

CITIES, HEALTH AND WELL-BEING

NOVEMBER 2011

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Age and Public Space in Hong Kong

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The making of a place of health, the making of a place of culture: the case of Duckling Hill cultural garden designed and built by older people

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- Designing and constructing a cultural garden by older neighbours: the Duckling Hill in Cheung Kwan O







The densely populated area
viewed from Duckling Hill

A 'marginal place' (Shields, 1991)

- Po Lam area in Cheung Kwan O (a satellite town built during the latter half of the 1980s) :
- A place left behind: a site at the social periphery
- A place evoke no nostalgia and fascination

According to 2006 census:

- Population of Cheung Kwan O: 369,113
- Percentage of people older than 65 living in Cheung Kwan O: 7.9% (29,381)



Duckling Hill hiking
route

- Facilities designed and built by older people

Seating area





Fences
and
handrails



decorations



dustbin



A garden near the
hill top: Places for
planting flowers

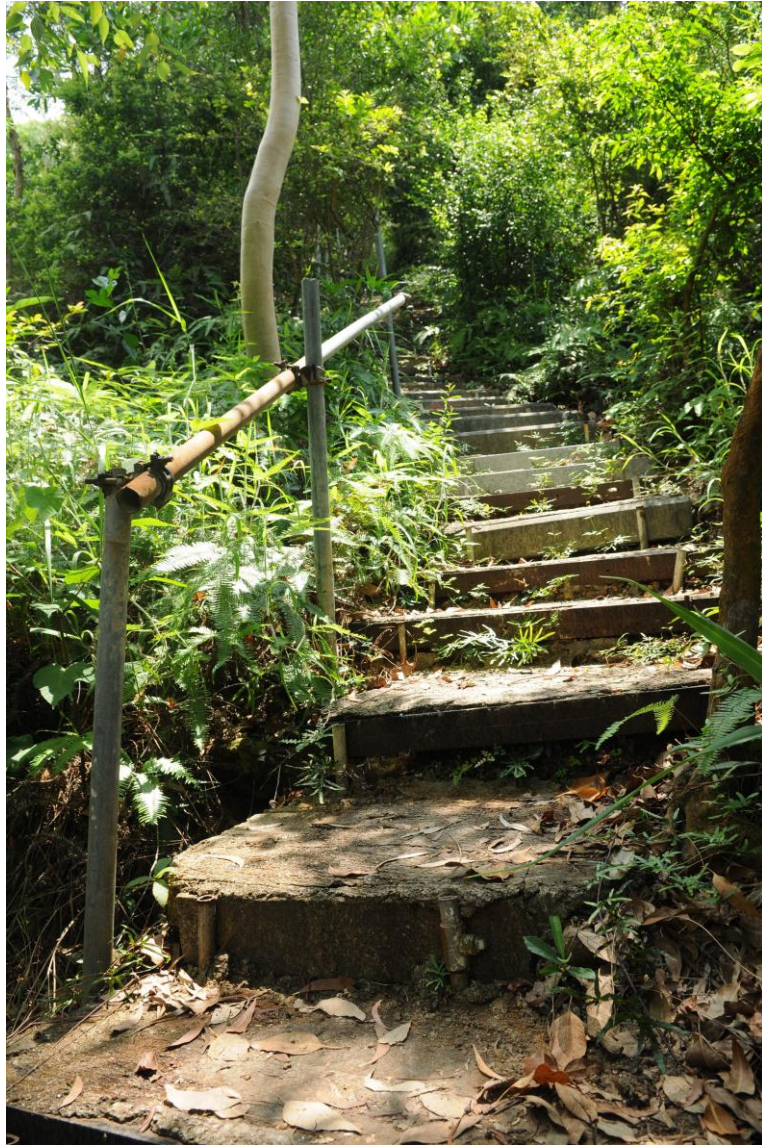


Pavilions for the rainy days



Mr Chan: designer and builder of a staircase of 200 steps to the hill top
(aged 70 When constructing the staircase)



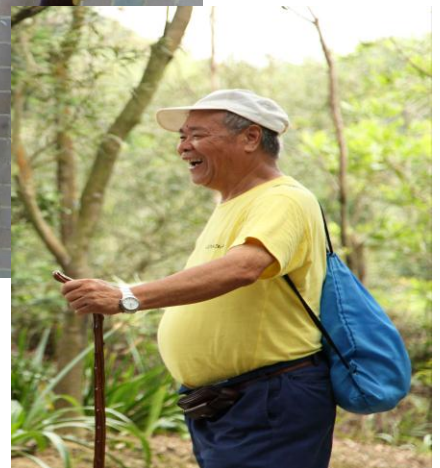


Built during 2006

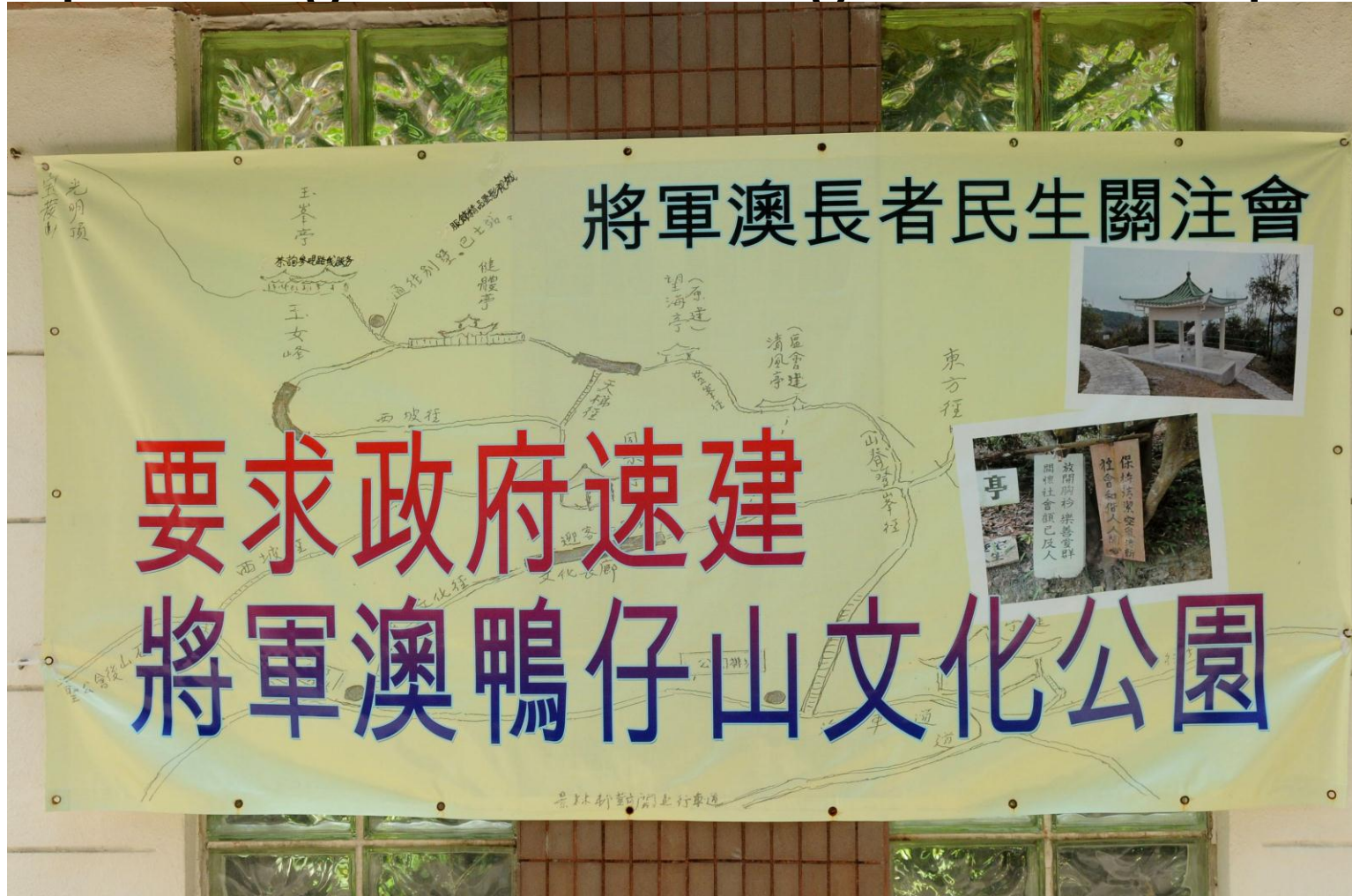


Naming the place and writing poems to glorify nature, the happiness of old age and motivating people to go hiking

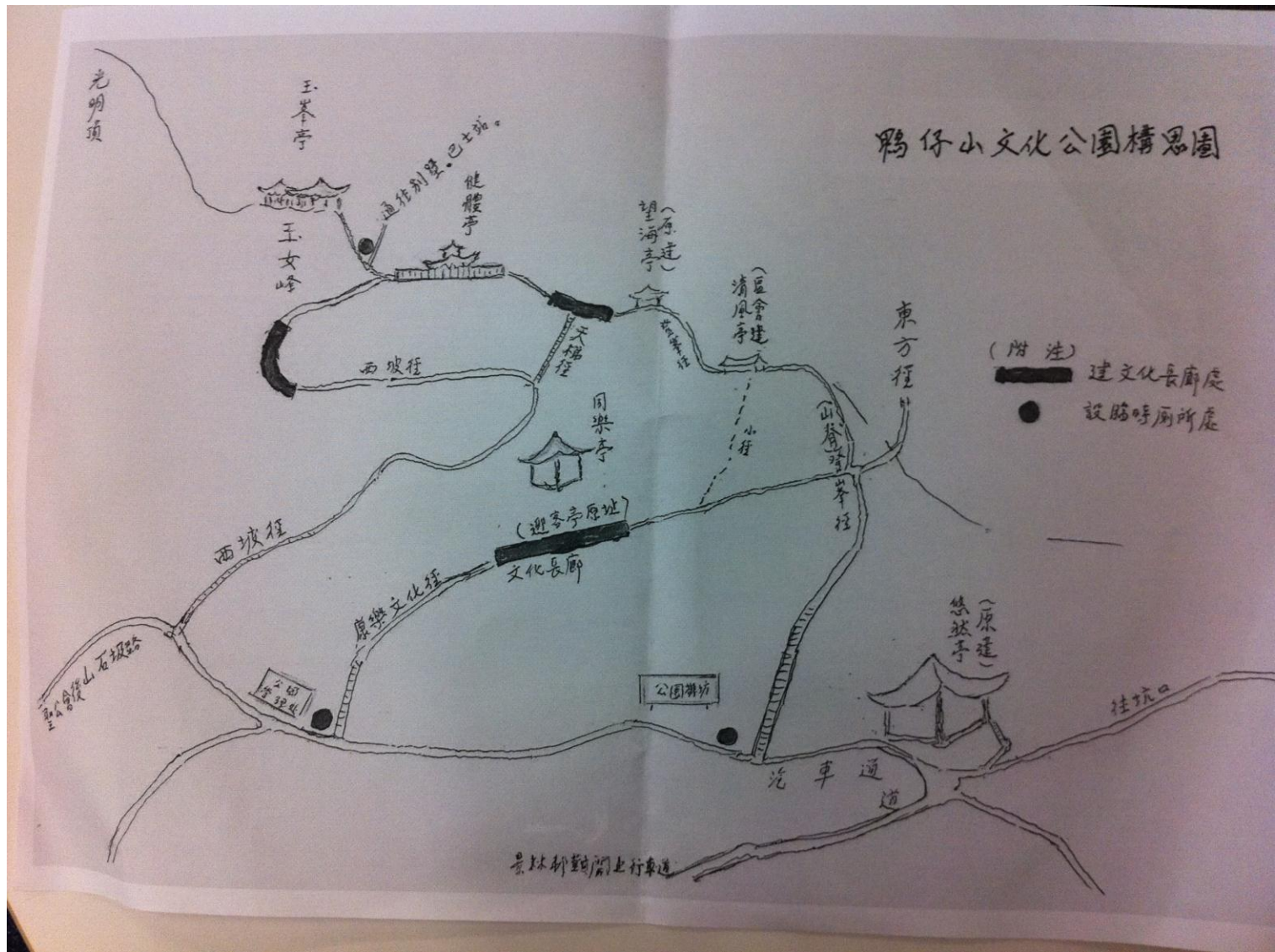
Design and craft of the walking sticks for hiking by Mr Ko, aged 77



Campaign for participatory design and planning of the duckling hill cultural park



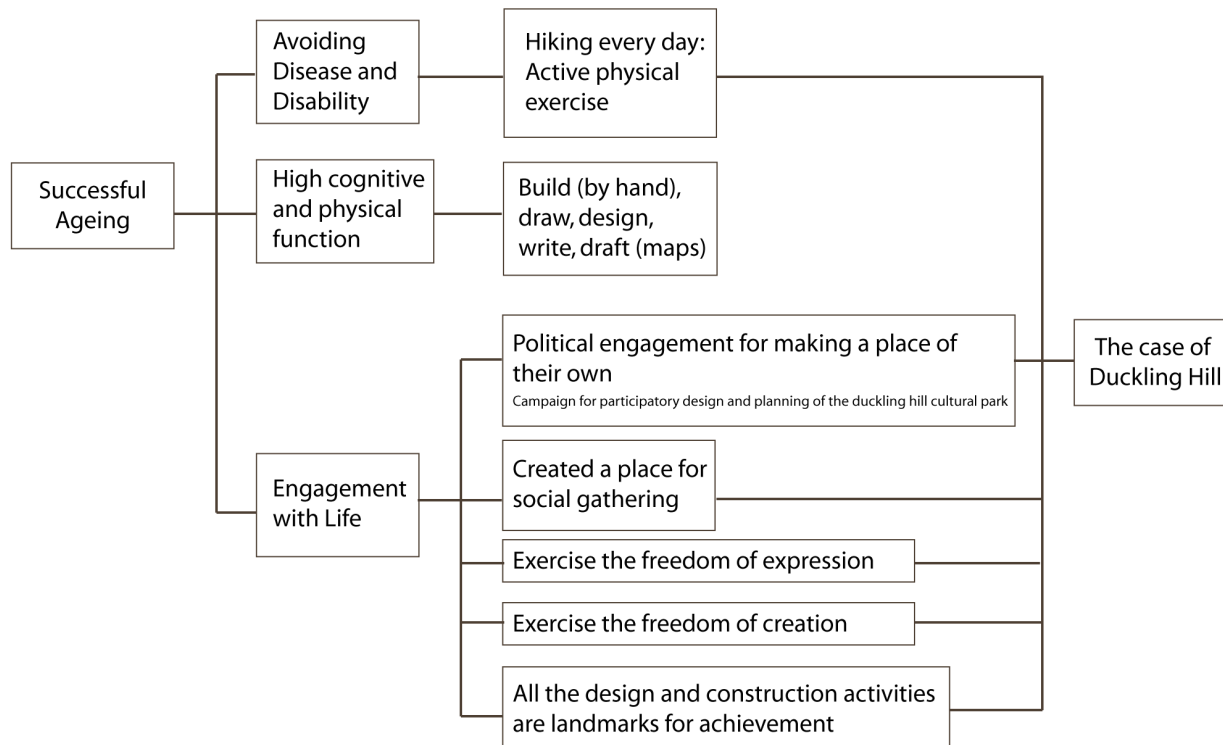
Map indicating their design ideas



What does the case tell?
Why did the older people design
and build *with their hands* the
hiking landscape?

The theories which go beyond...

- Health geography's social and cultural turning away from medical geography (Andrews & Kearns, 2005)
- Successful ageing surpassing the biomedical model of ageing (Rowe & Kahn, 1997)



A model of successful ageing (compared with the case of Duckling Hill)

source: Rowe & Kahn, the gerontologist, volume 37, No. 4 1997

conclusion

- New paradigm to understand **the issue of health** and especially that of health related to ageing
- Moving **beyond the biomedical model** to view ageing
- More emphasis to explore the ‘socio-psychological models’ which focus on life satisfaction, social functioning and participation (Bowling & Dieppe, 2005)
- Cultural model: the older people continues to **see life being full of possibilities**

Post-medical geography of health (Brown & Duncan, 2002):

- Social relation and bodily practice take place within spaces and in space
- People shape the space and are shaped by space and place (Peterson and Lupton, 1996)
- Older people activity shape the space: creating landmarks of achievement and expressions of identity

Policies on ageing

- Policies on ageing (e.g. ageing-in place) is not just 'to promote health related activities and cognitively stimulating activities' ---
- Encourage neighbors to build up social activities and network
- Provision of enabling community facilities is a must: Open space should be seriously considered as a place for social and cultural activities.

Thank You

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Acknowledgement

- The content of the presentation is a part of the output of a project funded by the departmental research grant of the Hong Kong Polytechnic University