

AGING CITIES:

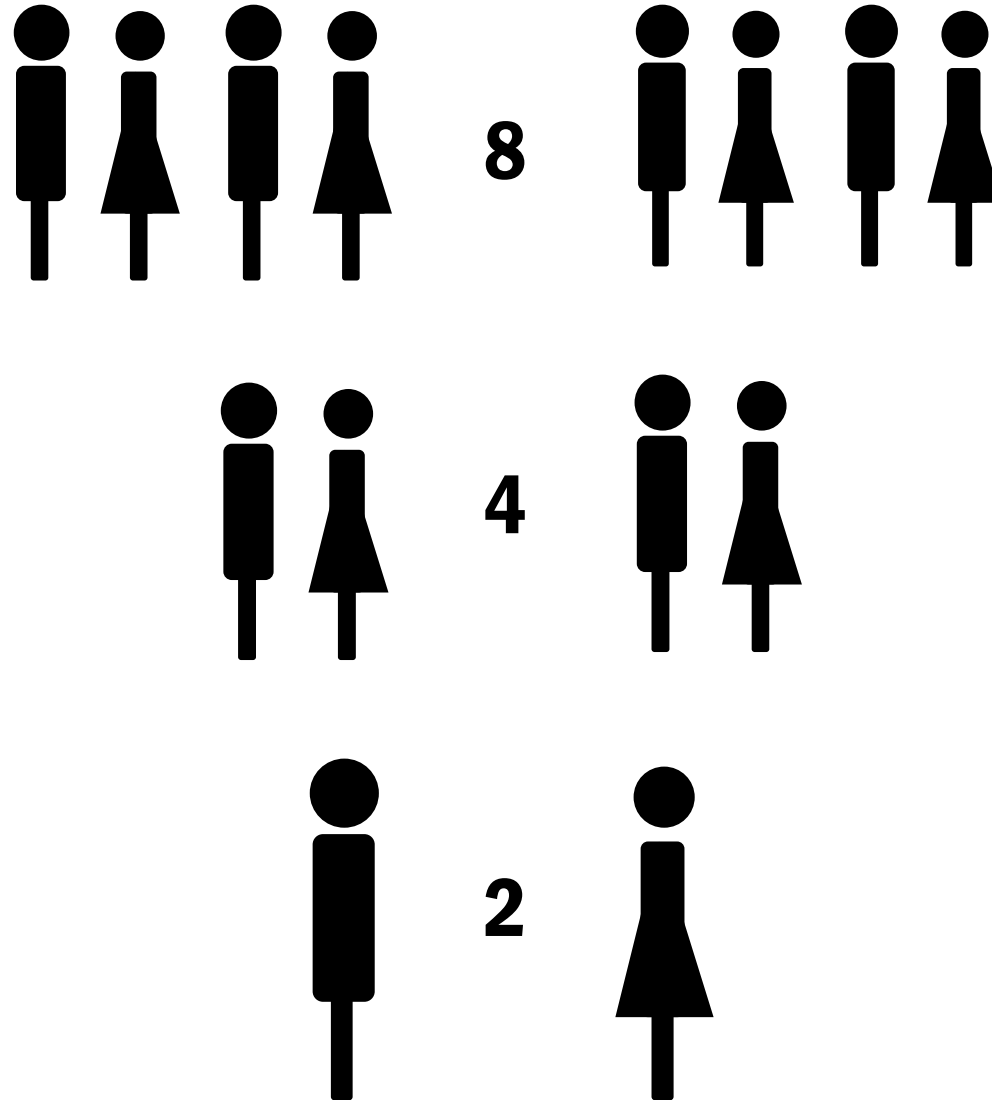
THE ROLE OF THE PHYSICAL ENVIRONMENT

MAY 22, 2018

MYTH 1

**“There is no need here.
In our country, our seniors are cared for
by their families”**

MYTH 1: THERE IS NO NEED; OUR SENIORS ARE CARED FOR BY FAMILY



MYTH 2

“ Due to our country’s healthy lifestyle and good healthcare, our seniors can live independently longer than ever ”

MYTH 2: OUR SENIORS CAN NOW LIVE INDEPENDENTLY LONGER THAN EVER



BIOLOGICAL AGING

Communicating Systems

- Declining ability to react to stimuli
- Degrading reflexes
- Memory loss

Examples of Appropriate Design Responses

- Extend times for such devices as elevator doors
- Provide screened and shared outdoor areas
- Design mechanical systems to avoid drafts
- Provide landmarks for wayfinding



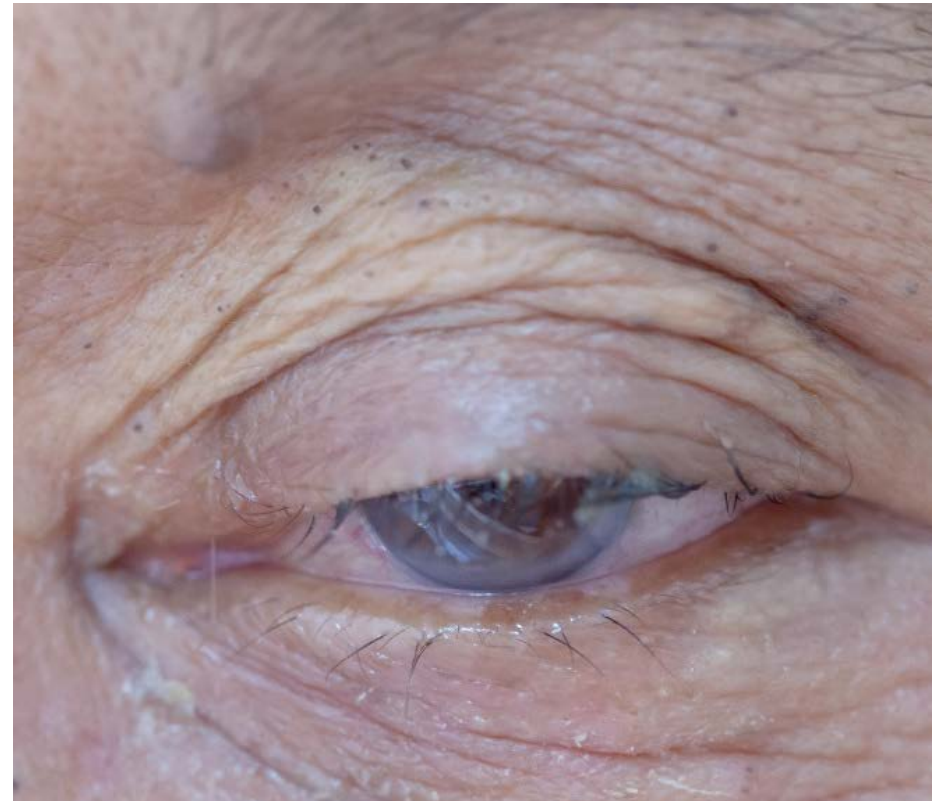
BIOLOGICAL AGING

Mechanical Systems

- Loss of bone mass, elasticity, and physical strength
- Loss of balance
- Increased vulnerability to falls

Examples of Appropriate Design Responses

- Avoid devices that require twisting or pinching
- Minimize walking distance to key activities
- Provide chairs designed to facilitate sitting and standing
- Avoid tripping hazards
- Provide opportunities for exercise and fitness
- Provide handrails



BIOLOGICAL AGING

Control Systems

- Digestive issues including bladder control and incontinence
- Declining cardiovascular system that diminishes energy and other issues

Examples of Appropriate Design Responses

- Frequent accessible bathrooms
- Fitness programs and facilities
- Healthy menus and dining areas that stimulate appetite



BIOLOGICAL AGING

Detection Systems

- All five senses decline with age
- Hearing and sight are most important

Examples of Appropriate Design Responses

- Higher lighting levels and reduced glare
- Alarm devices that assume lower sight and hearing level
- Reduce background, ambient noise levels



BIOLOGICAL AGING

Alzheimer's and senile dementia

- Age-related diseases

Examples of Appropriate Design Responses

- Small group settings for dining and activities
- Enhanced wayfinding
- Safe wandering paths



BIOLOGICAL AGING

Other typical aging issues

- Disengagement and isolation
- Need for continuity

Examples of Appropriate Design Responses

- Space to accommodate personal furniture and possessions
- Life-long learning programs
- Programs that engage



MYTH 3

“ We need to create new senior living communities outside our cities where land is affordable and they can be with other seniors ”



ECO-TOWN AT XIANGHE
HEBEI, CHINA

MYTH 4

**“ We need to create a model
for senior living ”**

MYTH 4: WE NEED TO CREATE A MODEL FOR SENIOR LIVING



MYTH 5

“It is too costly. We do not have the resources to address this issue.”

MYTH 5: WE DO NOT HAVE THE RESOURCES TO ADDRESS THIS ISSUE

- Barrier-free universal design
- Safe streets
- Supportive land use regulations and policies
- Preservation and adaptation of existing housing stock
- Senior service centers
- Senior-friendly public transportation
- Accessible geriatric healthcare
- Technology
- Supportive residential environments for the physically and cognitively fragile or disabled

MYTH 5: WE DO NOT HAVE THE RESOURCES TO ADDRESS THIS ISSUE



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