

Construction of Age-appropriate Design Strategies for the Elderly in the Original Home

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Abstract

Now that China has entered an aging society, China has also established corresponding normative systems and safeguard measures, but the focus of these studies is biased towards urban areas, and most of the elderly in China live in rural areas. Family care has been the main mode of care in rural areas since ancient times, but there are some limitations in the outdoor activities of the elderly in actual life. Starting from the Age-appropriate level, based on the actual needs of the elderly, higher requirements are put forward for family care.

Keywords

Outdoor Environment Renovation Design; Aging-friendly Design; Barrier-free Design.

1. Introduction

With the deepening of the aging degree, according to statistics in 2021, the elderly aged 60 and above in China's rural areas will account for 23.81%, which is 7.99% higher than that of the urban elderly, while the rural elderly aged 65 and above will account for 17.72%. Although most rural people have escaped the status quo of poverty, their economic income is generally low, and due to the influence of traditional concepts, most rural elderly hope to live with their children and grandchildren, or prefer to stay at home rather than choose an elderly care institution to spend their time. the rest of my life.

2. Analysis of the Concept of Living in Old Age

The concept of old-age living not only stays at the level of family care, but also maintains the original environment, familiar social relationships and living habits, so that the elderly will not feel lonely and alienated in the process of aging, and improve the quality of life. old age happiness. At the same time, in order to meet the needs of the elderly, the aging-appropriate renovation design is far lower than the construction of nursing homes in terms of cost. Moreover, the advantage that no elderly care institution has is the emotional bond of the original residence. Whether it is the elderly or children, they can only have spiritual sustenance and dependence under the maintenance of the family.

3. Design Strategies based on Physical, Psychological, and Behavioral Characteristics Requirements

Physiological: Especially in rural areas with relatively complex terrain, it is necessary to ensure that the daily living environment of the elderly is sufficiently safe, convenient and fast. The physical environment suitable for aging transformation includes: light environment, sound environment and thermal environment. Psychological: Optimize the interaction space. The long-term feeling of inferiority and loss of the elderly in rural areas will reduce their communication with the outside world and increase their sense of loneliness. Strengthen the communication between the elderly and their families and the outside world, increase the

communication space, so that the elderly can communicate more conveniently, improve the interaction space around the house and the leisure and entertainment places and facilities in the village, so that neighbors and nearby relatives and friends can often touch. Behavioral activities: Adjust the spatial layout. Improve space utilization, safety and independence according to the immediate needs of the elderly. According to the terrain characteristics of the activity site for the elderly, without affecting the overall situation, the roads in the village should be reasonably reconstructed, and the steep slopes and steps should be reduced.

3.1. Barrier --Free Design Principles

The Barrier-free design is to provide help and convenience to the disadvantaged, and to meet the passing needs of special groups such as the disabled and the elderly with limited mobility. In the case of ensuring the safety and perfection of the use function, the handicapped people should not feel isolated, and the group should feel that they are treated differently. The Barrier-free design must conform to the basic dimensions of the human body, and comply with the corresponding national standards and regulations "Barrier-free Design Specifications (GB50763-2012)".

3.2. Age-centred Principles

The starting point of the aging-appropriate design is based on the actual needs of the local rural elderly for their daily life environment. While carrying out the renovation design, it should reflect the characteristics of the elderly as the center, and pay attention to the livability of the elderly in the residential environment when carrying out the detailed design. In the design, it is necessary to fully consider the requirements of the elderly's economic status, family structure, characteristics of the original residence, etc., and comprehensively consider the special psychological and physical needs of the rural elderly, and consider and integrate with the needs of other members to make targeted design. Connect with other spaces and form an interactive relationship to reduce loneliness.

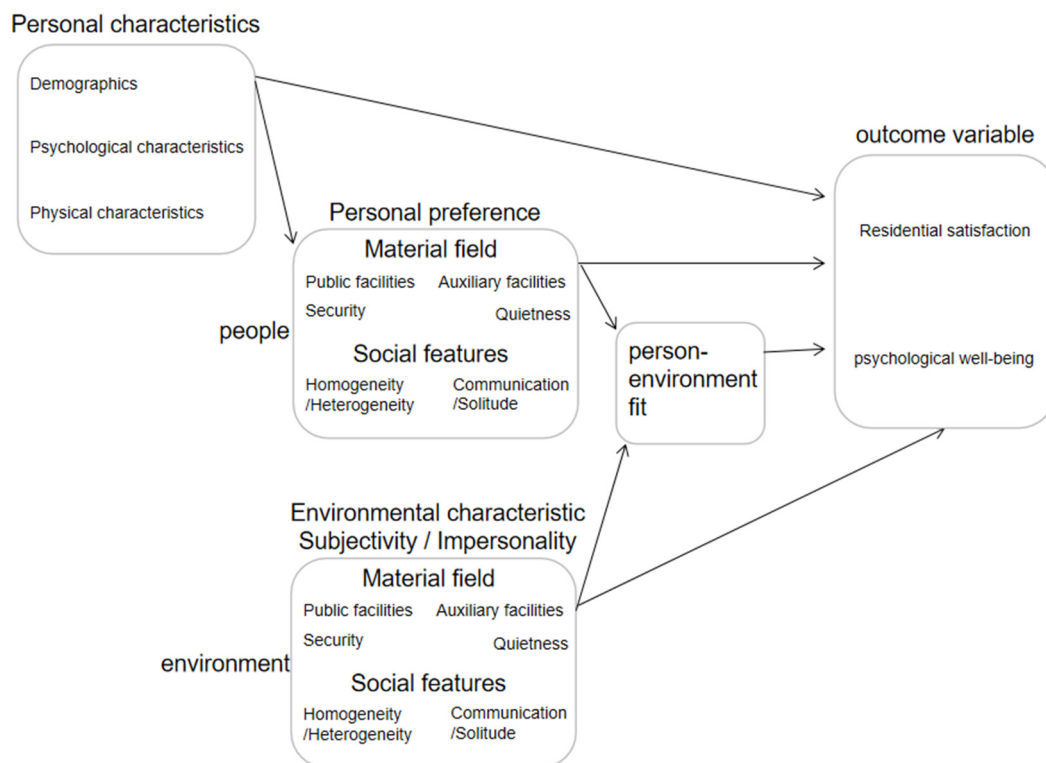


Figure 1. The influence of people and the environment on the living and psychology of the elderly

3.3. Principles of Sustainable Living

The original residence for the elderly means that members of different age groups in the family can live in a familiar environment for a long time and obtain good and continuous mutual care services, with relatively independent spaces and shared areas. The sustainable development of the elderly living in the original residence is reflected in the characteristics of "dynamic" and "elasticity". The needs of the residents will not be static, it is a dynamic process, from young to old, from health to disease, from newly married to old, the needs of the house are changing, which requires the residential environment to be flexible, so that the design and area of space renovation can be improved. Planning to meet the requirements of our Indigenous Aged.

4. Concluding Remarks

The rural Aging-friendly renovation design under the mode of living in the old age has very obvious Chinese characteristics, and it cannot copy the renovation strategy of foreign countries, and must be based on my country's national conditions. The elderly in rural areas is different from the elderly in urban areas, with completely different lifestyles and unique physical, psychological and behavioral characteristics. Whether it is to organize the functional layout of the courtyard or to implement the Barrier-free supporting facilities of the site, the utilization rate and actual situation of the elderly in rural areas should be comprehensively considered. While reducing the financial burden of children, it also inherits the good virtues of the Chinese nation.

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