



易安居



Research Support



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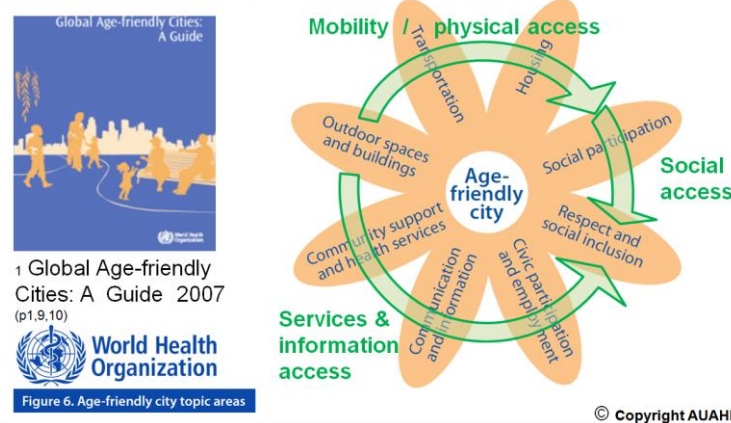
Revision 18/2/2016



易安居 is a community programme to promote livable housing that is easy to use, easy to adapt to the varying needs of its occupants during different stages of their life. In addition to reinforcing barrier free living for people with disabilities, the programme goes further to compliment the current government policy of promoting “Ageing in place” and “Age Friendly Communities”.



WHO's approach to Active Ageing..... structure and services to be accessible to and inclusive of older people with varying needs and capacities. 1



## Objectives



易安居 provides a one stop guide to assist homemakers in identifying new homes or renovating existing ones, to meet the long term needs of the family. EASy Home does not mean to be a comprehensive design guide for residential housing. Rather the key considerations are core design features which are providing optimum benefits or flexibility to be incorporated in day one, or otherwise require interruptive and costly retrofitting. In some cases, retrofitting options are not possible or practical.

## Methodology



易安居 recognises a person's natural ageing process which spans across **mobility, sensory to cognitive** aspects. Instead of conventional segmented considerations on safety, barrier free access, or stigmatism of Dementia or Alzheimer's disease, EASy Home address the “age-friendly housing” with a continuum of design features across the full spectrum of age related disabilities. Accessibility is the common consideration interlaces through all these provisions, as accessible features shall be implied as easily perceptible, comprehensible (understandable) and manageable.

Based on the experience of **overseas national programs** (*Life Time Homes UK, King's Fund Enhancing the Healing Environment UK, Livable Housing Australia*) and **Evidence Based Design** principles (University of Stirling/Marshal, Hammoncare/Fleming), **accessibility may provides a new holistic approach allowing elderly to carry on active “ageing in place” at their own homes.**

Accessible Home	UK	Australia	Hong Kong
Mobility			
Sensory			
Cognitive			




## Vision



**EASy HOME 易安居** strives to initiate a dialogue among the community, government, housing and real estate industry to achieve a common goal of improving visitability and livability of all homes in Hong Kong to meet the society's needs.



The vision of **EASy HOME 易安居** is: **易安居**的願景是:

- ✓ All existing homes shall be **visitable**
- ✓ All newly built homes shall be **accessible** (meeting  *Silver level*)
- ✓ 10% of newly built homes shall be fully **wheelchair adaptable** (meeting  *Gold level*)
- ✓ All newly built elderly homes shall be **elderly friendly** (meeting  *Diamond level*)

## Guidelines



**EASy HOME 易安居** consists of 4 levels of access provision according to practical needs:

1. **Visitability** - At the very basic level, a home shall allow its occupants to go out freely to visit, and reciprocally be visitable by family and friends. Connectivity and accessible entry are prerequisites to stay “connected”, both at personal & community level



2. **Base-line Accessibility** - an accessible home forms the baseline, providing most universal access features in living, bedroom, bathroom, kitchen etc.

3. **Wheelchair Manoeuvrability** – full wheelchair provisions

4. **Sensory and Cognitive Manageability** - cater for declined ability in cognitive and other age-related sensory impairments - a progressive component of ageing deficiency and shall not be distinguished as a separate issue (most profound among persons with Dementia and Alzheimer's disease)

*Criteria: - Can be incorporated in day one to benefit all older persons*

*- Otherwise require disruptive retrofitting or substantial alteration.*



**EASy HOME 易安居** guideline consists of **10 design elements** to cater for different needs of the 4 EASy HOME levels :

1. **Main approach** 主要進路
2. **Common Entrance** 公共入口
3. **Lifts** 升降機
4. **Home entry** 住宅入口
5. **Internal doors & passage** 室內門戶及通道
6. **Toilet & bathroom** 廁所及浴室
7. **Kitchen** 廚房
8. **Control switches & sockets** 電制及插座
9. **Window & outdoor access** 窗及戶外通道
10. **Car parking** 停車場

## 1. Main Approach



main approach shall be connected to public transport points by street pathway that is safe, step-free and easy to navigate. For Silver level and above, accessible route consisting of ramps, drop kerbs, etc. shall be provided in compliance with obligatory standards of prevailing Building regulations (Design Manual: BFA 2008)

### Visitable home

- ✓ **Connectivity of premises – within walking distance from major mode of public transportation**



Approach to property - Same as Visitable home, plus:

- ✓ Pathway shall be safe, step free, well lit, with non-slip and even surfaces and clear warning/marking at change of levels



Approach to property - Same as Silver level, plus:

- ✓ Pathway shall be step free with complying ramps, handrails or weather protection
- ✓ Pathway shall be wide enough to allow two wheelchairs to pass, and free of obstacles and local restriction such as bollards less than 800mm clear
- ✓ Weather protected car drop-off zone / lay-by with adjoining min. 900mm side access



Approach to property - Same as Gold level, plus:

- ✓ Pathway route shall be clear and easily identifiable leading to estate or property
- ✓ Each successful stages of pathway shall be clearly visible at each junction / decision points or provided with recognisable cues or symbols
- ✓ Pathway shall be installed with noticeable architectural/landscape finishes at vicinity (bricks, timber, concrete stone, grass, planters, street furniture, etc)
- ✓ Property frontage shall present easy-to-recognise entry features such as familiar architectural, landscape elements or street furniture.

## 2. Common Entrance



Common Entrance (including main entrance, podium and upper lift lobby) shall be easily identifiable and accessed from street. For Silver level and above, accessible ramps etc. shall be provided in compliance with obligatory standards of prevailing Building regulations (BFA Design Manual 2008).

### Visitable home

- ✓ Common Entrance shall be stepless or with ramp access.



Same as Visitable home, plus:

- ✓ Main entrance doorway shall be min. 820mm wide
- ✓ Well lit and non-slip flooring throughout



Same as Silver level, plus:

- ✓ Main entrance landing shall be min. 1.2m length
- ✓ Communal passage shall be min. 1.2m wide, doorway > 820mm wide, latch side clearance 450mm



Same as Gold level, plus:

- ✓ Entry lobby, podium & lift lobby shall have direct visual linkage to security post, all vestibules and passages to adjoining communal facilities.
- ✓ Signages - eye level graphics, composite facilities maps, objects for orientation, multiple cues for way-finding,
- ✓ Access control (residents & visitors)– simple to use and easily understood
- ✓ Door handles – lever or rail type, or automatic doors opener/closers
- ✓ Floor finishes – nonslip, without pattern of high contrast and glare
- ✓ Communal Seating - with arm rest/rail

### 3. Lifts



Lifts shall provide equitable vertical transfer. For Silver level and above, accessible lifts shall be provided in compliance with obligatory standard of prevailing Building regulations (BFA Design Manual 2008).

#### Visitable home



- ✓ At least one lift shall have lift door opening >800mm clear



- ✓ Lift lobby shall be min. 1.2m deep
- ✓ All lifts shall have lift door opening min. 800mm clear
- ✓ All lifts shall be of size min. 1.1m x 1.2m, with hand rail & control, etc



- ✓ Life lobby shall be min. 1.5m deep
- ✓ All lifts shall have lift door opening min. 850mm clear
- ✓ All lifts shall be of size min. 1.5m x 1.5m or 1.4m x 1.6m, with hand rail & control, etc

Same as Silver level, plus:

- ✓ Lift call buttons & panels shall be easy to understand and use

### 4. Home entry



Home entry shall be levelled or installed with ramp threshold.

#### Visitable home



- ✓ Home entry shall be stepless or with ramp access.

Same as Visitable home, plus:

- ✓ Entry vestibule shall be min 1.2m x 1.2m with min 350mm latch side clearance



Same as Visitable Home, plus:

- ✓ Entry vestibule shall be min 1.5m x 1.5m with min 350mm latch side clearance
- ✓ Entry door shall be min 820mm clear with min 350mm latch side clearance
- ✓ Entry threshold shall be level or less than 15mm (bevelled) or ramp threshold (less than 56mm high & 1:8)



Same as Gold level

### 5. Internal doors & passage



internal doors and passage shall be wide enough to allow easy access according to needs.

#### Visitable home



- ✓ No requirement



- ✓ Internal doors shall have min. 800mm clear opening
- ✓ Internal corridor shall be min. 900mm clear
- ✓ Door handles shall be lever type

Same as silver level, plus:

- ✓ Internal doors shall have min. 900mm clear opening with min. 330mm latch side clearance
- ✓ Living/bed room – 750mm min clear from all obstacles



Same as Gold level, plus:

- ✓ Minimum corridor
- ✓ Direct visual link to all areas living, toilet, etc
- ✓ Bedroom and bathroom doorways - hoisting provision shall be built into bedroom and bathroom door openings, in form of knock-out panels above door heads and clear of structural downturns along connecting corridors.

## 6. Toilet & bathroom



toilet and bathroom shall be safe and adaptable to varying needs of all occupants. For Gold level or above, it is recommended to provide accessible fixtures according to specific conditions of users, through consultation with access consultants, or Occupational Therapists.

### Visitable home



- ✓ No requirement



- ✓ Well lit with non-slip flooring
- ✓ Entry threshold & shower recess – step-free / threshold <15mm bevelled / hobless
- ✓ Clear internal space > 0.9m x 1.1m (measured 350mm above floor level)
- ✓ Bathtub – in the absence of a hobless shower recess, provide a swivel type bathing seat for transfer
- ✓ Entry door shall be allowed to open outward in an unobstrusive manner if above clear internal space cannot be achieved.
- ✓ Shower screen shall be easily removed in future as needed



- Same as Silver level, plus:
- ✓ Clear internal space > 1.5m x 1.5m or 1.4m x 1.6m (measured 300mm above floor level)
  - ✓ Bath tub shall be fitted with swivel type bathing seat for transfer
  - ✓ Entry door shall be allowed to open outward in an unobstrusive manner if above clear internal space cannot be achieved but no less than 0.9m x 1.1m
  - ✓ Accessible sanitary fixtures and accessories shall be installed in appropriate height and locations – wc, grab rail, toilet backrest, shower seats, lever faucet.

- Same as Gold level, plus:
- ✓ Colour contrast bathroom finishes, sanitary fixtures, grab rail, shower seats and other accessories.
  - ✓ Entry door shall be openable from outside at time of emergency.
  - ✓ Hoisting provision shall be built into bathroom ceiling.

## 7. Kitchen



kitchen shall allow easy reach and good visibility for all occupants, also support future adaptation as needed.

### Visitable home



- ✓ No requirement



- ✓ Well lit with non-slip flooring
- ✓ Entry threshold – step-free / threshold <15mm bevelled



- Same as Silver level, plus:
- ✓ Kitchen bench clearance 1.2m & linear layout
  - ✓ Kitchen faucet shall be of lever type
  - ✓ Floor finish shall extend under entire kitchen floor to allow future kitchen bench remodelling

- Same as Gold level, plus:
- ✓ Kitchen shelving shall consist of open shelves or glass front cabinet
  - ✓ Concealed task light over kitchen worktop
  - ✓ Kitchen cooker shall be induction type with alarm or main cutoff switch

## 8. Control switches and sockets



Control switches and sockets shall within easy reach for all occupants.

### Visitable home

- ✓ No requirement



- ✓ Control switches mounting height shall be consistent and at 900mm to 1.2m above Finished Floor level
- ✓ Sockets/outlets mounting height shall be consistent and at 450mm to 1.2m above Finished Floor level



Same as Silver level



- Same as Silver level, plus:
- ✓ Switch types shall be rocker switch or push pad type with size >35mm
- ✓ Switch design shall be colour contrast to background
- ✓ Visual & Audible alarm for fire or emergency evacuation

## 9. Windows & outdoor access



windows and outdoor access shall allow connection to desirable external environment by all occupants.

### Visitable home

- ✓ No requirement



- ✓ No requirement



- ✓ Window sill shall not exceed 1m high, with window latch not exceed 1.2m high
- ✓ Balcony/patio door opening shall be min. 800mm clear
- ✓ Balcony/patio threshold shall be step-free or with threshold less than 15mm (bevelled) / ramp threshold (less than 56mm & gradient of 1:8)



- Same as Gold level, plus:
- ✓ Access to outdoor leisure area with loop path and secured perimeter

## 10. Car parking



carparking shall allow safe access around parked vehicles. For Gold level or above, provision of car parking spaces as well as accessible route to common entrance or lobby shall comply with all obligatory requirements of Design Manual: BFA 2008.

### Visitable home

- ✓ Step-free or ramp connection to Common entrance.



Same as visitable homes, plus:

- ✓ Well lit, even levelled and non-slip surface
- ✓ Close to main entrance or lobby



Same as Silver level, plus:

- ✓ Accessible carparking space shall be minimum 3m wide or with 1.2m wide shared loading area



Same as Gold level, plus:

- ✓ Directional signage shall be provided at entrance and along carpark driveway leading to accessible car parking space.

## Assessing your home

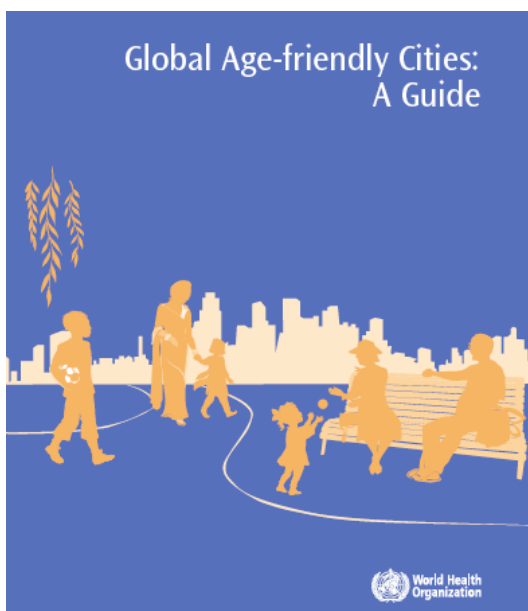
Upon commencing the dialogue with the community and gaining feedback from major stakeholders, another mobile app will be developed to assess an individual home in terms of its visitability and livability.

The simple tool will consist of an on line questionnaire to be completed in a few minutes, and instant rating will be given indicating which of the 4 levels of a home has achieved.

The rating will provide a useful guide for those seeking appropriate livable housing to match their varying needs. The tool will be promoted through the building industry and real estate agencies as part of the drive in creating inclusive and age friendly community.

For a detail assessment of your home, our professional staff of Architects and Occupational Therapists will conduct home visit and provide individual report of certification. Please [contact us](#) here.

## Reference links



[http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)



<http://www.lifetimehomes.org.uk/pages/revised-design-criteria.html>



<http://www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-in-dementia-care>



<https://dspace.stir.ac.uk/>



<http://livablehousingaustralia.org.au/86/about-the-guidelines.aspx>



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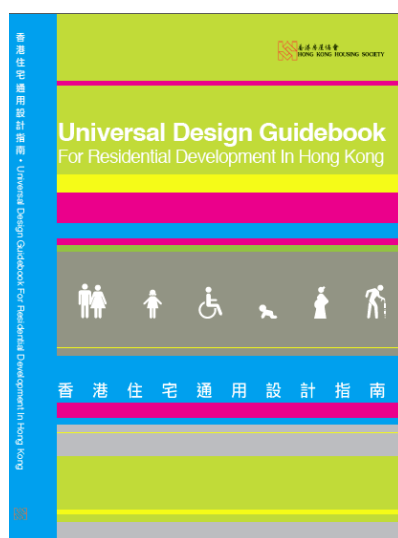


香港認知障礙症協會  
Hong Kong Alzheimer's Disease Association

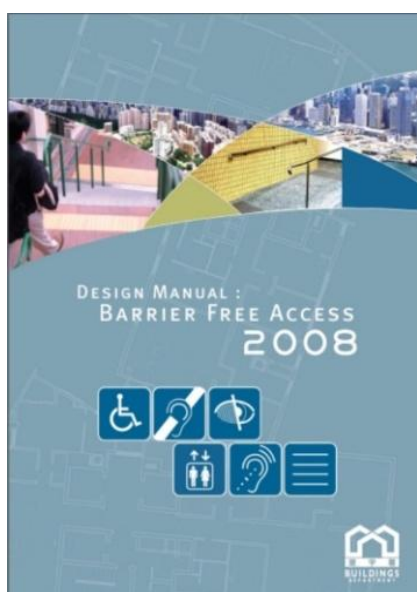
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