



# AGE FRIENDLY – CITIES AND COMMUNITIES

## 12<sup>th</sup> ASEAN & Japan High Level Officials Meeting on Caring Societies

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# INFO ON MALAYSIA

- Area : 330,252 sq. km
- No of State : 14 states
- Population : 29.71 million
- Population Density : 86/sq. km
- Multi religion, race/ethnic and culture
- Official religion : Islam
- Capital City : Kuala Lumpur
- Administrative City : Putrajaya



Kuala Lumpur



Putrajaya



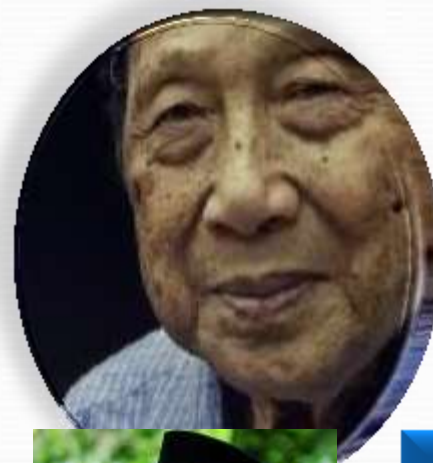
## DEMOGRAPHIC

**OLDER PERSONS 8.35% = 2.5 MILLION (2013)**

**Female:  
49.1%**



**Male:  
50.9%**



**LIFE  
Expectancy:  
77.2 year**



**LIFE  
Expectancy:  
72.3 year**



- In Malaysia, older persons are defined as those who are 60 years and above. (UN- World Assembly on Ageing in 1982, Vienna.)



# ISSUES OF AGING

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- Illness.
- Physical changes.
- The design of existing buildings and facilities are not elderly-friendly.
- Rich asset but poor income.
- Low social interaction.

Chart 4: The Percentage Of Elderly Population By Year

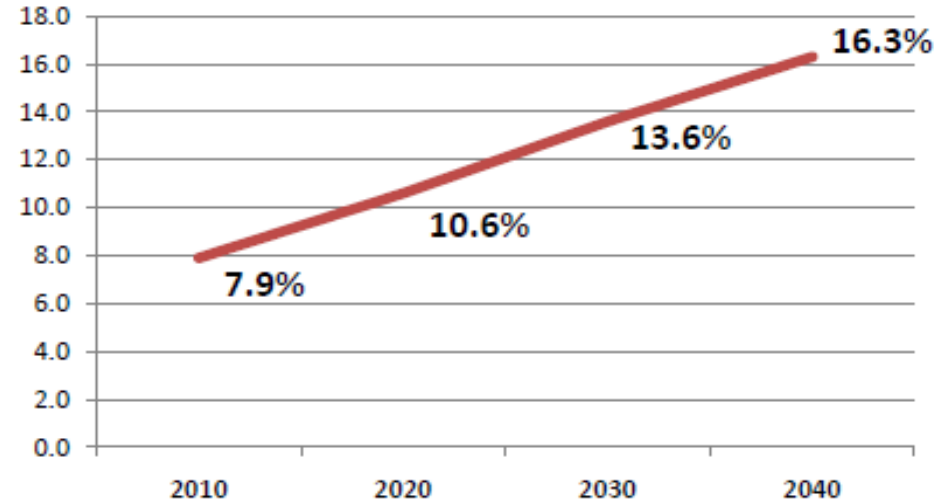


Table 1: Population Projection by Age Group, Malaysia, 2010-2040

Year	0-14 (‘000)	%	15-59 (‘000)	%	60 and above (‘000)	%	Total (‘000)	%
2010	7,822.1	27.3	18,517.9	64.8	2,248.6	7.9	28,588.6	100.0
2020	7,780.7	24.0	21,219.7	65.4	3,440.8	10.6	32,441.2	100.0
2030	8,087.9	22.5	22,981.6	63.9	4,896.1	13.6	35,965.7	100.0
2040	8,087.9	19.6	24,725.4	64.1	6,295.3	16.3	38,557.9	100.0



# AGING – MALAYSIA SCENARIO

## NATIONAL POLICY FOR OLDER PERSON

To establish a society of the older person who are contented, dignified, possessed of a high sense of self - worth, and optimizing their potential, to ensure that they enjoy all opportunities besides being given the care and protection as members of a family, society and the nation.

## OBJECTIVES

- To enhance the respect and self-worth of the older person in the family, society and nation;
- To develop the potential of the older person so that they remain active and productive in national development and to create opportunities for them to continue to live independently;
- To encourage the establishment and the provision of specific facilities;
- To ensure the care and protection of the older person





## AGING - MALAYSIA SCENARIO

Ministry Of Urban Wellbeing, Housing and Local Government is one of the government agencies that implements the Policy and Action Plan for Older Person under Objective 3 And Strategy 3 of the policy.

**Objective 3 : To ensure seniors living in a safe and protected environment.**

**Strategy 3 :To ensure senior citizens living in a safe and elderly-friendly environment.**

**Programme 1: Construction of houses / institutions which are equipped with the technology to assist the seniors to live independently**

**Programme 2: Construction of older person alternative homes equipped with continuous services such as retirement villages, modern hut (*pondok*) system and granny flats**

**Programme 3: Provision of barrier-free environment for example, zebra crossings, time of traffic signals, lighting, sign age, sidewalk and pavement height (curbheight).**





# PHYSICAL PLANNING GUIDELINE FOR ELDERLY

TO GUARANTEE SENIORS LIVING IN A SAFE AND PROTECTED ENVIRONMENT



## PURPOSE OF GUIDELINE

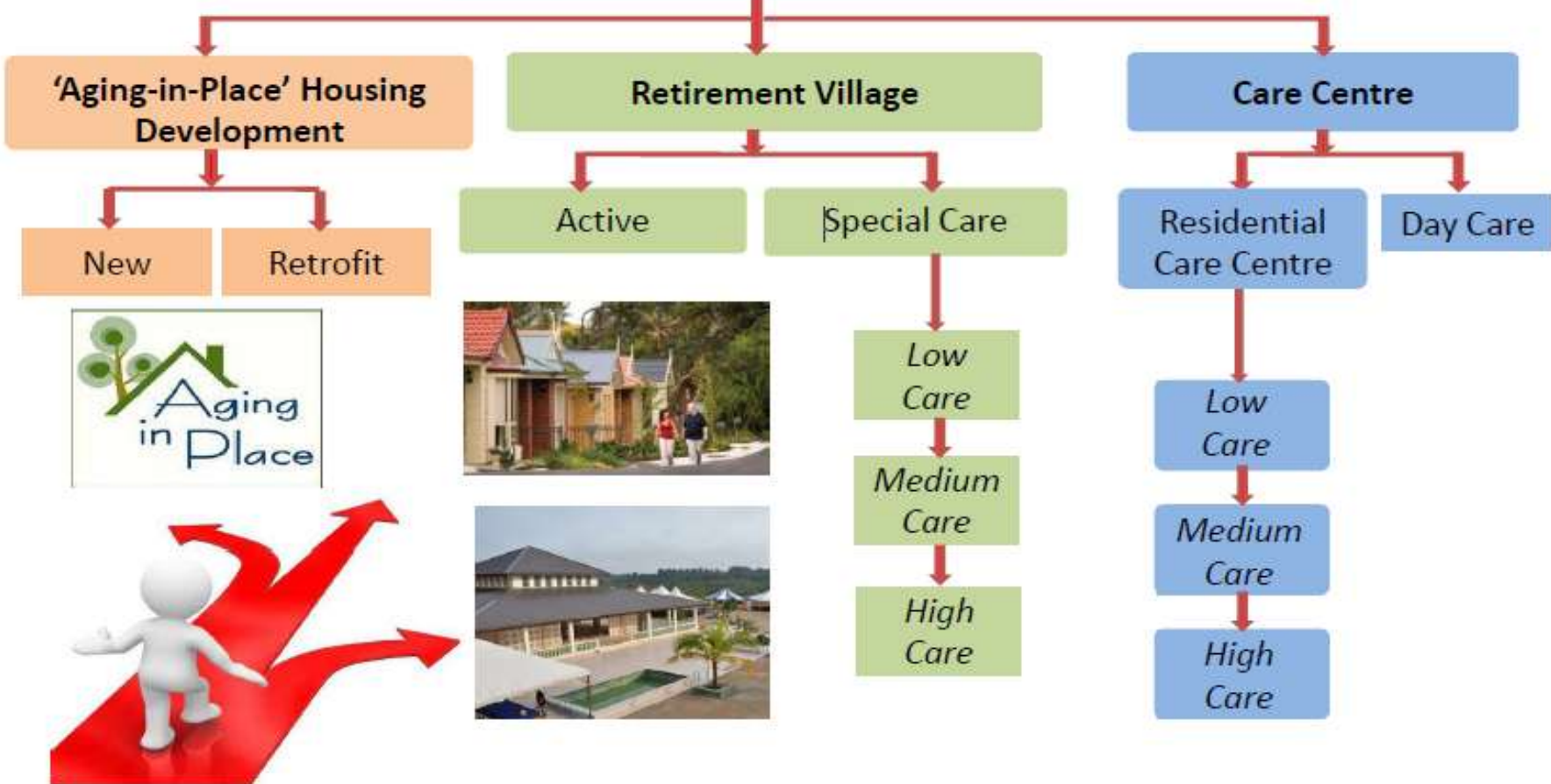
The main purpose of this guideline is to plan for the older person living settlements and supporting facilities, and also to support social programmes through physical planning.



# PHYSICAL PLANNING GUIDELINE FOR OLDER PERSON

## SCOPE OF THE GUIDELINE

### Types Of Seniors Living Settlement







# PLANNING PRINCIPLES

- **1. Harmony, Interaction and Image**
  - Settlement layout- compact, mixed-use and integrated f
  - Seamless development.
  - Universal building design
- **2. Practical and User - Friendly**
  - Not burden the physical ability and easy to understand.
- **3. Accessibility**
  - Accessible and can be reached by public transport and pedestrian network.
- **4. Safety and Comfort**
  - Taking into account the element of disaster risk and safety (Crime Prevention Through Environmental Design)



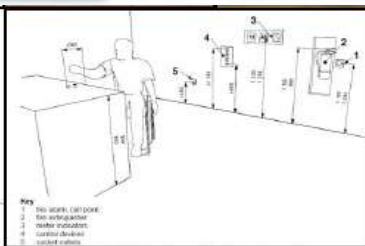
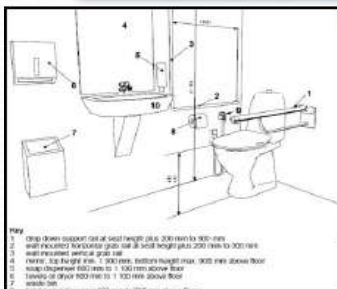


# AGING-IN-PLACE HOUSING

**'Aging-in-Place' Housing Development**

**New**

**Retrofit**



**Dual Key Unit Apartment Floor Plan**

**Dual Key Unit :**  
Couple + Parents  
Family + Parents  
Parents + Adult Child

The interior and exterior building design should be follow the features of universal design:

Barrier free; Non-Slipped Flooring ; Provision of grab bars, especially in the separate shower and toilet; Placement of switches and door handles with appropriate height; Cabinet door handles, kitchen floor and sinks to the appropriate height; Suitable movement space and appropriate door width; Stairwell with appropriate lighting; Non-Slipped flooring especially in toilets; Installation of furniture and equipment should be appropriate and would not cause injury; Emergency alarm installation; Preparation of step ramp or dropped kerb and ramp outside of the residential and care centre building



## SPECIFIC GUIDELINE : Aging-in-place

### SPECIFIC GUIDELINE: *Aging-in-place*

No.	Action	Existing	New Development
1.	House renovation according to universal design features.	√	-
2.	Small house equipped with universal design features.	-	√
3.	Family house –dual key /granny flat concept	-	√
4.	Gated and guarded	√	√
5.	Intercom system directly to safety guard office	√	√
6.	Smart home – provided with IT facilities and health alert	√ (renovate)	√
7.	Connected pedestrian walkways and wheelchair user friendly.	√ (renovate)	√
8.	Connected bicycle lanes and separated from roadways.	√	√
9.	Recreational park or public spaces	√ (renovate)	√
10.	Shuttle bus service	√	√
11.	Seniors citizen activity centre	√	√
12.	Mobile Home Care <i>Service</i>	√	√
13.	Goods and foods delivery services	√	√

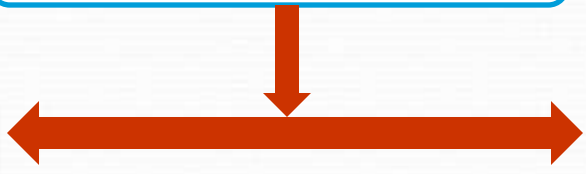


# OLDER PERSON CENTRE

Older Person Care Centres

Residential Care Centre

Day care



# SPECIFIC GUIDELINE: RESIDENTIAL CARE CENTRE



BIL	Subject	Residential Care Centre
1	Site Area(minimum)	1.0–5.0acre
2	Activity Area	3.0 square meter per person
3	Site Location	Safe from disaster/hazard Accessible—existing road network and transport facilities Minimum 10km from existing health facilities (hospital—government or private) Special area/gazetted areas or brown field areas.
4	Land use Zone	• <b><u>Institution</u></b> Residential Complex for Older Person
		• <b><u>Commercial</u></b> Residential Complex for Older Person
5	Safety	•Guarded •Intercom in each residence, rooms, block or hostels and it link to in house clinic or nearby clinic and security room.



# SPECIFIC GUIDELINE: RESIDENTIAL CARE CENTRE

BIL	Subject	Daily Care Centre
1	Site area (minimum)	0.7–1.0 acre
2	Activity Area	3.0 square meter per person
3	Premise Location	<ul style="list-style-type: none"><li>•Safe from disaster/hazard</li><li>•Accessible– existing road network and transport facilities</li><li>•Site specific / gazetted areas or brown field areas.</li><li>•In the office building/ workplace( recommended)</li></ul>
4	Land use Zone	<u>Institution</u> Older Person Day Care Centre
		<u>Commercial</u> Older Person Day Care Centre
5	Safety	Guarded
6	Activities	<ul style="list-style-type: none"><li>•Religious activity</li><li>•Hand craft</li><li>•Culture and Art</li><li>•Community Service</li><li>•Food and Culinary</li><li>•Gardening</li><li>•Others</li></ul>



# RETIREMENT VILLAGE

Retirement Villages

Active

Special Care





# RETIREMENT VILLAGE

No	Subject	ACTIVE RETIREMENT VILLAGE		RETIREMENT VILLAGE WITH SPECIAL CARE	
1.	Site area (minimum)	1.0 – 5.0 acres		1.0 – 5.0 acres	
2.	Site location	<ul style="list-style-type: none"> <li>• Safe from disaster risk</li> <li>• Accessible – existing road and transport facilities</li> <li>• Specific or Brownfield site</li> </ul>		<ul style="list-style-type: none"> <li>• Safe from disaster risk</li> <li>• Accessible – existing road and transport facilities</li> <li>• The distance of existing health facilities (government or private) shall not more than 10 km.</li> <li>• Specific or Brownfield site.</li> </ul>	
3.	Land use Zone	<b>Residential</b>	<b>Plot area (min)</b>	<b>Residential</b>	<b>Plot area (min)</b>
		Bungalow	348.4 sq m (3,750 sq ft)	Bungalow	348.4 sq m (3,750 sq ft)
		Semi-Detached	241.5 sq m (2,600 sq ft)	Semi-Detached	241.5 sq m (2,600 sq ft)
		Terrace	72.2 sq m (770 sq ft)	Terrace	72.2 sq m (770 sq ft)
		Cluster	152.8 sq m (1,650 sq ft)	Cluster	152.8 sq m (1,650 sq ft)
		<b>Strata</b>		<b>Strata</b>	
		• Apartment	65.0 sq m (700 sq ft)	• Apartment	65.0 sq m (700 sq ft)
		• Studio	54.3 sq m (585 sq ft)	• Studio	54.3 sq m (585 sq ft)
		<b>Commercial</b>	<b>Plot area (min)</b>	<b>Commercial</b>	<b>Plot area (minimum)</b>
		Service apartment	51.1 sq m (550 sq ft)	Service apartment	51.1 sq m (550 sq ft)
		Studio	54.3 sq m (585 sq ft)	Studio	54.3 sq m (585 sq ft)
		SOHO/granny flat	41.8 sq m (450 sq ft)	SOHO/granny flat	41.8 sq m (450 sq ft)
4.	Security/Safety	<ul style="list-style-type: none"> <li>• Gated and guarded</li> <li>• Intercom system directly to safety guard office</li> </ul>		<ul style="list-style-type: none"> <li>• Gated and guarded</li> <li>• Intercom system directly to treatment room and safety guard office</li> </ul>	





# SUPPORTING FACILITIES

- Pedestrian and bicycle walkway.
- Health facilities.
- Commercial facilities.
- Recreational park / public park.
- Pedestrian crossing and car park.
- Bus stop.





# SUPPORTING SERVICES

- ❑ **Transportation services.**
- ❑ **Health Services.**
  - Home Help Service
  - Mobile Home Care
- ❑ **One-Stop Centre facilities.**
  - Community activity centre
  - Urban/Rural Transformation Centre



Transportation Services



Mobile Home Care

One stop centre facilities



# SOCIAL PROGRAMME SUPPORTED BY PHYSICAL PLANNING

## LIFE-LONG LEARNING PROGRAM

- To provide supporting facilities in older person settlement
- areas, such as libraries and IT rooms.



## COMMUNITY PROGRAMME Community Park/Garden

- To provide a plot of land for community park
- for gardening activities for the older person.



Kebun Komuniti 1 (KK1), Presint 9, Tapak Bumi Hijau (Bukit Savit)



# HEALTH PROGRAMME (Physical & Spiritual)



## Health Awareness Programs

1. Database of older person.
  - to monitor the health of senior citizens and take actions.
  - the provision of health institutions such as hospitals, clinics and rehabilitation centers.
2. Enhance mobile health services and home care services.





# HEALTH PROGRAMME (Physical & Spiritual)

## Religious Programs

- ✓ To provide religious class and activities in the community



## Recreation Programs

- ✓ To provide mini gymnasium in the community.
- ✓ To provide exercise class, daily or weekly
- ✓ To provide music / culture class



Because Your Retirement Years Matter



# Retirement - The Best Time in Life

## -THANK YOU-

Enjoying life    Positive Energy    Grateful    Golf Today    Golf Tomorrow    Life is great  
 Realize You Dreams    Living in Pride    Enjoy vacations  
 feeling free to    Peace of Mind    9 to 5    Good Health  
 No punch card    Who Cares    Enjoying life  
 Good Health    Every Day A Holiday  
 Grateful    retirement    No punch card  
 Life is great    Round the WORLD    Golf Today    Golf Tomorrow  
 Peace of Mind





# THANK YOU

ありがとう



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