SIRF 2021

19th November 2021

Reimagining Parks for Intergenerational Play and Community Building

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Agenda

1. **About JCDISI**

2. Ageing in a highly urbanised, densely populated city

3. Reimagine parks for intergenerational play and community building

4. Intergenerational play space for different typologies of public space
   1. Underutilised space in ageing housing estates
   2. Privately owned public space
   3. Public park transformation

5. Importance of prototyping to generate systemic changes

About JCDISI & PolyU Jockey Club "Operation SoInno"

Objective

Create a platform to support social innovation to **improve the well-being of the community and people in Hong Kong.**

❑ Social Impact

❑ Academic Impact

❑ Knowledge Transfer

Ageing Population + Building Ageing

Participatory symposia and workshops open to the public to collect views on social issues, facilitate discussion and co-create solutions

Season	Topic
1 – Oct 2018	Transitional Social Housing (TSH)
2 – Jan 2019	Empathising with Elderly in Workplace
3 – Apr 2019	Education for a Complex Future
4 – July 2019	Intergenerational (IG) Play Space
5 – Nov 2019	Reimagine Elderly Centre
6 – May 2020	Transitional Social Housing – Deliver with Expediency & Decency
7 – Oct 2020	Intergenerational Community in a Vertical City
8 – Nov 2020	Silver Age Startups
9 – Jan 2021	Children's Wellbeing in Subdivided Units
10 – Apr 2021	Enabling Smart Ageing with Health and Building Data
11 – Jun 2021	Community Planning in an Age-friendly Community
12 – Jul 2021	Co-prototyping Future Classroom: Social Innovation and Design Thinking for 21st Century Learning

Based on the findings from the Seasons, develop **implementable prototype schemes** for interested parties to take forward for actualisation

Action Project	Topic
1 (C)	Sham Shui Po short term tenancy site TSH
2 (C)	Former Stanley Village Primary School TSH
3 (C)	Ma Wan Old Village TSH
4 (C)	Co-designing Iron Trolley for Cardboard Recycling
5 (C)	The Age-friendly Community Kitchen
6 (C)	Socially-inclusive Waste Management Hub
7	GoActive Online Platform for Enhancing Elderly Social Participation
8	An Elderly Initiated Programme Mechanism – Elderly Radio Programme
9 (C)	Prosperous Garden IG Play Design Competition
10 (C)	Kowloon Park Fitness Trail IG Play Space design
11	Communicative Robot for Enhancing Elderly Service Centre Service
12	SOINNO Assessment Tool for Social Innovation and Design Thinking Education
13	Incentivising Physical Exercise – Enabling Elderly Access to Terrace Garden at Lai Kok Estate
14 (C)	TSH Project Planning Workshop
15	Adaptive Desk Prototype for Children Living in SDU

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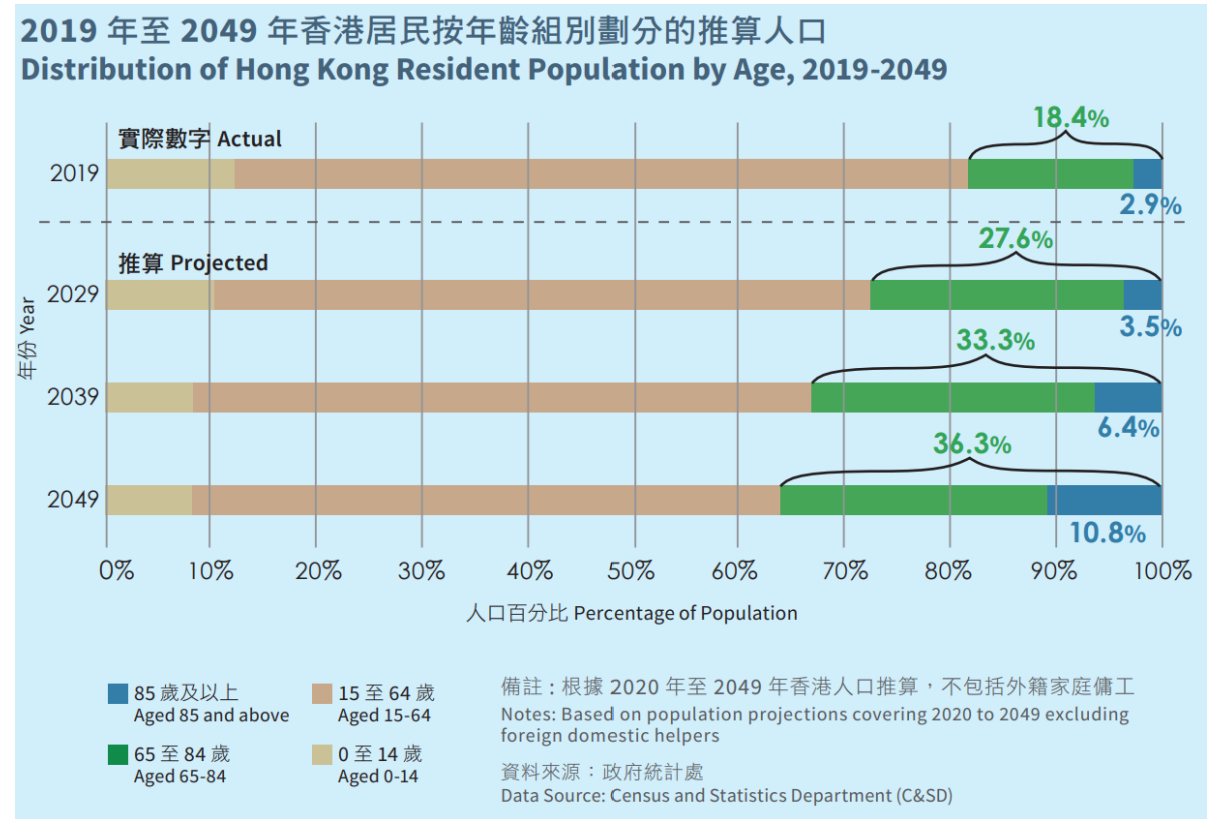5. Importance of prototyping to generate systemic changes

"Double Ageing" – Transitioning into A Super Aged Community

1. 2016 Census –
   - 13.1% elderly singleton
   - 25.2% elderly doubleton

2. Median age
   - 2019 – 45.5
   - 2039 – 52.5
   - 2069 – 57.4

3. **2069 projection**
   - **38.4% > 65+**
   - **1/5 population > 85+**

4. **At least 30 years elderly population > 2.5m**

2019 年至 2049 年香港居民按年齡組別劃分的推算人口
Distribution of Hong Kong Resident Population by Age, 2019-2049

備註：根據 2020 年至 2049 年香港人口推算，不包括外籍家庭傭工
Notes: Based on population projections covering 2020 to 2049 excluding foreign domestic helpers

資料來源：政府統計處
Data Source: Census and Statistics Department (C&SD)

Source: HK2030+, 2021

Ageing in a highly urbanised, densely populated city

Strategic Outlook

1. Nuclear families & increasing number of elderly singletons and elderly doubletons

2. Severe shortage of elderly care and long-term care services

3. Carer themselves are ageing as well

4. Social isolation & loneliness

5. Room for improvement in increasing the age-friendliness of the city and what is most effective in supporting them to age in place
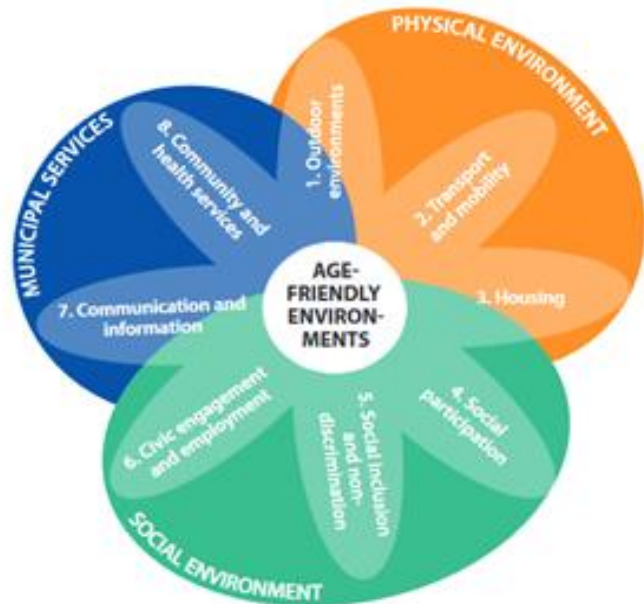
Improving Public Space as a Social and Public Health Investment

1. **COVID brought to life the importance of quality, accessible public space**
   - Elderly more adversely affected by the closure of local public space
   - Need for social infrastructure upgrade to promote healthy and active lifestyle

2. **Positive effect on mental wellbeing, especially depression and isolation**
   - Stress relief from crowded living environment
   - Social interaction, social support and sense of community
   - Reduce sense of isolation and loneliness, especially for the elderly

3. **Meet the needs and aspirations of the adults, present old and future olds**
   - Active lifestyle and health management - preventive medicine model
   - Community rehabilitation to reduce hospitalisation
   - Delay institutionalisation

4. **Social harmony and supporting intergenerational interactions**
   - Reap benefits of intergenerational play and interactions
   - Play + Health + IoT – new design concept to support active and healthy ageing
   - Age-neutral intergenerational play space to support multiple use
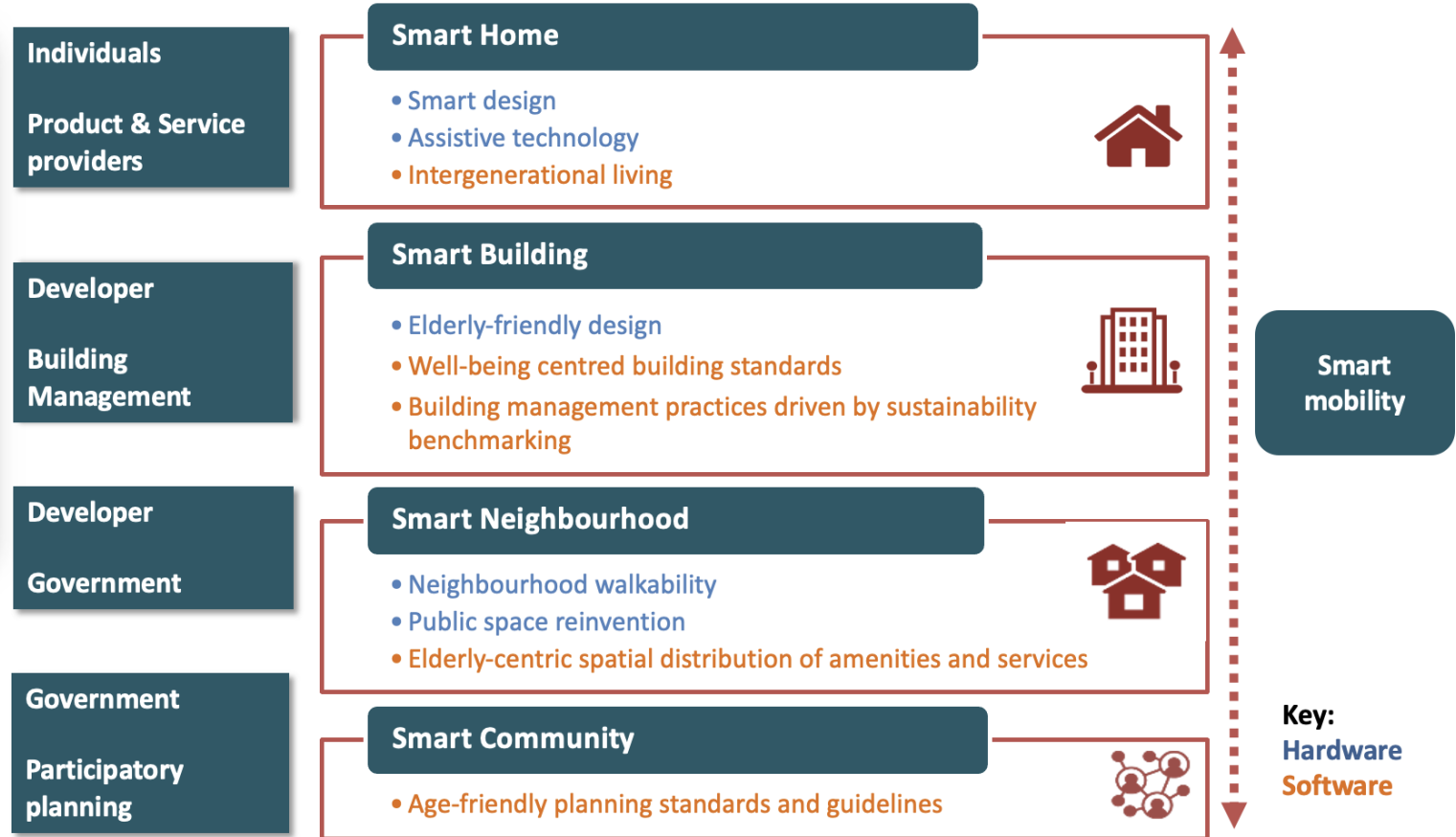   - Support ageing in place

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JCDISI's "Tackling Double Ageing with Double Smart" Model

WHO AFC Domains ⟶

Elderly-centric model to support age-friendly, liveable, resilient city development

Individuals / Product & Service providers	**Smart Home**
	• Smart design • Assistive technology • Intergenerational living

Developer / Building Management	**Smart Building**
	• Elderly-friendly design • Well-being centred building standards • Building management practices driven by sustainability benchmarking

Developer / Government	**Smart Neighbourhood**
	• Neighbourhood walkability • Public space reinvention • Elderly-centric spatial distribution of amenities and services

Government / Participatory planning	**Smart Community**
	• Age-friendly planning standards and guidelines

Smart mobility

Key:
Hardware
Software

Smart city + Smart ageing + Smart governance

KK Ling and Karen Lee (2019) *Tackling Double Ageing with Double Smart*, HKIP Journal, https://www.researchgate.net/publication/341270546_Tackling_Double_Ageing_with_Double_Smart
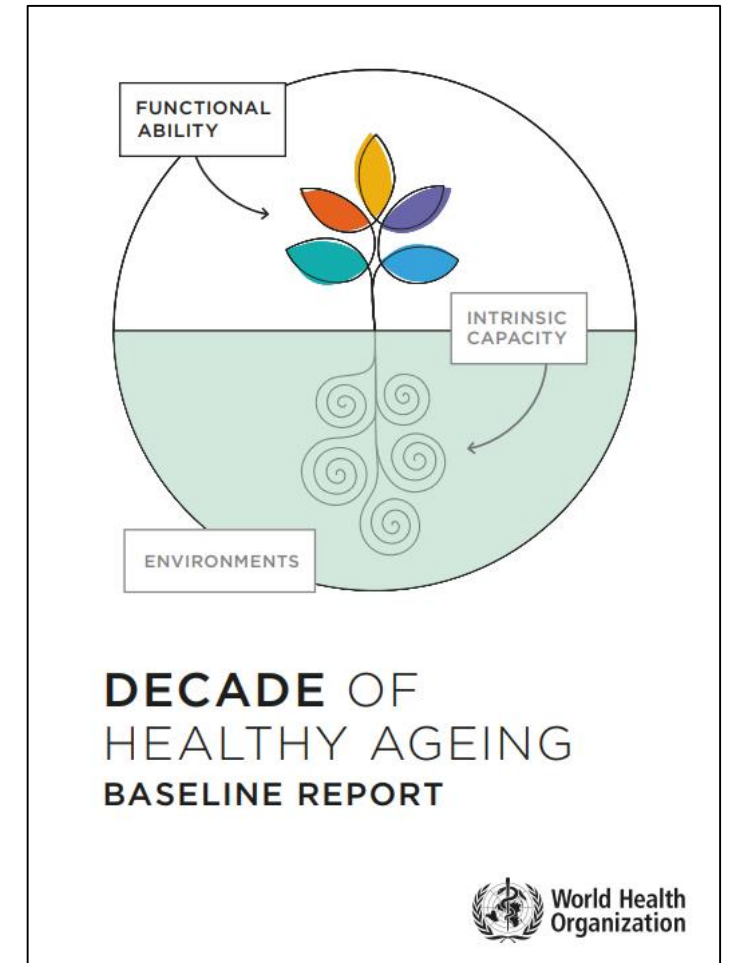
Increasing the functional capacity of our elderly

"***Enabling environments*** *are needed in the home and community to support needs and strengthen all abilities to foster older people's well-being*"

(WHO 2020).

Importance of Healthy ageing + Active ageing + Ageing in place

- Empower independent living
- Tackle elderly loneliness
- Promote wellness + self-management
- Reduce premature institutionalisation

FUNCTIONAL ABILITY

INTRINSIC CAPACITY

ENVIRONMENTS

DECADE OF **HEALTHY AGEING**
BASELINE REPORT

World Health Organization

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5. Importance of prototyping to generate systemic changes

Reimagining Parks for Intergenerational Play & Community Building?

Promote healthy ageing, inclusive society and increase social connectedness

Parks as an important "third place" in HK	• Promote social harmony & intergenerational interactions
Health and wellbeing of our ageing population	• Increase the functional capacity of our citizens • Tackling elderly isolation and loneliness
Supporting carers	• Develop social capital in the community • Having fun together
Futureproofing communities	• Enhance the quality and functionality of public space as a social infrastructure & public health investment • Inclusive play design for people of all ages and abilities
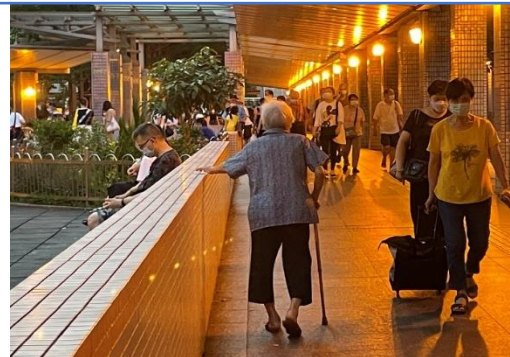
Reinventing Open Space through the IG Play Space Concept

Purpose:

Increase the quality and functionality of outdoor space as a means of mitigating the effect of "double ageing" and encourage adoption of a healthy and active lifestyle.
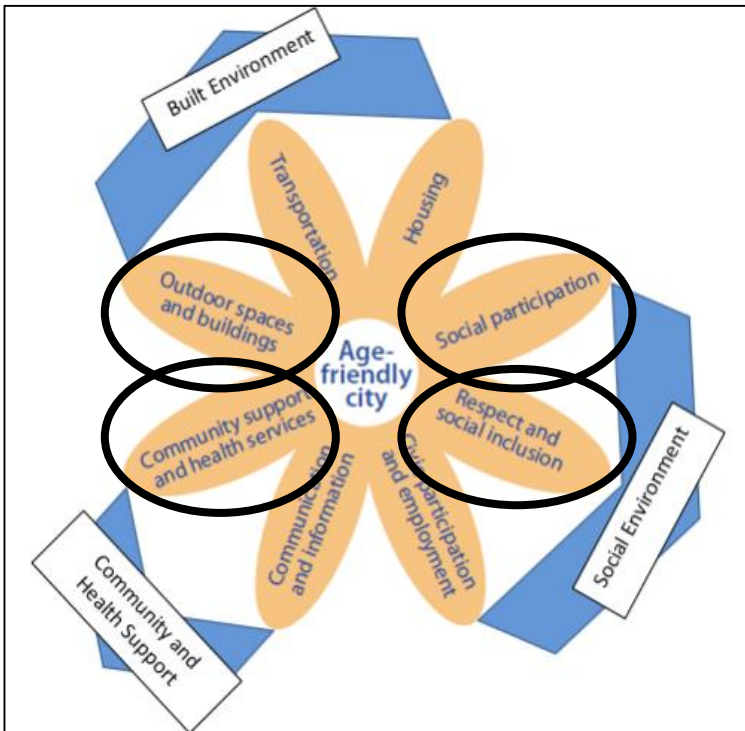
1. User-centric design that enables users of all ages to play and interact to support IG interactions and encourage social participation.

2. Increase public's utilisation and enjoyment of public space and promote social inclusion.

3. Promote physical, psychological and mental wellbeing of the ageing population and support ageing in place.

4. Embedding "smart-ageing" and "smart-city" concepts in parks facilities to stimulate intergenerational interaction and promote health management.

Participatory Co-creation Workshops May 2019

▶ **"Meet the users" section to facilitate empathy building**

▶ **Site visit and analysis**

▶ **Problem definition**

▶ **Ideation**

▶ **Expert surgery session**

▶ **Prototyping and idea expression**

1 空間整合 SPATIAL INTEGRATION

將為不同年齡使用　而設計的遊樂設施匯合到一個區域。除去確實的邊界，如用顏色分區取代欄桿。
Integrate play equipment designed for users of different age into one area. Replace hard boundaries with soft boundaries, such as replacing fences with colours.

2 「年齡中性」設計 "AGE-NEUTRAL" DESIGN

採用多用途及「年齡中性」的設計能增加可用設施，促進跨代互動亦能更有效地利用空間。
Using multi-purpose, age-neutral designs will increase the facilities provision, promote intergenerational interaction and more efficient use of space.

3 跨代設施 INTERGENERATIONAL PLAY EQUIPMENT

結合長　健身與兒童玩樂功能，促進跨代互動。
Encourage intergenerational interaction with equipment that combines functions of elderly fitness with children play.

4 善用空間特性 MAKE USE OF UNIQUE SPATIAL CHARACTERISTICS

垂直牆壁可改為黑板之類促進互動的設施，健身徑彎路之間可放置繩網和攀石，以提供更多的互動選擇。
Interactive features such as chalkboards can be integrated into vertical walls, nets and climbing rocks can be placed in the space between a winding trails to offer more options of interaction.

5 善用現有科技 MAKE USE OF AVAILABLE TECHNOLOGY

所有年齡層的使用　　可從電子互動遊戲，健康狀況監測或擴增實境（AR）等技術中受益。
Users of all ages can benefit from technology such as digital interactive games, health tracking or augmented reality (AR).

6 用家為本管理 USER-CENTRIC MANAGEMENT

先了解社區需要，實現更周到的公共空間管理和設計。
Understand the community's need to enable more considerate public space management and design.

Six Design Considerations generated through the 2 weekend co-creation workshops

Find out more:

1. Intergenerational Play Space Co-creation Participants Interview *https://www.youtube.com/watch?v=mmYNPF16OXI&feature=youtu.be*
2. Co-creation process and findings https://www.polyu.edu.hk/disi/images/pdf/S4_Exhibition.pdf
3. Design thinking process and summary https://www.polyu.edu.hk/disi/images/pdf/S4_ProgrammeBook.pdf
4. Symposium Summary & Keynote Speakers Presentations *https://www.polyu.edu.hk/disi/en/projects/operation-soinno/s4/*

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Prototyping and Securing Buy-in

Action Project 9 - Intergenerational Play Space Design Competition

- Empower young professionals to use multi-disciplinary knowledge to develop IG play space design concepts to transform ageing estates to meet the needs of the future olds.
- Provide the outdoor space and appropriate play equipment to allow HKHS to extend their successful Ageing-in-Place initiative outdoor.

Action Project 10 - Kowloon Park Fitness Trail Design Consultancy

- Develop a detailed consultancy study on how to scale up IG play space and contribute to LCSD and ArchSD's Community Build Playground Initiative.
- Using Kowloon Park Fitness Trail as a base case, explore how to design a fun, challenging and stimulating environ for people of all ages and abilities to incentivise citizens, esp the elderly, to be more physically active.

Human-centric Design	IG play for healthy & active ageing	Participatory Co-design	Cross sector, trans-disciplinary deliberation	Smart Ageing & Smart City	Knowledge Transfer

Find out more:
1. Intergenerational Play Space Design Competition - https://www.polyujcsoinno.hk/en/pg-designcomp
2. Kowloon Park Fitness Trail Design Consultancy - https://www.polyujcsoinno.hk/en/topic/s4/kp

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Leveraging PolyU Expertise & Knowledge Transfer

JCDISI developed a series of trans-disciplinary knowledge dissemination videos to stimulate young professionals to explore their IG play space design concept.

Most Adopted Design Elements 最常採納的設計元素

Intergenerational design 跨代設計
Accessibility/inclusivity 通達性/包容性
Fitness/health 健身/健康
Community engagement 社區參與
IoT/technology 物聯網/科技
Sensory/colours 感官/顏色
Nature/sustainability 大自然/可持續性
Local culture/history 當區文化/歷史
Needs of elderly 長者需求
Safety 安全
Public art 公共藝術
Iconic design 標誌性設計
Place-making 地方營造
Community cohesive 社區凝聚力
Dementia 認知障礙
Circulation 人流
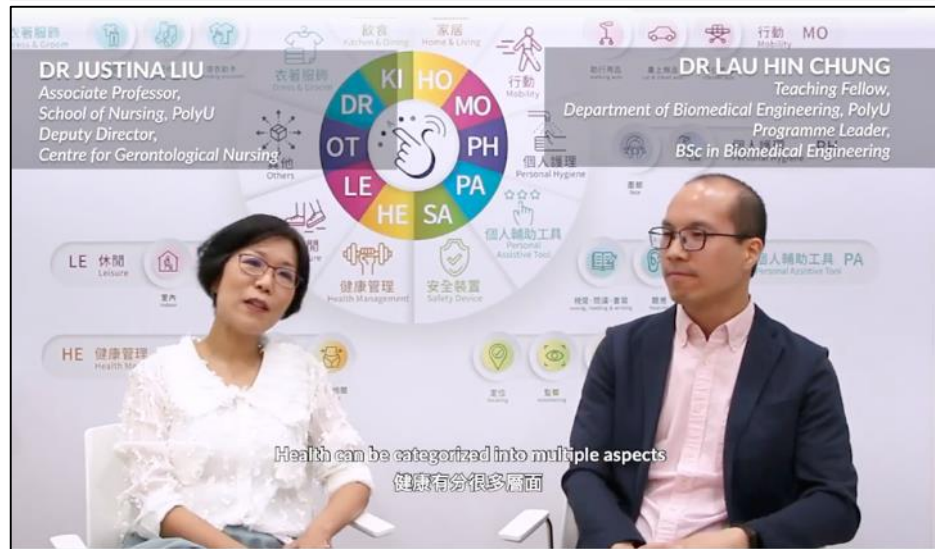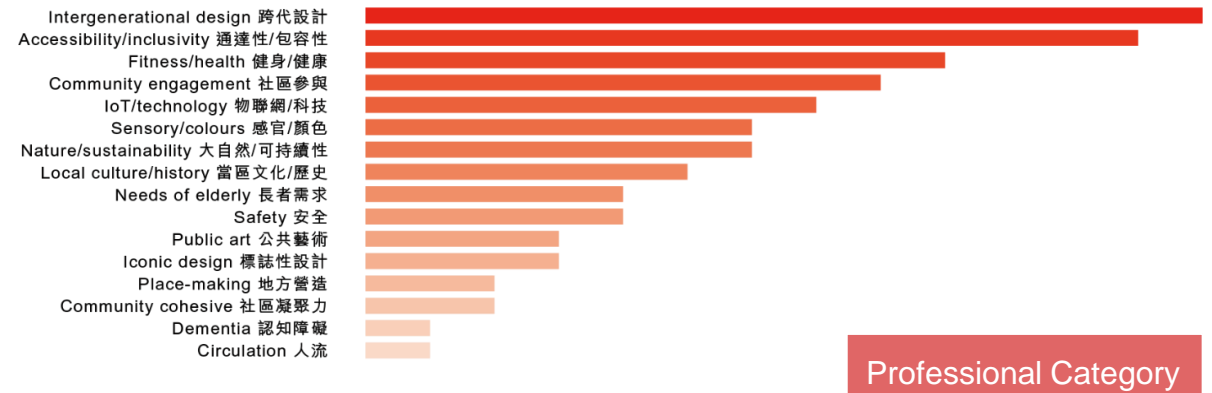
Professional Category

Most Adopted Design Elements 最常採納的設計元素

Integrating users and equipment functions 整合用戶及設施功能
Tech intergration 科技整合
Colour/light and shadow 顏色/光影
Flexible space/modular equipment 彈性空間/組件設備
Accessibility and inclusivity 通達性和包容性
Improve shade 提高遮蔭
Sensory/neurology 感官/神經
Community garden/nature 社區花園/自然
Thematic design 主題設計
Improve seating 座位改善
Improve circulation 改善人流
Sustainability 可持續性
History/nostalgia 歷史/懷舊
Public art/cultural performance 公共藝術/文化表演
Dementia and rehab 認知障礙和復康
Wayfinding 尋路/導視

University Category

Full list of sharings here: https://www.facebook.com/pg.designcomp/videos

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The "How"

1. Incentivises and attracts users to go
   - ✓ Attract users
   - ✓ Attract carers to bring them there
   - ✓ encourage repeated visits
   - ✓ Lively and vibrant

2. Support activities that people can join and play together

3. Providing choice

4. Encourage intergenerational interactions through
   - ✓ Inclusive design
   - ✓ Spatial reconfiguration to provide places to gather & stay
   - ✓ Variety of equipment
   - ✓ Enabling soft programme delivery for fun activities

Play is "purposeless, fun and pleasurable"
-- Dr Stuart Brown, National Institute of Play
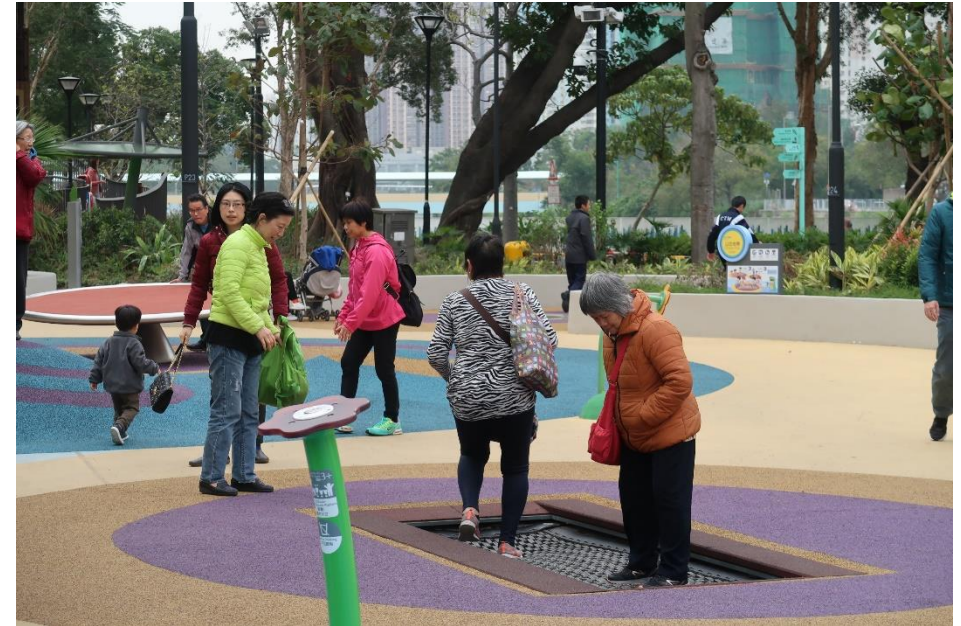
1. Underutilised Space in Ageing Housing Estates

Lai Kok Estate Rooftop

1. Idle rooftop & opportunity to do A&A works to upgrade the building (skylight)

2. Physically connected to local community, but disconnected to local community as a landuse

3. Incentivise home residents to overcome physical barrier to go to the rooftop for fun activities

4. Encourage relatives and friends to come and visit the home residents and do something together

5. Reconnecting the community by encouraging local community to interact with home residents

More info about the project here:
https://www.polyujcsoinno.hk/en/topic/s7/laikok

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Knowing the users and community's needs

MAJOR PAIN POINTS & CORRESPONDING PROVISIONS 主要痛點及相關的供應

1 — 73, Care Centre's Day Care User

2 — 88, Care Centre's Resident

3 — 40, Caretaker, Housewife

4 — 50, Care Centre's Resident's Family member

5 — 24, Young Resident of Lai Kok Estate

6 — 70, Young-old Resident of Lai Kok Estate

PHYSICAL HEALTH DETERIORATION 體能退化

MENTAL STRESS 精神壓力

LACK OF SOCIAL INTERACTION 缺少人際互動

Major Pain Points

CONSTRAINED **PHYSICAL MOBILITY**

DETERIORATION OF **COGNITIVE ABILITY**

DETERIORATION OF **ACUTENESS OF SENSES**

Proposed Provisions

- **Walking path** for slow walking and strolling
- Therapy **exercise equipment**

- **Cognitive stimulation games**
- Experience/ **installations of nostalgic items** that prompt reminisce

- **Sensory installations** (textures, sounds, lighting etc.)

- **Quiet lounge** space to rest, relax or meditate
- **Community Garden**
- **Game play** equipment

- **Sitting-out area** with movable table and chairs for sitting, chatting and dining
- **Community Garden**
- **Game play** equipment
- **Multi-purpose area** for possible class activity

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Therapy Zone 運動區

The therapy zone is equipped with physical therapy equipment for elderly users, allowing the elderly home residents to exercise frequently at the area.

組合積木創建不同路線歷程
Modular blocks that can be changed to create different courses and programmes

健身徑兩側的欄杆
Balustrades on both sides of Challenging Path

視覺屏障
Visual Barrier

配備雙重功能的治療設備
Dual-function Theraphy

健身徑 Challenging Path

為體能差異的使用者創建一個能靈活變更路程歷程的健身徑
A flexible pathway that can be changed to create different courses for varied abilities

Quiet Lounge休息區

The quiet lounge is a zone mainly for lounging, sitting, chatting, reading or other quiet activities. Seating in the area is designed for various group sizes, with inward-facing seating to facilitate chatting among groups. The area is paved with wood decking, with a mellow beige-pink colour to convey cosiness and calmness.

特色植物的擺設促進交談
Feature planting to prompt conversations

座椅附有靠背與扶手
Seating with backing

向內座位的設計鼓勵溝通交流
Inward-facing seating to encourage communication

Safe Loop 健行徑

The Safe Loop has continuous handrails on both sides of the loop to facilitate less able elderly to walk on their own. Sound therapy stations are installed in the middle to better utilize the space within the loop. The sound therapy stations are designed as collapsible cocoons with lighting and directional sound players inside, allowing care-takers and elderly users, especially dementia patients to relax and meditate.

拆卸式太陽傘
Detachable parasols

可折疊的蠶繭外形內設有照明與音響播放器的聲頻治療站
Sound therapy stations with lighting and sound player installed inside collapsible cocoon

無間隔扶手
Continuous handrails

Story Corners故事角

Reminiscent objects are placed seasonally at the small gathering spaces, encouraging the sharing of stories to friends and families while spending time at the rooftop. The Story corner is designed with an amphitheatre-like setting to facilitate story-telling and plays. With matching colours to the corresponding zones, the barrier also acts as a visual marker for users.

露天劇場式的圍景設計鼓勵故事分享
Amphitheatre-like setting to encourage storytelling

因應季節替換成合時的懷舊物品
Seasonally changed reminiscent objects

隔音屏障
Sound diffusing barrier

Multifunctional Zone 多功能草坪

The multi-functional zone is an open space paved with artificial turf for various activities such as picnic, yoga, croquet etc. Detachable parasols can be added to the zone for shading.

各種遊戲的人造草坪
Artificial Turf for various game

露天劇場式的圍景設計鼓勵故事分享
Amphitheatre-like setting to encourage storytelling

固定間距的座位
Seating placed at regular interval

拆卸式太陽傘
Detachable parasols

Nursery garden 苗圃花園

The nursery garden is placed in the area with the most abundant sunlight to facilitate plant growth. Surrounding the edge of the zone are planters with different heights, for users of varied abilities to engage in plating activities together. There are also communal tables with shading for small group activities.

帶有花盆的座椅
Seating combined with planters

公共桌子方便小組交流
Communal Table for gropu activity

擺放高度不一的花槽使能力有差異的使用者能共同進行植物
Planters with different heights for people with different abilities

水槽與流動水泵
Flowing water

** comprehensive report to be released in Jan 2023 (expected)

2. Privately-owned Public Space (POP)

Intergenerational Play Space Design Competition | HKHS Prosperous Garden

1. About 30 years old estates with 40% ageing residents

2. Extend Hong Kong Housing Society's already successful "Ageing-in-Place" initiative outdoors

3. Prototyping to gather ideas for transforming ageing housing estates to support ageing in place and to enhance social harmony and intergenerational interactions

4. Capacity building – grooming aspiring professionals to use their multi-disciplinary expertise to develop a new typology of play space

Find out more:
IG Design Competition Prosperous Garden Resident Representatives Survey (Aug 2020)

https://www.polyujcsoinno.hk/images/content/programme/Action-Project/pg-comp/20200807_JCDISI_Questionnaire_Analysis.pdf

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Intergenerational Play Space Design Competition Process

PG Design Competition Stage 1
- 18 professional teams
- 59 university teams

➔

Community Engagement
- PG property management
- Owners Association
- Participating teams

⇢

Stage 2 Assessment
- Prestigious jurors to select the winning design based on their area of expertise

July 2020

Aug 2020

Oct 2020

Capacity Building and Community Empowerment

Community involvement in PG IG Play Space

- 77 professional and university trans-disciplinary teams, compromising a total of 369 participants to develop IG play space design concepts.

- Despite wave 3 of Pandemic in HK, managed to engage 19 residents representatives fo the five blocks to provide their views on Prosperous Garden user needs and IG play space idea.

- 10,000 votes casted for "The Most Voted Team" award, highlighting that the IG play concept captures the reimagination of the public.

- 260+ residents participated in the public voting on site.

Participants' Background 參加者背景

Architecture	建築	42.9%
Landscape architecture	園景建築	16.9%
Urban planning	城市規劃	7.8%
Occupational therapy/physiotherapy	職業治療/物理治療	6.5%
Social work	社會工作	5.2%
Sports science	體育科學	2.6%
Industrial and product design	工業和產品設計	2.6%
Medical	醫療	2.6%
Civil engineering	土木工程	2.6%
Nursing	護理	2.6%
Others	其他	7.8%

(Inc. Electrical engineering, Neuroscience, Hotel Management, Surveying, Education and Design (others)) (包括機電工程、神經科學、酒店管理、測量、教育及設計 (其他))

Participants' Background 參加者背景

Landscape architecture	園境建築	23.4%
Architecture	建築	20.8%
Environment design	環境設計	8.2%
Civil/environmental engineering	土木/環境工程	7.4%
Urban planning	城市規劃	4.5%
Design (others)	設計 (其他)	4.5%
IT/computer science	電腦科技	3.7%
Occupational therapy	職業治療	3.3%
Surveying	測量	3.0%
Physiotherapy/rehab	物理治療/康復	2.6%
Engineering (others)	工程學 (其他)	2.2%
Medical/health	醫療/保健	2.2%
Community planning	社區規劃	1.9%
Education	教育	1.5%
Geography/environment science	地理/環境科學	1.5%
Others	其他	9.3%

(Inc. Nursing, Social Work, Interior Design, Media and communication, Architectural conservation, Visual arts, Gerontology, Social science, Public affairs, Bioengineering, Business, History and Psychology)

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Capturing the (Re)imagination

P102 (Champion & Most Voted)
Imagine with Senses - The Play Space of Serendipity

P105 (1st Runner-up)
Play Space ALIVE

P104 (2nd Runner-up)
Ripple - Theater of Life

U17 (Champion)
The Prospect Ring

U58 (1st Runner-up)
Learning Together

U56 (2nd Runner-up)
Co-flow, Co-play, Co-mmunity

U16 (Most Voted)
Dandelion Dream

Find out more:
IG Design Competition designs and their interviews

https://www.polyujcsoinno.hk/en/pg-designcomp

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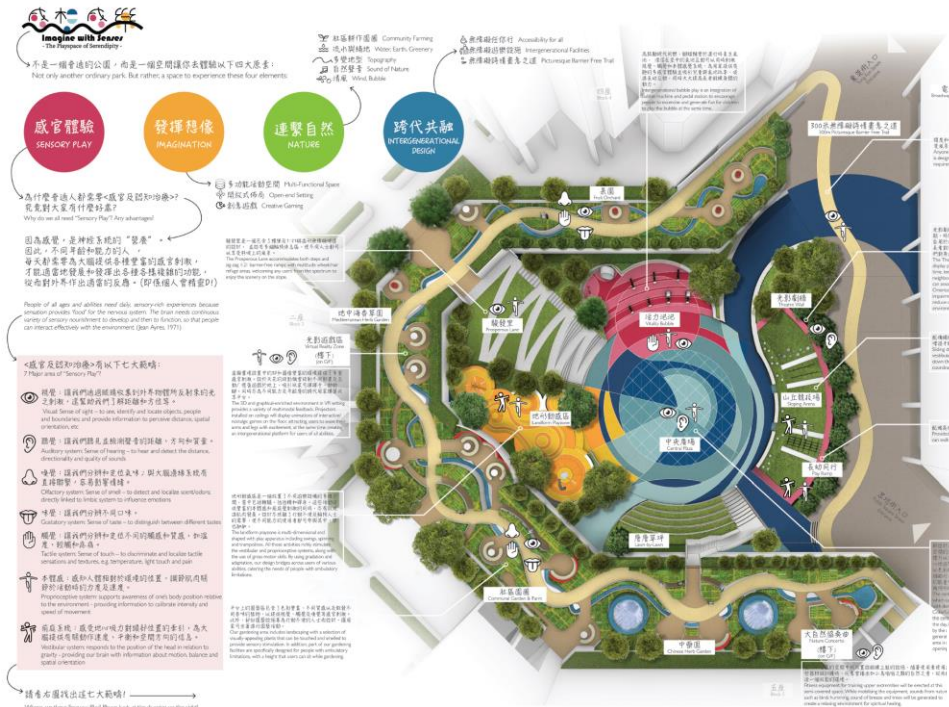
Applicability

1. 43 ready to implement prototype schemes

2. 10 design principles summarised from the entries

3. Five tips for increasing the implementability of IG play

4. Transferrable knowledge for scaling up and scaling out the IG play space concept in transforming ageing housing estates in HK and futureproofing ageing communities

5. Empowered aspiring professionals in contributing to community development and ageing in place

** comprehensive report to be released in Jan 2023 (expected)

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3. Public Park transformation

Kowloon Park Fitness Trail – Proof of Concept Study

1. Well-loved park in the middle of the concrete jungle

2. Slight gradient and not very accessible, potential to increase user utilisation of the trail

3. Mimic country park experience in the middle of the city

4. Not displacing existing users of the trail

5. Add IG play concept to existing fitness trail to encourage IG interaction

6. Support carers to play and exercise together with their companion

Find out more about the project:
https://www.polyujcsoinno.hk/en/topic/s4/kp

Kowloon Park Fitness Trail: informed design

1. Surveyed 230+
(*wave 4 of Pandemic)

2. One-on-one interview with users

3. IG play space panel input

4. Community engagement workshop (x3)

5. Co-design with ArchSD and LCSD colleagues to understand their aspirations & iron out concerns

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當前的公園習慣:非遊客
On Current Park Habits : Non Visitors

· 50%最近沒有到訪公園的受訪者表示,公園應有更好的設計和美感,並減緩擁擠程度——這會促使他們再次到訪公園。
· 50% of the respondents that currently don't visit parks suggested that there should be better design and aesthetics, less crowdedness - this would make them visit parks again.   **50%**

· 他們還建議為不同年齡層提供更多樣化的遊樂設備,升級並改造舊設備及空間。
· They also suggested that there should be more diverse play equipment for various age groups and the old equipment and spaces should be upgraded.

關於當前的公園習慣:遊客
On Current Park Habits : Visitors

· 幾乎所有受訪者都曾造訪本地公園,當中90%曾到訪九龍公園。
· Almost all respondents have visited local parks before, 90% have visited Kowloon Park.   **90%**

· 超過85%的受訪者比較注重環境,其次是便利度和公園設施多元度。
· More than 85% of the respondents value nice environment, followed by convenience & diversified park facilities.   **>85%**

· 大多數受訪者每週多次訪問公園。
· Majority of the respondents visit parks multiple times a week.

· 受訪者比較偏好單獨到訪九龍公園。
· Respondents mostly prefer to come on their own to Kowloon Park.

· 大多數受訪者到公園裡散步或跑步為主,其次是閒坐及聊天,還有其他活動,包括觀鳥和賞樹、與兒童玩耍、步行和球類運動。
· Majority of the respondents engage in walking/running at parks followed by sitting & chit chatting. Other activities that they engage in are Bird and Tree Watching, Playing with Children and Walking and Ball Games.

跨代遊樂空間 On Intergenerational Play Space

· 逾半受訪者認為「跨代共融遊樂空間」概念具吸引力。
· More than 50% of the respondents find the intergenerational play concept attractive.   **>85%**

· 逾半受訪者認為跨代共融公園在香港受歡迎程度低。
· More than half the respondents rated the popularity of intergenerational parks in Hong Kong as low.   **>50%**

· 受訪者更喜歡有趣、互動性強及多樣化的跨代共融遊樂設備。
· Respondents prefer to have playful, interactive and diversified elements in these intergenerational facilities.

· 超過半數受訪者希望與子女或孫輩一起玩樂。
· More than half of the respondents wish to play together with their children/grandchildren.   **>50%**

· 大多數受訪者接受「戶外健身」這一概念。
· Majority of the respondents are receptive to the idea of an outdoor gym.

· 大多數56-75歲年齡層的受訪者願意與孩子或孫輩一起玩樂。
· Majority of respondents belonging to the age group of 56-75 years would prefer playing together with children/grandchildren.

Kowloon Park Fitness Trail Proof of Concept Study

Concept of Inclusiveness @ Kowloon Park

How might we improve inclusiveness through more social participation and enable more physical activeness?

Social Participation

Physical Abilities
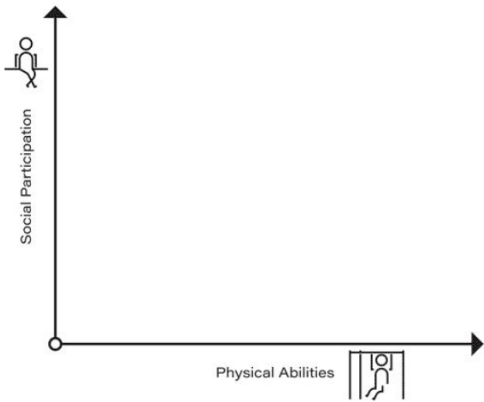
SIGNAGE — Encourage and improve the overall user experience of the site from arrival, mapping the trials as well as managing the intensity of workout or stroll

EQUIPMENT — Provide a range of physical training as well as social participation for different user groups to engage and play with each other

INTEGRATION — Create a different setting within the park for quiet and resting spaces for all types of users as well as caregivers to enjoy the serenity and nature

TECH — Enhance the wayfinding experience through play; social engagement through pairing likeminded park-goers and your physical training knowhow through video-enable classes

EQUIPMENT — Provide a range of physical training as well as social participation for different user groups to engage and play with each other

Level 1: Replace Exact Functions of Existing Equipment

Level 2: Adding Variations in existing equipment to enhance physical or social functions

Level 3: Inclusive Play Equipment

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Kowloon Park Fitness Trail Proof of Concept Study
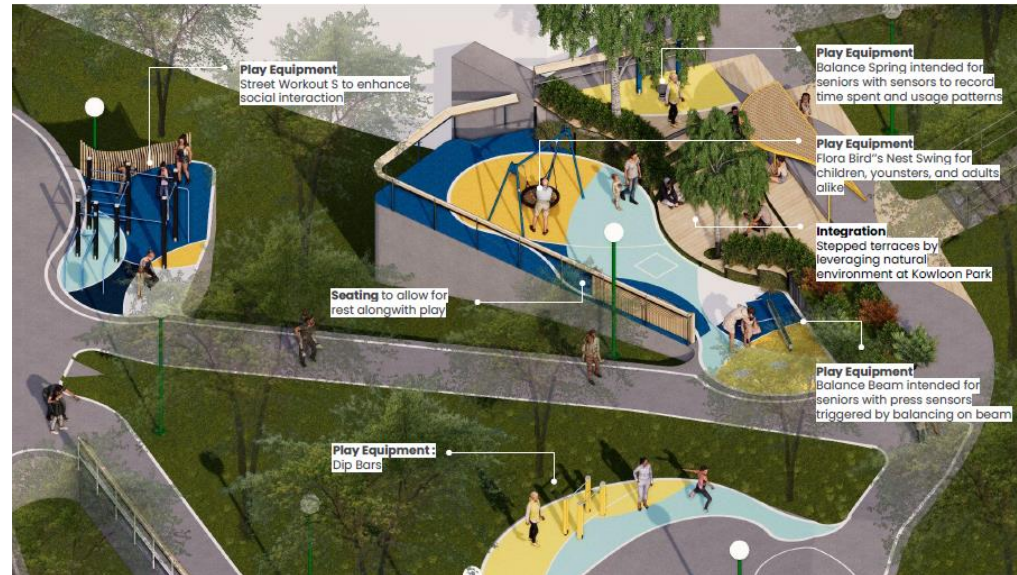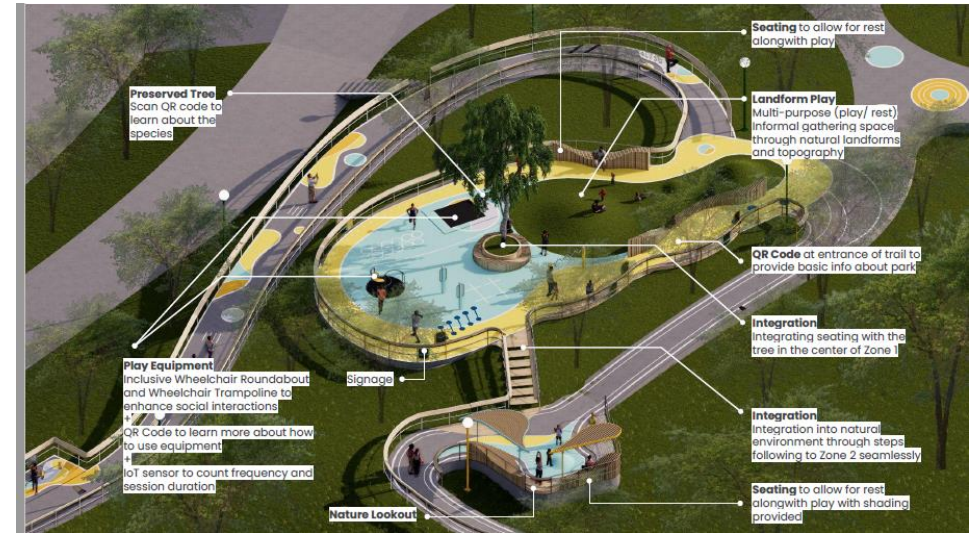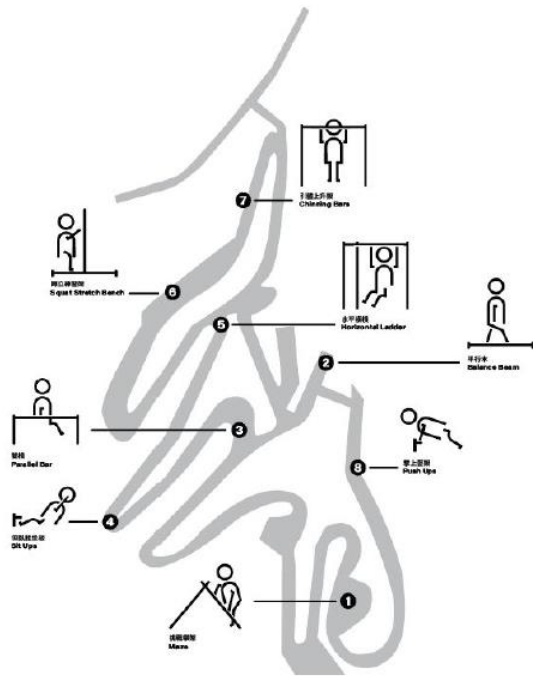
A scalable and replicable model

**Zone 1
Free Play**
Young Old +

Kids Friendly

> **Zone 1 demonstrates a flat play area that resembles flat parks of similar genre across Hong Kong.**

Introducing a variety of play elements for different ages

- Encourage social functions
- Inclusive play equipment and natural landform for an inclusive play experience
- Higher percentage of play equipment for upper-body motions
- Large amount of sitting out areas
- Natural lookout to encourage users to explore the park

A scalable and replicable model

**Zone 2
Sensing &
Balancing Games**
People of All Ages
+

Caregiver Friendly

> **Zone 2 with a slight gradient platform that is ideal for caregiver to increase physical activities. It is also encouraged to have elderly / kids and the caregiver to take part in physical activities with each other.**

Encourage users with different abilities to enjoy the fitness trail

- Gentle gradient to encourage more walking

- Introduce stepped terraces and natural landform to play and rest

- Balancing equipment, and stepped terraces to encourage people of all ages to come and experience this area

- Large amount of seating and resting areas

A scalable and replicable model

Zone 3
Training for All
Adult + Kid

Friendly

Zone 3 with narrow paths with varying slopes that resembles country park trails of similar genre across Hong Kong.

Introducing rest alongside a variety of physical play

- More challenging exercises that kids and adults can do together

- Encourage people of varying fitness level to use the entire trail

- Landform to encourage kids / elderly and parents / caregivers to play together

- Existing users of the trail will not feel displaced if they prefer more intense training

** comprehensive report to be released in Jan 2023 (expected)

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Agenda

1. About JCDISI

2. Ageing in a highly urbanised, densely populated city

3. Reimagine parks for intergenerational play and community building

4. Intergenerational play space for different typologies of public space
   1. Underutilised space in ageing housing estates
   2. Privately owned public space
   3. Public park transformation

5. **Importance of prototyping to generate systemic changes**

Policy Support

"We plan to **modify more than 170 public play spaces** managed by the Leisure and Cultural Services Department (LCSD) over the **next five years**.

To make the facilities more **innovative and fun**, while meeting the needs of residents, LCSD will encourage and promote **community participation and public engagement** in the process of modifying these facilities."

-- Policy Address 2019

Yi Pei Playground in Tsuen Wan, opened in April 2021

Opportunity Window for Reinventing Public Space
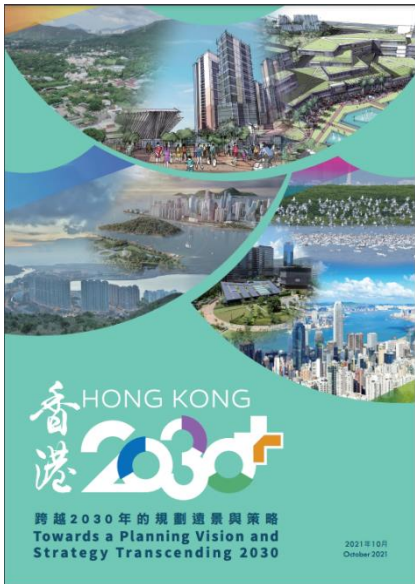
Published by Planning Department in October 2021

https://www.pland.gov.hk/pland_en/p_study/comp_s/hk2030plus/document/2030+_booklet.pdf

IG Play Space Design Considerations Summarised from the IG Projects

Spatial and Hardware Provision

- Importance of understanding existing usage pattern and encouraging spatial Integration

- Accessibility and wayfinding improvements

- Make use of the spatial characteristics of the area to create varied play experiences

- Variety of intergenerational play equipment

- Importance of seating placement and seating design, public art and vegetation to encourage socialisation

- Technology application and health management

- Consider the needs of all users, including carers

Well-being and Software Support

- Importance of participatory co-design as a form of community engagement

- Hardware design and software programme integration to create a vibrant community life

- Making use of landscaping and colour to stimulate different senses and encourage placemaking

- Supporting interactive play, free play and soft programmes

- User-centric management

Creating System change

1. **Importance of prototyping**

   - Deep dive user needs analysis

   - Participatory co-design

   - Iterative process

   - Securing buy in from the community from day 1

2. **Best practice/ lessons learnt sharing**

   - Encapsulating what works and doesn't work

   - Know-how transfer

   - Ironing out tricky issues to support scale up and adoption

3. **Aim for incremental changes**

   - Show the possibilities and venue management buy in

   - Allow community to get used to changes

   - Flexibility and scalability

   - Keep parts of the park open to minimise disruption to users
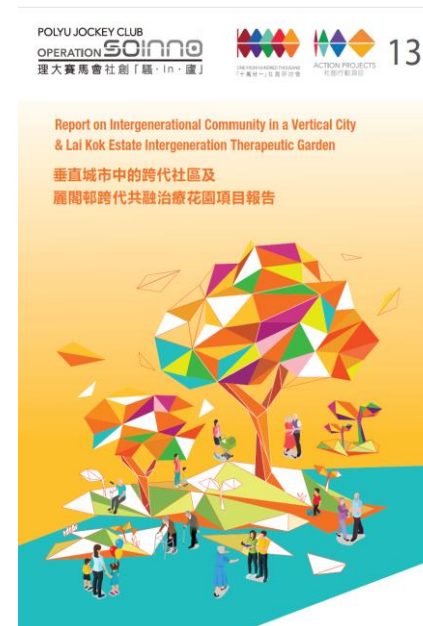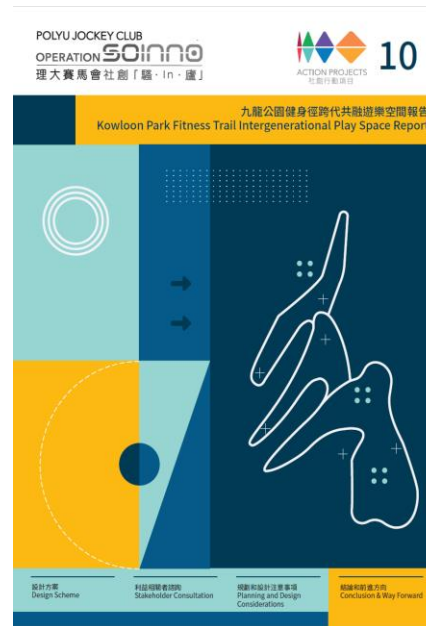
Thank you!

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**JCDISI
Website**

Look out for the reports summarising the two year experiment's findings! (expected Jan 2023)