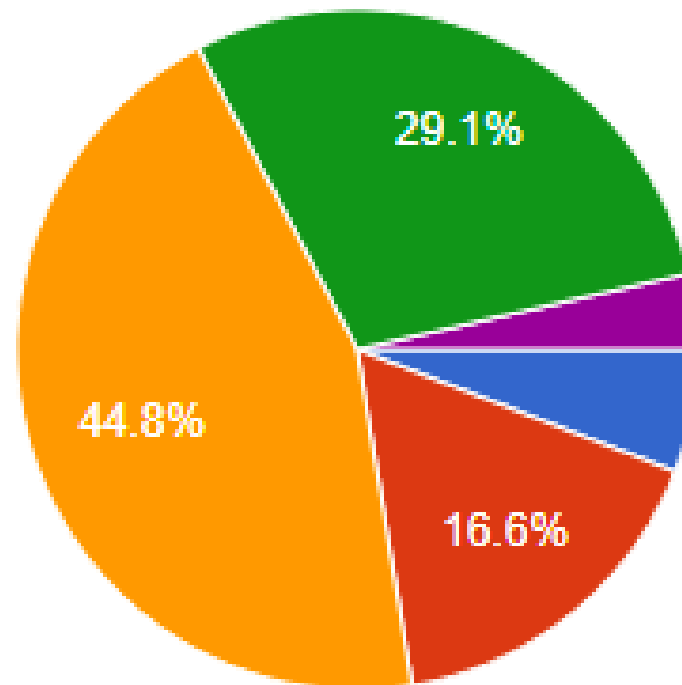
- Always easy 通常簡明清晰
- Easy to find new places 易於尋找初次到達的場地
- Easy to find familiar places only 僅易於尋找熟悉的地方
- Difficult to find new places 難於尋找初次到達的場地
- Always difficult 通常難以理解



Is navigating in the urban environment easy for pedestrians?  
對行人而言，不同目的地的指示是否簡明清晰嗎？

Feedback from Web

facebook



80%

- Always easy 通常簡明清晰
- Easy to find new places 易於尋找初次到達的場地
- Easy to find familiar places only 僅易於尋找熟悉的地方
- Difficult to find new places 難於尋找初次到達的場地
- Always difficult 通常難以理解



# •6

Easy navigating and clear signage?



# •7

## • ESTABLISH **KEY ELEMENTS** that shape an elderly-friendly urban environment

•i

• Safe infrastructure

•ii

• Supportive amenities

•iii

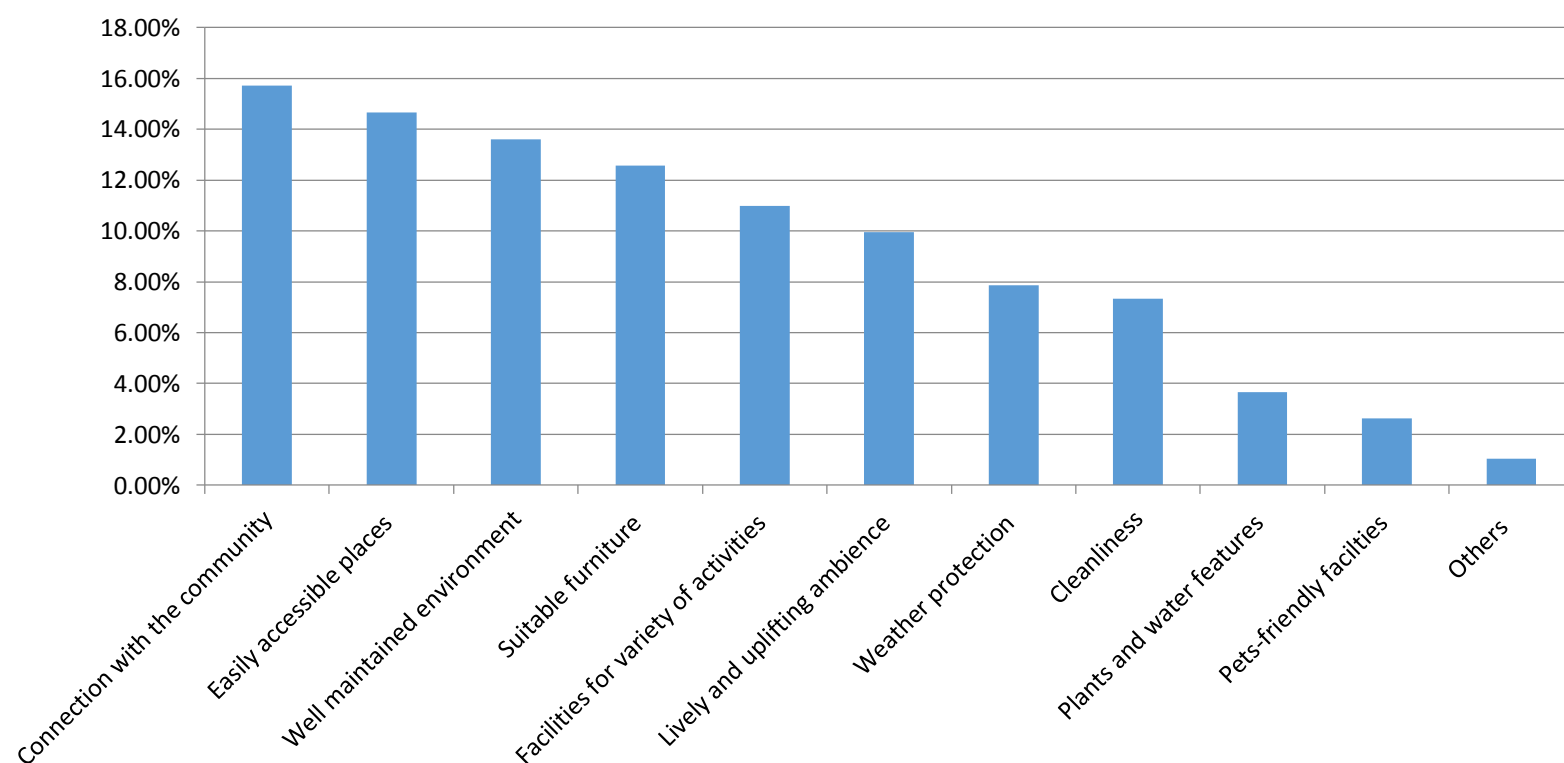
• Cognitive power

•iv

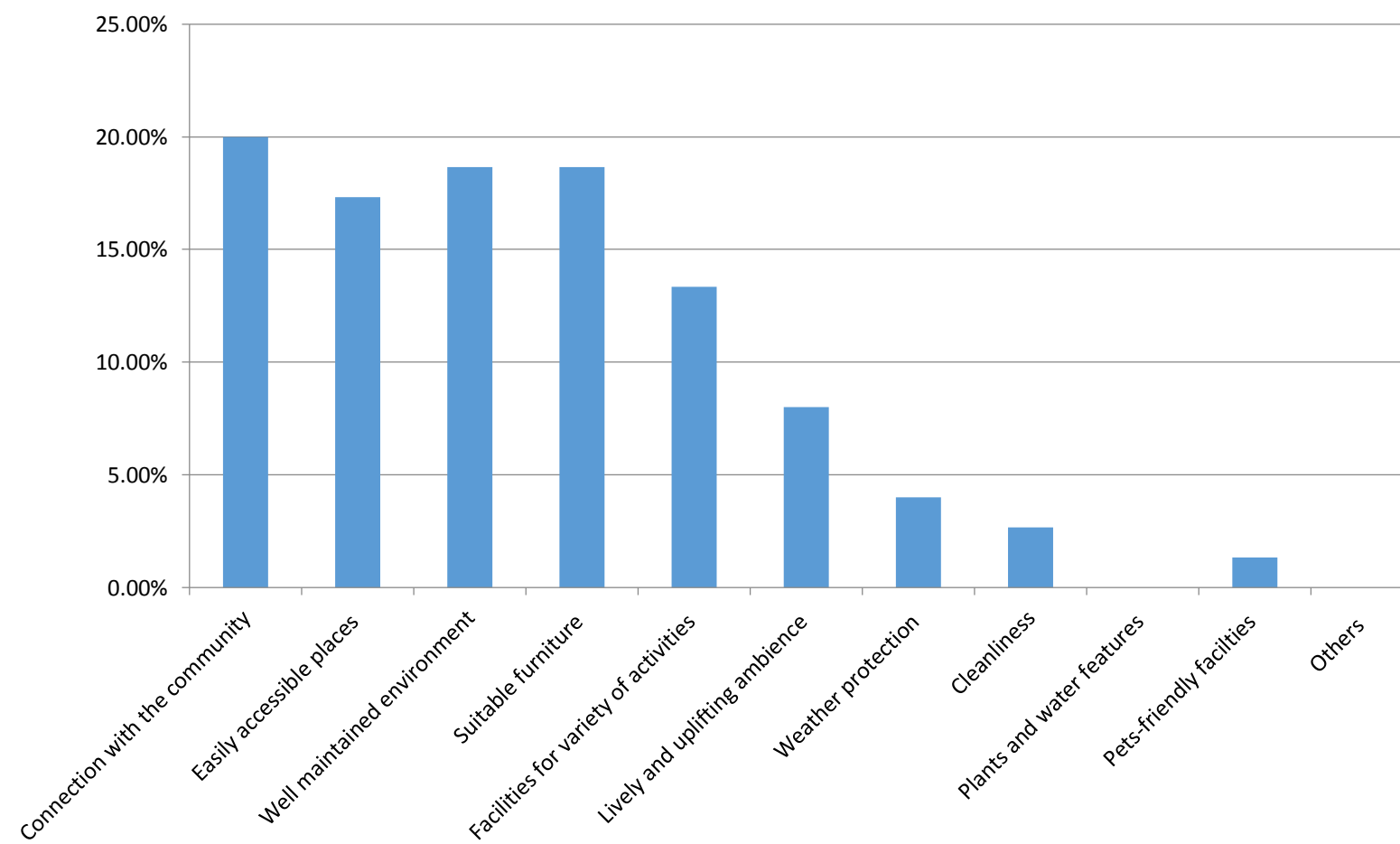
• Well-being factors

What may make the elderly happy in an urban setting?  
以下哪項是讓長者在城市裡感到幸福的因素？

AM



PM (At the closing of the Workshop)



What may make the elderly happy in an urban setting?  
 以下哪項是讓長者在城市裡感到幸福的因素？

PM (At the Closing of the Workshop)



|                                      |     |
|--------------------------------------|-----|
| Connection with the community        | 20% |
| Easily accessible places             | 17% |
| Well maintained environment          | 18% |
| Suitable furniture                   | 18% |
| Facilities for variety of activities | 13% |
| Lively and uplifting ambience        | 8%  |
| Weather protection                   | 4%  |
| Cleanliness                          | 2%  |
| Plants and water features            | 0%  |
| Pets-friendly facilities             | 1%  |

What may make the elderly happy in an urban setting?  
以下哪項是讓長者在城市裡感到幸福的因素？

Feedback from Web

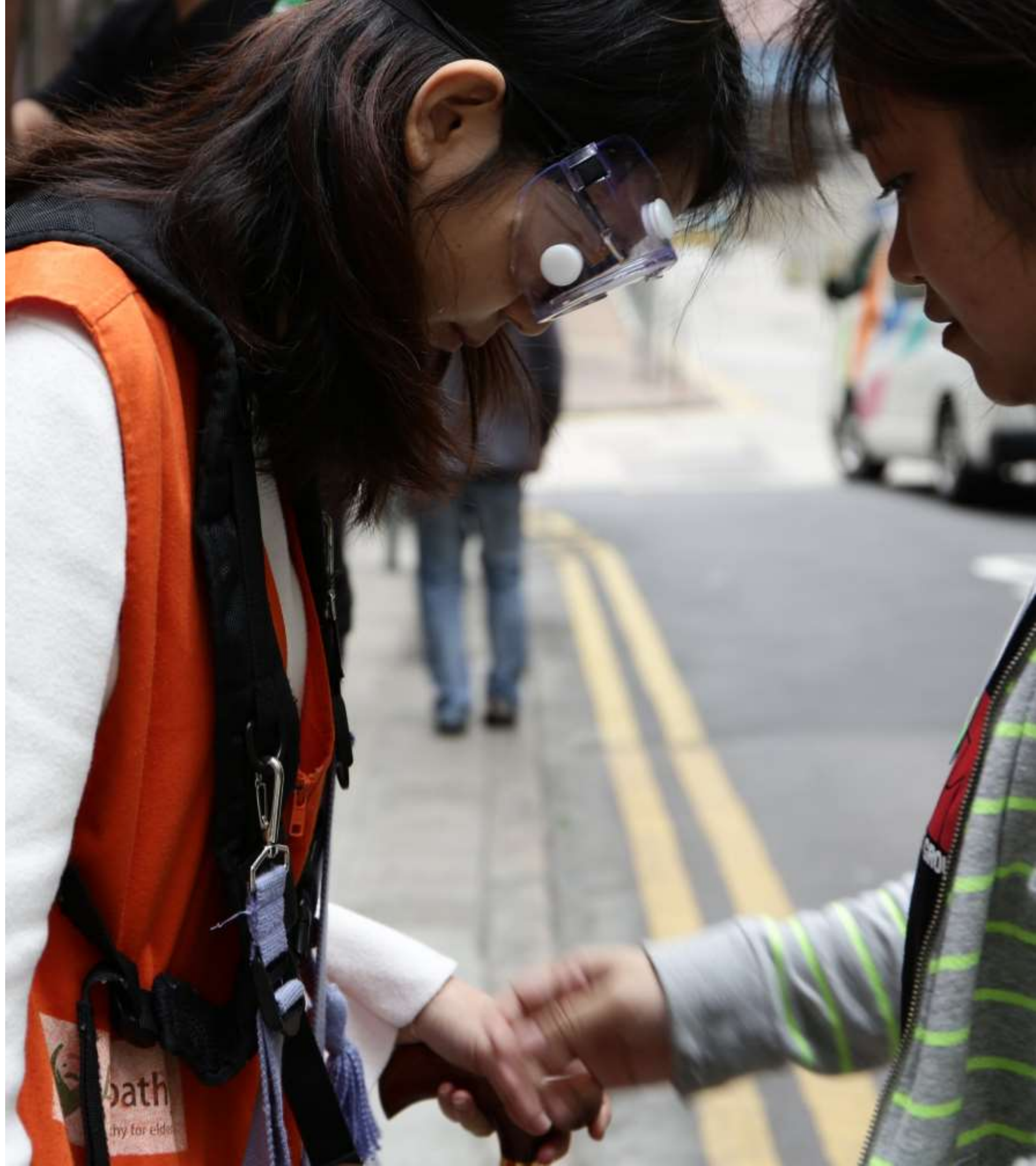
facebook

|                                      |     |
|--------------------------------------|-----|
| Connection with the community        | 13% |
| Easily accessible places             | 13% |
| Well maintained environment          | 17% |
| Suitable furniture                   | 14% |
| Facilities for variety of activities | 11% |
| Lively and uplifting ambience        | 8%  |
| Weather protection                   | 8%  |
| Cleanliness                          | 10% |
| Plants and water features            | 6%  |
| Pets-friendly facilities             | 0%  |



# •7

- Connection with the community
- Well maintained environment
- Suitable furniture
- Facilities for variety of activities
- Easily accessible places



- CONCLUSION



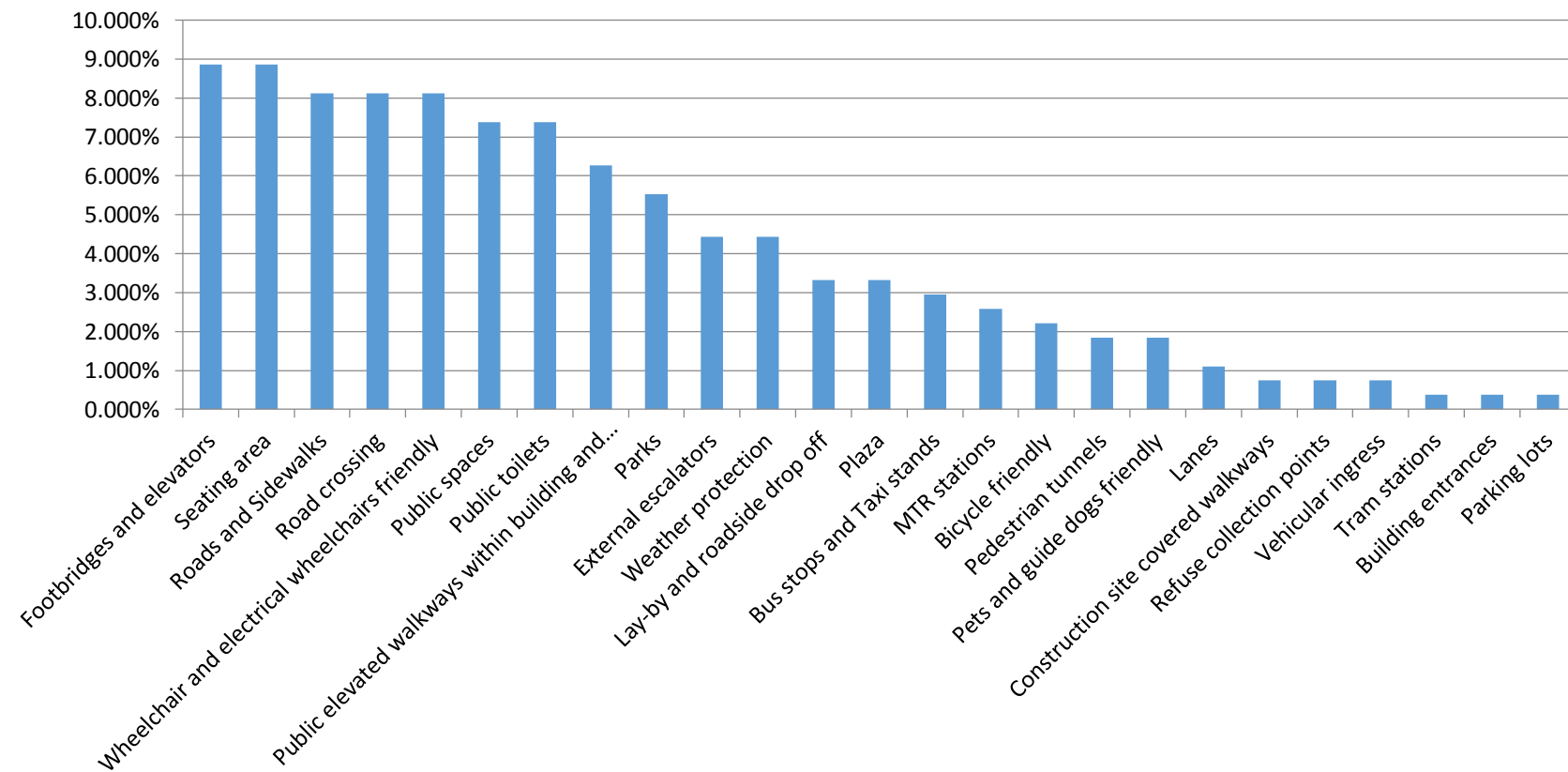
# ACTIVE / HEALTHY AGEING

Our Challenges and Opportunities.....

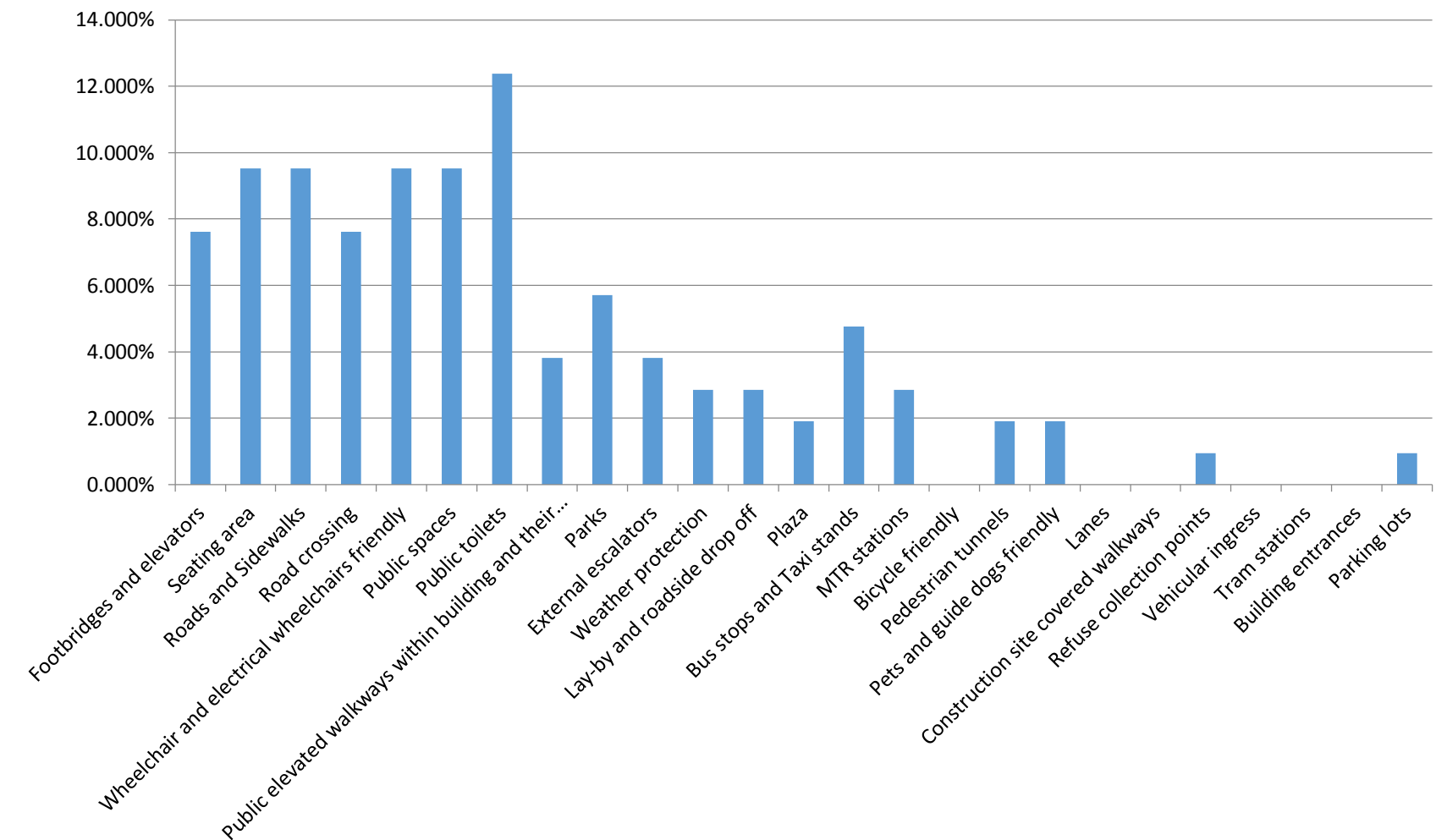
# Current condition of urban environment in Hong Kong 香港現時的城市環境狀況

Please select the most important elements that make an elderly-friendly urban environment.  
請選擇 對打造長者友善的城市環境最重要的元素。

## AM



## PM (At the Closing of the Workshop)



Please select the most important elements that make an elderly-friendly urban environment.  
請選擇 對打造長者友善的城市環境最重要的元素。

## PM (At the Closing of the Workshop)



|  |     |
|--|-----|
| Footbridges and elevators  | 7%  |
| Seating area   | 9%  |
| Roads and Sidewalks  | 9%  |
| Road crossing  | 7%  |
| Wheelchair and electrical wheelchairs friendly                       | 9%  |
| Public spaces  | 9%  |
| Public toilets   | 12% |
| Public elevated walkways within building and their connecting bridge | 3%  |
| Parks  | 5%  |
| External escalators  | 3%  |
| Weather protection   | 2%  |
| Lay-by and roadside drop off   | 2%  |
| Plaza  | 1%  |
| Bus stops and Taxi stands  | 4%  |
| MTR stations   | 2%  |

Please select the most important elements that make an elderly-friendly urban environment.  
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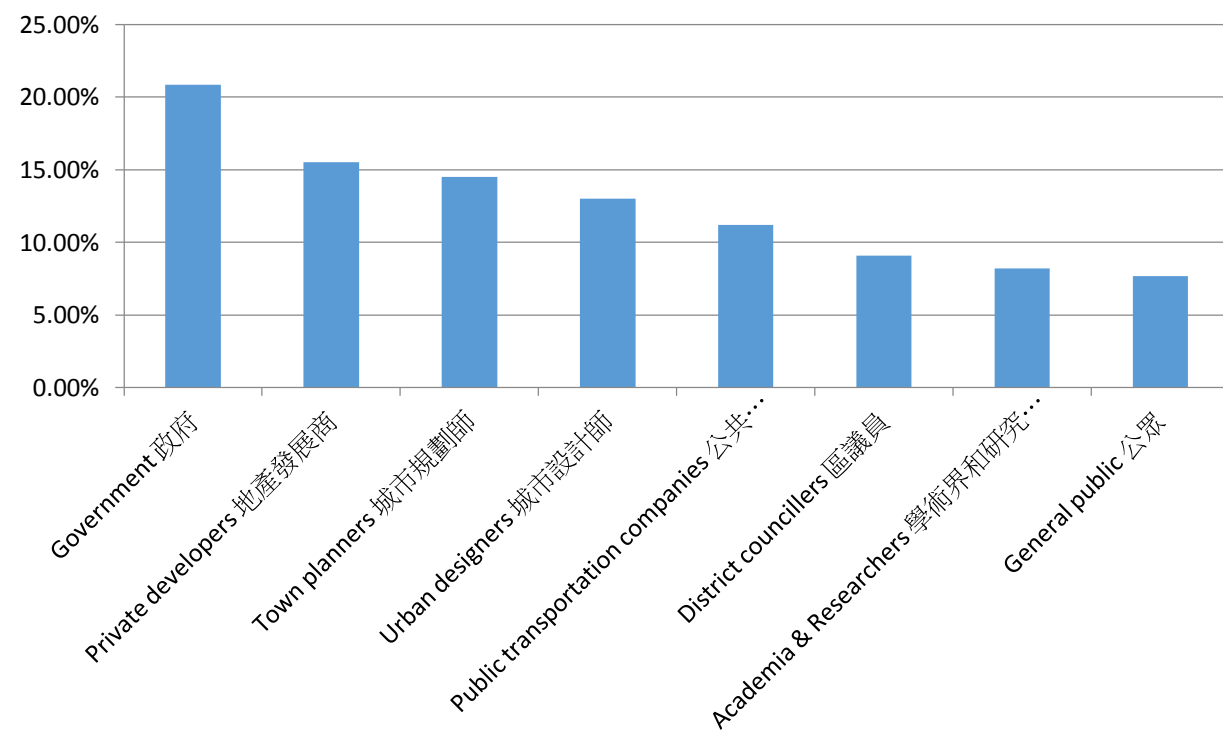
## Feedback from Web

facebook

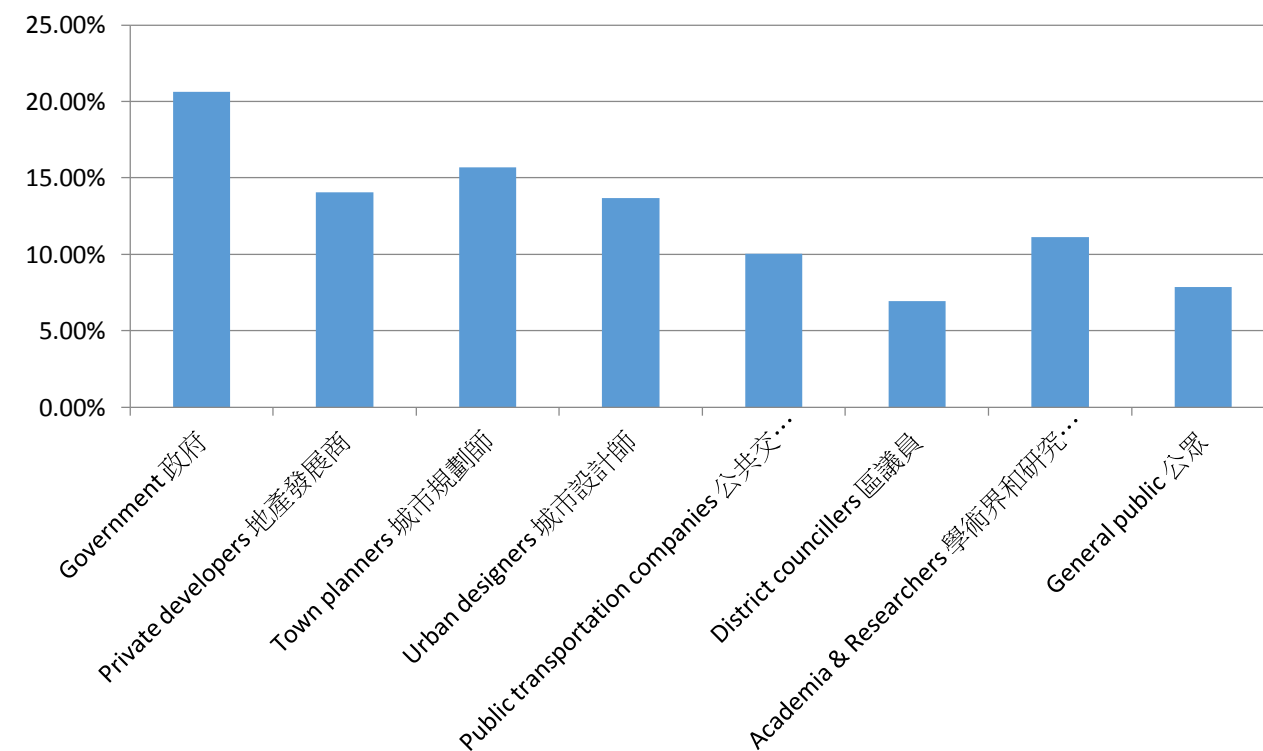
|  |    |
|--|----|
| Footbridges and elevators  | 9% |
| Seating area   | 9% |
| Roads and Sidewalks  | 9% |
| Road crossing  | 8% |
| Wheelchair and electrical wheelchairs friendly                       | 9% |
| Public spaces  | 7% |
| Public toilets   | 8% |
| Public elevated walkways within building and their connecting bridge | 2% |
| Parks  | 9% |
| External escalators  | 6% |
| Weather protection   | 4% |
| Lay-by and roadside drop off   | 3% |
| Plaza  | 3% |
| Bus stops and Taxi stands  | 2% |
| MTR stations   | 3% |

Who can make a difference to the elderly-friendliness of the urban environment?  
你認為哪一方能推動長者友善城市的改變?

## AM



## PM (At the closing of the Workshop)



Who can make a difference to the elderly-friendliness of the urban environment?  
 你認為哪一方能推動長者友善城市的改變?

PM (At the closing of the Workshop)



|   |     |
|---|-----|
| Government 政府                             | 20% |
| Private developers 地產發展商                  | 14% |
| Town planners 城市規劃師                       | 15% |
| Urban designers 城市設計師                     | 13% |
| Public transportation companies<br>公共交通公司 | 10% |
| District councillors 區議員                  | 6%  |
| Academia & Researchers<br>學術界和研究人員        | 11% |
| General public 公眾                         | 7%  |



Who can make a difference to the elderly-friendliness of the urban environment?  
 你認為哪一方能推動長者友善城市的改變？

Feedback from Web



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• IDENTIFY

• CONCERNS & ACTIONS

to promote Active Ageing in our urban environment





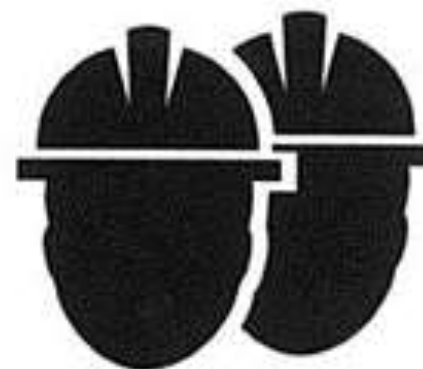
Governors



Policy Makers



Professional



Developers



Academics



Public

### CONCERNS & ACTIONS

1. **Funding & incentives**
2. Implement active ageing policy in **land selling requirement**
3. Develop a **community platform** for sharing resources and knowledge
4. **Urban design guidelines** to address elderly friendly issues
5. **Engage younger generation**, elder and public in decision making process on active ageing
6. Enable the elderly to stay active in his own **neighborhood with variety** of necessary facilities
7. Public housing estates to encourage elder to **live closer to their families**
8. **Policy initiatives** such as saleable floor area concession to promote elderly friendly considerations
9. Public space and building design to address **elder end user's perspective**
10. **Utilization of country park** to promote active ageing
- 11... ..... and more



- “AGEING IS A GIFT.
- **Live smarter now to live better forever.”**

- —Matthias Hollwich, NEW AGEING



Presented by

Joel Chan

HKIUD

Chairman of Experiential  
Workshop Organizing Committee

Director of P&T GROUP