

Feasibility Study on the Renovation of Community Elderly Care Spaces

-- Research on the Renovation of Elderly Care Spaces in the Context of Population Aging

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Abstract

In view of the problem of insufficient elderly care space in old urban communities, this paper discusses the necessity and feasibility of community elderly care space renovation through field investigation and analysis. This paper analyzes the current situation and existing problems of the elderly care space in the old community, compares the high-level elderly care communities visited during the investigation, puts forward the transformation principles and design strategies, and discusses the implementation path and safeguard measures of the transformation. The research shows that through scientific planning and reasonable transformation, the quality of the elderly care space in the old community can be effectively improved, and the diversified needs of the elderly can be met, which is of great significance to promote the community elderly care.

Keywords

Old Neighborhoods; Retirement Space; Remodel; Age-appropriate Landscape.

1. Introduction

In the face of the unstoppable trend of population aging, the state has launched a number of pension industry policies, emphasizing that the pension industry has great significance in improving people's livelihood, and encouraging and guiding private capital to invest in the pension industry. With the acceleration of China's urban process and the deepening of the aging of the population, the problem of insufficient pension space in old urban communities is becoming increasingly prominent, so the transformation of pension space is urgent.

2. Analysis of the Current Situation of the Organization of the Pension Space in Zigong City

2.1. Overview of the Object of Investigation

The nursing home is located in Ziliujing District, Zigong City, established in 2014, covering an area of about 10 acres, with a construction area of 8,000 square meters and 200 beds. The pension apartment is invested and built by the local government and is now contracted and operated by private enterprises. Nursing homes mainly accept self-care and semi-self-care elderly, with a fee of between 2,000 yuan and 4,000 yuan per month, mainly for low- and middle-income elderly groups.

The pension apartment is located in the old city, with complete living facilities and convenient transportation. The buildings are mainly multi-storey buildings with small gardens and event spaces. This location and building layout not only brings convenience to the nursing home, but also brings challenges to renovation and upgrading.

2.2. Examine Content Analysis

The building facilities of the pension apartment are relatively old, and there is a problem of insufficient design for the elderly. Although some renovations have been carried out in recent years, such as the installation of elevators and the addition of barrier-free passages, the overall renovation efforts are limited. The room area is generally small, the lighting and ventilation conditions are not good, and the toilet facilities are seriously aging. There is a shortage of space for public activities, and the quality of services needs to be improved. The medical facilities are rudimentary, equipped with only basic medical equipment, and it is difficult to meet the growing medical needs of the elderly. Cultural and entertainment activities are relatively simple, mainly watching TV and playing mahjong, and there is a lack of more meaningful spiritual and cultural activities. There are certain difficulties in the operation and management of the apartment. Due to the low fees and limited operating income, the funds for transformation and upgrading are insufficient, and at the same time, due to geographical restrictions, the expansion space is limited, which restricts its development. However, the condominium also shows some advantages, such as being located in an urban area, with a high degree of community integration and affordability, which provides a foundation for future development.

The functional defects of the current elderly care space can be attributed to four core problems: first, the systematic lack of age-appropriate design, which is highlighted by the low coverage of barrier-free facilities and the shortage of vertical transportation facilities (such as insufficient elevator configuration), which leads to the obstruction of the daily activities of the elderly group; Secondly, the structural imbalance of functional zoning is reflected in the lack of planning of exclusive activity spaces (such as recreation and sports activity rooms and day care centers), which is difficult to support the demand for diversified elderly care services. Thirdly, the quality of the physical environment is not up to standard, and the potential safety hazards such as poor lighting conditions and uneven ground pavement significantly increase the risk of falls. Finally, there is a fault in the dimension of humanistic care, which not only lacks the configuration of embedded medical care units, but also lacks the transformation of cultural and entertainment facilities for the elderly, and the insufficient supply of multiple services directly restricts the service efficiency of the elderly care space.

3. Chengdu High-end Pension Community Inspection Report

In order to obtain the results of the later comparative discussion, after inspecting the old pension apartments in Zigong City, the high-end pension community in Chengdu was inspected, and based on the field investigation of Shuyuan and Furong people in Chengdu, a comprehensive analysis was made from the aspects of environmental facilities, service quality and operation mode. The investigation found that these two high-end nursing homes have distinctive characteristics in the garden-like environment, the combination of medical care and elderly care, and the creation of cultural atmosphere, but there are also problems such as remote geographical location and high fees. This paper summarizes the experience of the investigation and puts forward suggestions for improving the service system of nursing homes, which will provide a reference for improving the quality of elderly care services in the later stage.

3.1. Overview of the Objects to Be Investigated

Chengdu Shuyuan Retirement Community is located in Wenjiang District, Chengdu, covering an area of about 120 acres, with a construction area of 150,000 square meters and 1,800 beds. The nursing home was officially put into operation in 2019. Positioned as a high-end, mainly for the elderly group with better economic conditions. The nursing home adopts the innovative model

of "insurance + medical care", and residents need to purchase Taikang-related insurance products to obtain occupancy qualifications, and pay a one-time entry fee and monthly service fee. This model organically combines pension and insurance to provide residents with long-term and stable pension service guarantee.

3.2. Examine Content Analysis

The most prominent thing about the Shuyuan Nursing Home is its garden-like environment. The park is surrounded by green trees, water systems, and a number of theme gardens and leisure squares, providing a beautiful living environment and rich outdoor activity space for the elderly.

In terms of the integration of medical care and elderly care, Shuyuan has a self-built secondary rehabilitation hospital, equipped with advanced medical equipment and a professional medical team. The hospital has established cooperative relations with a number of tertiary hospitals in Chengdu and opened a green channel to provide residents with a full range of medical security. At the same time, the nursing home also has a memory care area to provide professional care for the elderly with dementia.

In terms of age-appropriate design, nursing homes fully consider the special needs of the elderly. All rooms are equipped with private toilets and emergency call systems, and there are barrier-free access and non-slip floors in common areas. In addition, the nursing home pays attention to its humanistic care, and the nursing home integrates local Sichuan elements into the design, such as the decoration of western Sichuan folk houses, Shu embroidery artworks, etc., to create a warm and friendly atmosphere.

Nursing homes focus on humanistic care and encourage family members to participate in the daily life of the elderly. The nursing home has a "family kitchen" for family members to cook their favorite food for the elderly; "Family Day" activities are also held regularly to enhance the emotional exchanges between the elderly and their families. This service model effectively alleviates the loneliness of the elderly, but it also puts forward higher requirements for the staff.

4. The Necessity and Feasibility of the Renovation of Community Elderly Care Space

The renovation design of the community elderly care space is based on the reconstruction of the spatial planning process of the nursing home, and its core is not simply the introduction of new technologies to optimize the environment, but the in-depth integration of the daily activity patterns and physiological rhythm characteristics of the elderly group. At the specific implementation level, the indoor space focuses on humanized design elements such as layout optimization, age-appropriate material selection, barrier-free lighting system, and emotional furnishing configuration, so as to accurately meet the functional needs and psychological demands of the elderly. Outdoor landscape renovation constructs an age-appropriate landscape system with rehabilitation function and social value by integrating healing vegetation space and participatory planting areas. This indoor-outdoor linkage renovation strategy has substantially improved the living quality and happiness of the elderly group, and demonstrated the core value of age-appropriate space renovation in the contemporary elderly care service system.

In order to ensure smooth wheelchair access, it is recommended to give priority to the addition of a barrier-free access system. In response to the rest needs of the elderly, it is necessary to configure rest seats with sunshade and rain shelter facilities, and upgrade the night lighting system at the same time to ensure the safety of activities. It is recommended to establish a clear and easy-to-read guidance sign system, with large font size and high contrast design, which is convenient for the elderly to identify their orientation. According to the diverse needs of the

elderly, it is recommended to divide the space into dynamic and static functional modules: a quiet rest area, a recreation and fitness area, and a cultural and social area. Special activity facilities such as gateball courts and fitness trails for the elderly can be added according to local conditions to stimulate the enthusiasm of the elderly for outdoor participation. In addition, it is necessary to rationally plan a coherent slow traffic system, organically connect various functional areas through barrier-free corridors, and build an age-friendly accessible space network. In terms of ecological quality improvement, it is recommended to improve the coverage rate of green space and form a multi-layer greening structure through the combination of trees and shrubs, which not only enhances the carbon sink capacity but also enriches the landscape level. Priority is given to the selection of ornamental plants with distinct seasons and low maintenance, so as to create an ecological picture with flowers in three seasons and evergreen in four seasons. It can be dotted with ecological waterscape elements, such as fog forest system or circulating water purification landscape, and combine with the concept of sponge city to build a rain garden system to achieve the synergistic improvement of ecological efficiency and aesthetic value.

5. Epilogue

The landscape renovation of the old pension community is an important measure to improve the quality of life of the elderly and improve the community environment. Through measures such as design, functional optimization and ecological improvement, the existing problems can be effectively solved and a safe, comfortable and beautiful living environment can be created. At present, there is still a phenomenon in the society that family members or the elderly themselves are reluctant to go to nursing homes, believing that the elderly care community cannot provide good conditions for the elderly. To solve this problem in the future, we need to work together to create a humane space suitable for the elderly to enjoy their old age according to their physiological and psychological needs.

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