



香港城市設計學會
Hong Kong Institute of Urban Design

Inclusive Urban Design: Built for Health and Mobility

Dr. LAM Ching-choi, BBS, JP
Member of the Executive Council
Chairman, Elderly Commission
CEO, Haven of Hope Christian Service

22 June 2018

Agenda

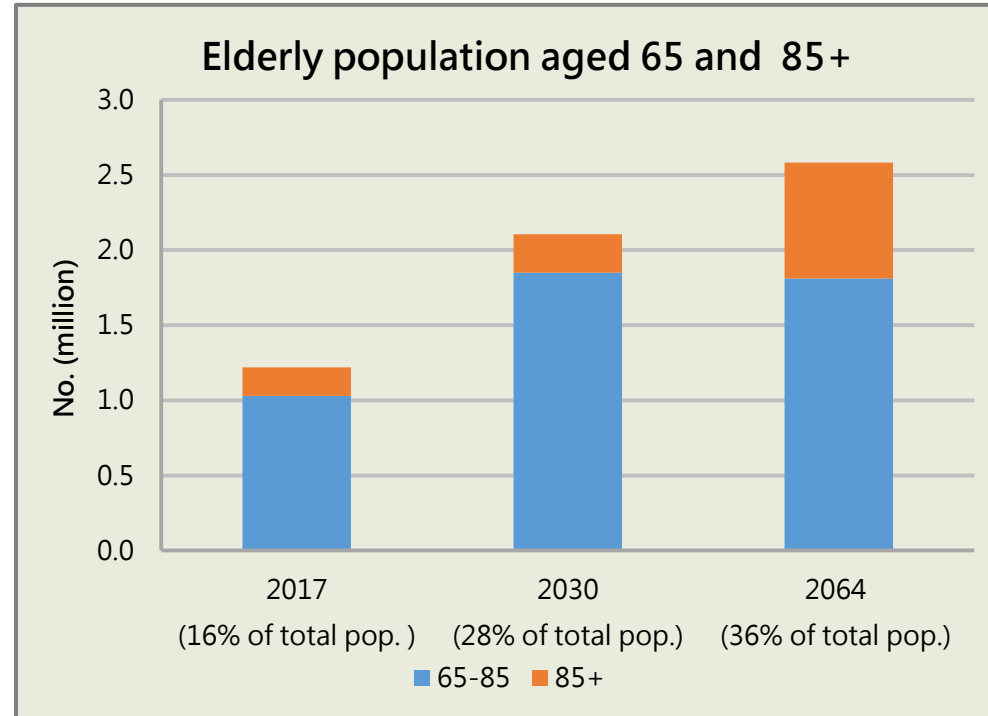


- Ageing Population and Implications on Health and Mobility
- Built for Health and Mobility
 - Health – Promoting Environment
 - Mobility – Enabling Environment
- Example: Kampung Admiralty, Singapore
- Policy → Environment → Behavior

Ageing Population in Hong Kong and Implications on Health and Mobility



- Significant increase in size of elderly population
 - Elderly population (age 65+) will increase from 1.22m in 2017 to over 2.58m in 2064
 - Percentage of elderly population will grow from 16.2% to 35.9%
- Average elderly person also becoming older
 - “Old-olds” (aged 85+) will increase at an even faster rate
 - From 0.19m in 2017 to 0.72m in 2064



Ageing Population in Hong Kong and Implications on Health and Mobility



Physical Health Risks

- Chronic diseases
 - Aged 65+: ~880,000 (74.3%)
 - Common diseases:
 - Diabetes: 0.5m in 2058
 - Hypertension: 1.3m in 2058
 - Stroke: 0.1m in 2058

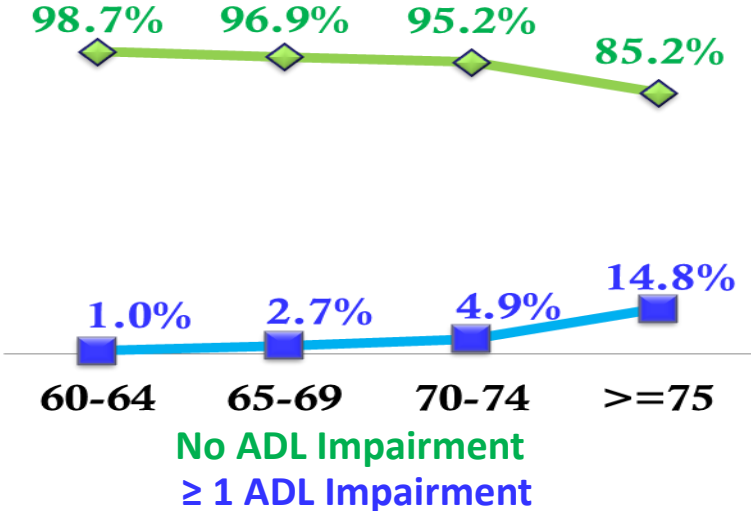
Mental Health Risks

- Suicide
- Dementia
 - ~100,000 in 2017 with the number expected to triple by 2039
- Depression
 - Over 10 per cent of Hong Kong elderly persons
- Loneliness
 - Living alone: 152 536 (13.1%)
 - Living with spouse only: 293 308 (25.2%)

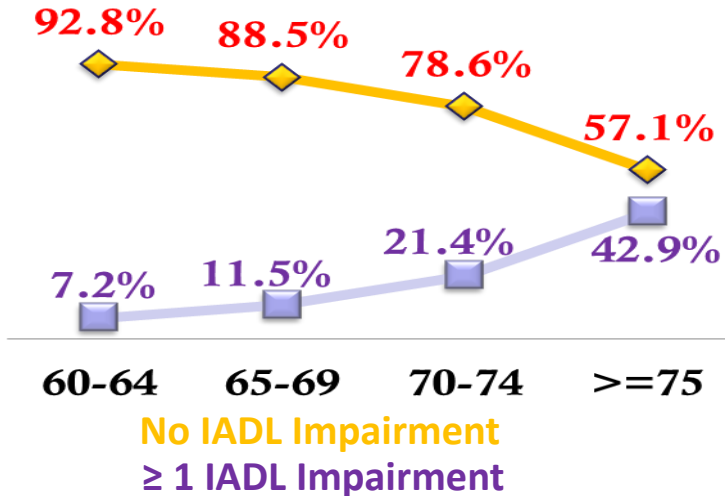
Ageing Population in Hong Kong and Implications on Health and Mobility



Older Persons by No. of ADL (Activities of Daily Living) Impairment(s) & Age



Older Persons by No. of Instrumental ADL Impairment(s) & Age



Sources: Census and Statistics Department; Yu et. al (2016). Trends in activities of daily living disability in a large sample of community-dwelling Chinese older adults in Hong Kong: An age-period-cohort analysis. *BMJ Open*, 6(12).

Built for Health and Mobility

- **Health – Promoting Environment**
- **Mobility – Enabling Environment**

Policy shapes environment;
Environment shapes behavior;
Behavior shapes how we age.

Built for Health and Mobility:

Health – Promoting Environment



Excessive noise
Inadequate lighting
Heavy traffic

Neighborhood problems

Greenery

Physically active
Overweight and obesity was about 40% less
Five- year survival in the neighborhood



High- walkability neighborhoods

Higher residential density
Better land use mix
Closer street connectivity
More aesthetic
Safer
Lower obesity prevalence
Five- year survival in the neighborhood

Built for Health and Mobility:

Health – Promoting Environment



An epidemic of loneliness and social isolation

- Spark inflammation
- Change in the immune system
- More dangerous than obesity
- As deadly as smoking
- Dementia

Social Support

Connect people to build relationship networks

Built for Health and Mobility:

Mobility – Enabling Environment



香港城市設計學會
Hong Kong Institute of Urban Design

Universal Design beyond Accessibility

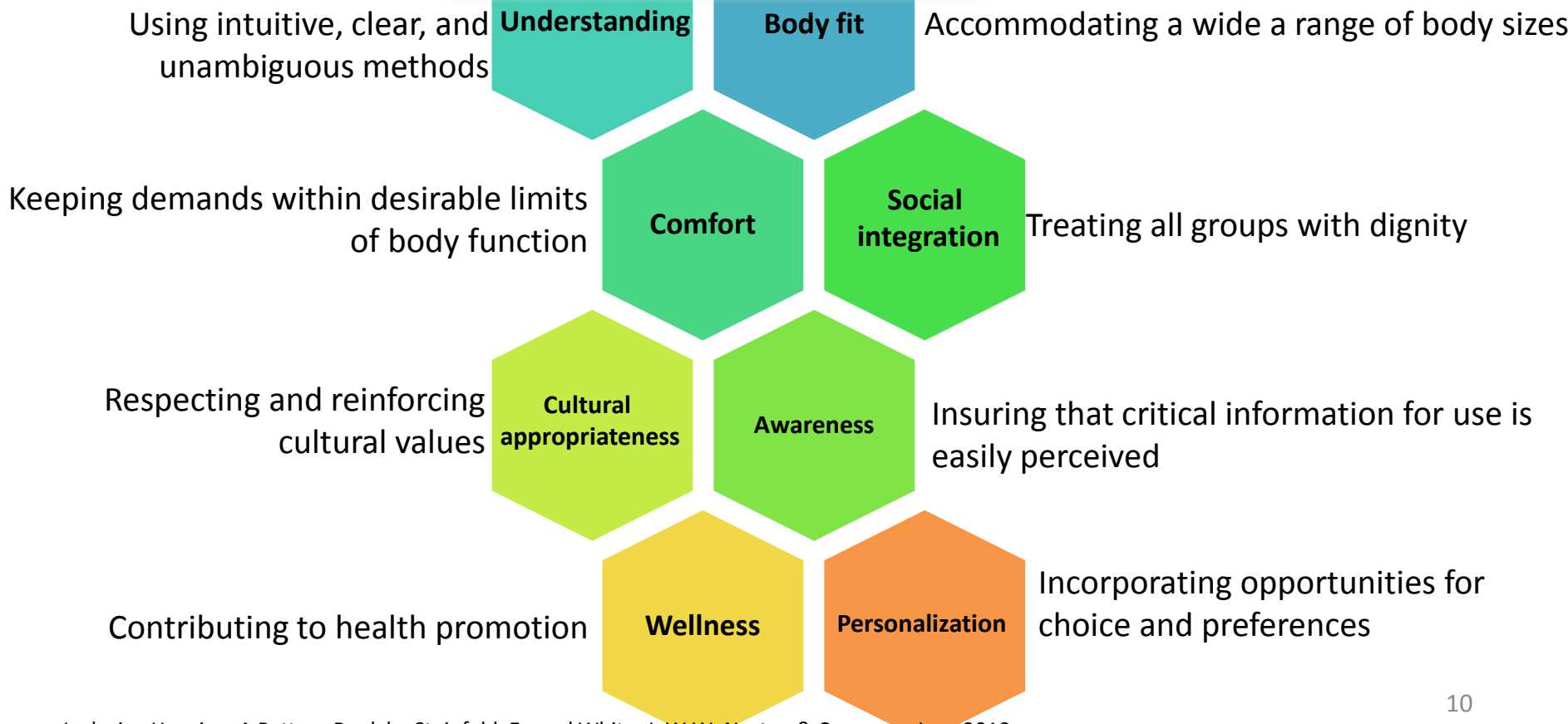
Universal Design is to design for all residents throughout their life. All domestic flats and common areas are designed with barrier free access and have considered convenience and safety aspects to meet diverse needs of tenants.

Built for Health and Mobility:

Mobility – Enabling Environment



Eight Goals of Universal Design



Built for Health and Mobility:

Mobility – Enabling Environment



- Adopt “**universal design**” in public spaces
- Cater the needs of all ages

UNIVERSAL

- **Costs the same** as any other plan to build that anyone can purchase
- Incorporate universal design as a **basic service**
- **Automobile instruments and controls customizable** to accommodate differences in perceptual abilities, stature, motor abilities, and preferences
- **everyone can use**

ACCESSIBLE

- Requires **additional costs** for the redesign and custom construction details
- Charges more for her **specialized** knowledge of design for disability and aging
- **Assistive technology** used to **adapt an automobile display** for people with special needs
- Out of the way for all visitors but is **accessible by code**

Built for Health and Mobility:

Mobility – Enabling Environment



香港城市設計學會
Hong Kong Institute of Urban Design

Universal design in public spaces: Examples



Automated doors



Clear walkways, expanded corners, safety islands, and bike lanes



A tactile guide path

Built for Health and Mobility:

Mobility – Enabling Environment



Home Modification / Adaptation Works

In order to cater the special needs of elderly and disabled persons, Housing Authority provides home modification / adaptation works to them on needs basis





Built for Health and Mobility

Example: Kampong Admiralty

Example: Kampung Admiralty, Singapore



香港城市設計學會
Hong Kong Institute of Urban Design



HK Lion Rock Spirit

- Social capital
- Mutual help and support

Activity generators

- People's Plaza in the lower stratum
- "Buddy benches"

Intergenerational bonding

- Childcare and senior care centers

Active aging in place

- Close proximity to healthcare, social, commercial and other amenities
- MRT station

Example: Kampung Admiralty, Singapore



香港城市設計學會
Hong Kong Institute of Urban Design



Communal space and events

- Participate in organized events
- Join in the season's festivities

Healthier meals

- Hawker center

Health: Medical Center

- Consult a specialist
- Simple day surgery
- Natural daylight through a central courtyard
- Connect to nature and to other people

Meanings and purposes of life

- Exercise, chat or tend community farms
- Feedback

Example: Kampung Admiralty, Singapore



香港城市設計學會
Hong Kong Institute of Urban Design



Sustainable building

- Renewable energy

Universal design principles

- Designed for natural cross ventilation and optimum daylight

Dementia-friendly

- Supermarket
- Training for staff

Policy → Environment → Behavior



香港城市設計學會
Hong Kong Institute of Urban Design

- Town Planning Ordinance: To promote the **health**, safety, convenience and general welfare of the community
- Purposes of Hong Kong 2030+
 - To promote an **inclusive** and **supportive** city, and build balanced communities
 - To promote an “**age-friendly**” built environment, catering for “**ageing in place**” and “**active ageing**”
- E.g. **Cross Bay Link, Tseung Kwan O**: a cycle track and a footpath across Junk Bay

Sources: Hong Kong 2030+; Hong Kong e-Legislation; Civil Engineer and Development Department



Policy → Environment → Behavior



Housing for the Elderly



- **75,310** Hong Kong seniors in residential care by 2020
- Promote **housing choices** across all sectors
- Explore **cohabitation** models
- **Land sale condition:** elderly homes

Universal Design



- **42.8%** of elders live in private permanent housing
- Need to extend **universal design** to private residential premises
- **Space sharing:** space needed to develop **social capital Age-friendly** public spaces
- Provision of **communal center venues** and explore **co-location**

Elderly Services



- Review **GIC provision standards** and provide **land and space** for elderly care facilities
- **Town planning board guidelines**
- **Planning ratios**

Conclusion

The whole city should be built for health promoting and people with various mobility.



Policy

Environment

Behavior

Age-friendly city → City for all ages

A red pen is shown in the upper right corner, angled downwards. The words "Thank you" are written in a black, cursive script across the center of the page. The pen's tip is positioned at the end of the word "you".

Thank you