

老齡化社會的設計：日本的經驗

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(以下譯文節錄自 Dr Kose 的發言)

1. 我們應預計高齡時的生活家居環境設計如何能讓我們在體能減弱的情況下繼續獨立工作和生活。
2. 「通用設計」這概念在過去 10、15 年間被提出討論。簡而言之，通用設計就是適合所有人的設計。它有 7 項原則：
 - (1) 平等 - 所有人都能使用。
 - (2) 彈性 - 可以透過不同方式使用。
 - (3) 簡單 - 首次使用便可明白使用方法。
 - (4) 易明 - 在設計上可以容易知道如何使用。
 - (5) 容忍 - 即使是錯誤使用亦不會導致嚴重後果。
 - (6) 省力 - 使用時毋須耗費氣力。
 - (7) 合適的尺寸及空間。
3. 另一個較容易明白的概念是「良好設計」。「良好設計」有 6 項要點：
 - (1) 安全。
 - (2) 容易接觸到。
 - (3) 容易使用。
 - (4) 可以負擔。
 - (5) 可持續性。
 - (6) 美觀，但必須先達到上述 5 項要求，才可講求美觀。

良好設計的例子包括：

- (甲) 法式洗濯缸。
- (乙) 平地浴室(更衣間和浴室交接的地面是平坦的)。
- (丙) 感應面 IC 卡 (不需插卡)。
- (丁) 自動門。
- (戊) 倫敦的士。

4. 我們對於不同的用品能否符合各人的需要有不同的要求。我們可以提供不同設計的消費貨品供消費者選擇，但在基建方面的設計則必須符合所有人士的使用需要。
5. 通用設計所用的資源是較少的。如果不能應用通用設計時，我們可以透過調較有關設施的設計或使用輔導設備協助有特別需要的人士。如果仍不能符合需要的話，則唯有以人手輔助，但成本會很昂貴。

Designing for the Ageing Society: Japanese Experience

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(The following are excerpts of Dr Kose's presentation)

1. When we are getting much older, we have to redefine how we live independently in the environment. What we have to do is to lower the expectations of capabilities in terms of physical design, so that our physical environment can facilitate us to work and live independently in older age.
2. In the past 10-15 years, there have been discussions on the concepts of Universal Design. In one sentence, universal design is the design for all people. It has seven principles:
 1. Equitable Use. Everyone is able to use.
 2. Flexibility in Use. It can be used in a variety of ways.
 3. Simple and Intuitive Use. How to use should be understood at the first time.
 4. Perceptible Information: "How to use" should be showed for some of the designs
 5. Tolerance for Error. Errors in use will not lead to serious consequences.
 6. Low Physical Effort. For example, need for strong power should be avoided.
 7. Size and Space for Approach and Use

3. There are six essential requirements for good design:

1. Safety
2. Accessibility
3. Usability
4. Affordability
5. Sustainability
6. Aesthetics. However, unless the other 5 criteria are satisfied, aesthetics is useless.

Examples of good design:

i. Bidet Toilet



ii. Flat Bathroom (between clothing areas and wet areas)

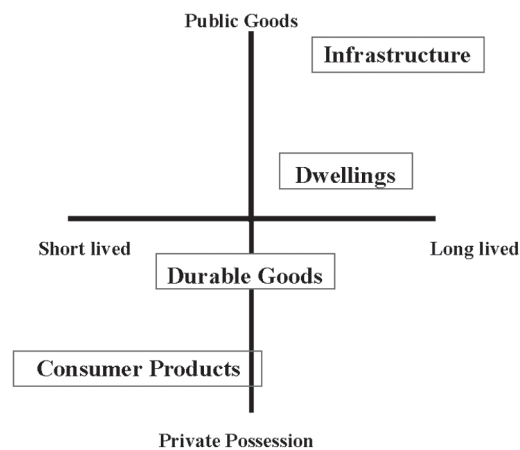
iii. Non-contact IC cards

iv. Automatic Doors

v. London Taxis.



4. There are different requirements for different goods. For “consumer products”, we could provide a number of options for people to choose. But for “infrastructure”, the criteria of “one fits all” might be imperative. The design for infrastructure should be usable by everybody.



5. We aim at universal design that can be used by almost everybody. It costs the least in terms of resources. If it is not feasible, we add adaptations to design. If adaptations are not enough, we may have to introduce some assistive technology to help those with special needs. Finally, we can provide manpower resources to help but it is costly.

