

# 走進不一樣的家

## A NEW KIND OF HOME

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Image courtesy of the Center for Ageing Industry and Development and the Secretariat

### 當屋子有年紀了

今天來聊一聊晚年生活。你可能覺得這離自己還很遠，但其實沒有。不管你是喜歡獨處的 i 人還是熱愛社交的 e 人，未來的你肯定希望晚年時能按照自己的步調生活。另一方面，在臺灣，大家或許對「上了年紀的長輩常常待在家，生活圈日漸縮小，也少了與人互動的機會」這個描述晚年生活樣貌的說法並不陌生，但難道晚年生活只能是如此嗎？究竟理想的晚年生活可以是什麼樣子呢？

### Homes for the aging

While younger people often think that their later years are still far off, older people say that the time will come much sooner than you expect. Whether you are an introvert who enjoys spending time alone or an extrovert who loves socializing, you will most likely want to spend your golden years living in a way you find most fulfilling. However, it is common in Taiwan that older adults often stay at home with their social circles gradually shrinking, finding fewer and fewer opportunities to interact with others. However, life in our later years does not have to be this way, and it's worthwhile to ask, 'what would our ideal senior life look like?'

先來個提示：是 i 人長輩可以在安靜角落享受閱讀的樂趣，e 人長輩到處走動與熟人聊天，社區提供學習機會與便利服務，讓大家每天的生活充滿期待，而這些也跟高齡友善住宅規劃有關。跨專業長期照顧與管理碩士學位學程主任、同時是高齡健康產業創新中心執行長陳怡如教授，已長期在高齡友善住宅規劃領域耕耘，也將告訴我們，剛剛提到的理想晚年生活如何實現。

陳老師與我們分享，臺灣的居住型態正慢慢改變，家庭不再以大家庭為單位，越來越多年輕人或小家庭選擇小坪數住宅。以長輩的情況來說，許多人獨居，或是兩位長輩相依為命，從身體硬朗、偶爾需要幫忙，到後來行動力衰退、需要長期照顧，每個階段需要的支持都不相同。

更現實的情況是，長輩慢慢老去的同時，住的房子也跟著老去。有些長輩住在市中心老公寓的高樓層，卻因為沒有電梯，連出門看診、買日用品都變得困難。這些房子也許維持得乾淨整潔，但空間裡

Many people might answer that an ideal senior life would be in a place where introverted seniors can enjoy reading in quiet corners, while extroverted seniors can walk around and chat with acquaintances. In this ideal community, there would also be ample learning opportunities and services to help everyone look forward to each day.

All of these aspects are connected to age-friendly housing design, a topic that is highly important to Professor I-Ju Chen, who serves as Director of the Master Program in Transdisciplinary Long-Term Care and Management and the Executive Director of the Center for Ageing Industry and Development. Prof. Chen has extensive experience in age-friendly housing planning, and she shared her thoughts on how the ideal senior lifestyle can become a reality.

Prof. Chen begins by explaining that Taiwan's living patterns are gradually changing. Extended family households are becoming less common, and more young people and small families are choosing compact apartments. Many older adults live alone or in pairs, necessitating that they find appropriate help at different stages of life. For most people, aging brings a change from being physically robust and occasionally needing help to experiencing declining mobility and requiring long-term care. Each stage of this process demands different types of support.

Another pressing reality is that as seniors age, so do their homes. In addition, some seniors live on upper floors of old downtown apartment buildings that lack elevators, making even simple tasks like going to the doctor or buying daily necessities difficult.

Professor I-Ju Chen  
陳怡如教授



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充滿對高齡長輩不友善的細節，如有著狹窄陡峭的樓梯、過高的浴室門檻、不防滑的地板，或缺乏無障礙空間。這對年輕人可能只是有點不方便，但對行動不便的長者，卻可能有受傷甚至失能的風險。

另一方面，其實不論是年輕人還是長輩，都更傾向擁有自己的生活空間。許多年輕人搬出原生家庭，在外租屋或買房子，為的就是保有自己的步調；對長輩來說也一樣。陳老師以自己為例，未來也希望維持自己的空間和生活節奏，而不一定要和子女同住。

她也觀察到，許多長輩都有同樣的想法。根據內政部 114 年上半年統計，全臺 65 歲以上人口約 457 萬人，要讓愈來愈多長輩能實現這份「自己過日子」的心願，居住環境是否足夠友善，就成了關鍵。

These homes may be kept clean and tidy, but they're filled with features that are inconvenient or unfriendly to elderly residents. For example, many homes in Taiwan have narrow and steep stairs, high bathroom thresholds, slippery floors, and a lack of accessible spaces. While these features might be merely inconvenient for young people, they can pose serious risks of injury or even disability for seniors with limited mobility.

Still, both young people and seniors prefer to have their own living space. Many young people move out of their family homes to rent or buy their own places precisely to maintain their own pace of life, and seniors feel the same way. Prof. Chen uses herself as an example, saying that she also hopes to maintain her own space and rhythm of life in the future rather than living with her children.

Prof. Chen has observed that many seniors share this mindset. According to the Ministry of the Interior's statistics from the first half of 2025, Taiwan had approximately 4.57 million people aged 65 and above. To help growing numbers of seniors realize their wish to 'live on their own terms,' it is critical to be sure that their living environments are sufficiently age-friendly.

### 一座幸福的城市

因應這樣的趨勢，陳老師在校內開設了「高齡友善住宅規劃培訓課程」。多數人一聽到「高齡友善住宅」，想到的多半是打造無障礙空間、降門檻、鋪防滑地板這些硬體改造，但陳老師笑著說，這其實只是起點。

隨著年紀漸長，人的生活圈往往會縮小，以前能自己到處跑，後來走到巷口都覺得吃力。有些人或許以為「年紀大了就該待在家休息」，但陳老師想打破這個印象。她說，小時候榕樹下、雜貨店門口、廟口前，阿公阿嬤總愛聚在一起乘涼、聊天，那種隨時走出去就能與人互動的感覺，才是她心目中的高齡友善社區。

幸福的晚年生活，其實跟每個人年輕時用心過的日子很相似。每天醒來，心裡有對今天的期待，有幾個可以說話、可以一起用餐或散步的人，還能自己

### *Creating a suitable home for aging*

In response to the trend of more people choosing to live alone or in pairs, Prof. Chen has launched an "Age-Friendly Housing Planning Training Course" at our university. When most people hear the term 'age-friendly housing,' they will think of hardware modifications to introduce accessible spaces, low thresholds, and non-slip flooring. However, Prof. Chen says with a smile that these modifications are just a starting point.

As people age, their worlds often shrink. Although they used to be able to go everywhere on their own, many older people begin to feel exhausted even walking to the end of the block. Some people may think that 'when you're old, you should just stay home and rest,' but Prof. Chen challenges this idea. She recalls how in the past, grandparents often loved to gather in parks, on street corners, and in neighborhood communal spots to socialize and chat. To her, that feeling of being able to step outside anytime and connect with people is a crucial aspect of an age-friendly community.

A fulfilling life for a person in their later years should be quite similar to the intention-filled life they lived when they were younger. Waking up each morning with something to look

決定這一天要怎麼過。對長輩來說，也許是早上到樓下買杯咖啡，路上和熟識的鄰居問好；下午在社區教室學習新知；傍晚和幾位朋友在大廳坐一坐，聊聊家常，累了就慢慢晃回自己的家，不被困在家裡等人探望，而是清楚感覺到自己在過生活。

因此，在陳老師心中，高齡友善住宅不是只有改善家中的硬體設備，而是要讓整個住宅區裡除了有課程、活動，更有讓長輩自然遇見彼此的地方，像是住宅一樓大廳放著舒服的沙發和泡茶的小桌，路過就能坐下來聊兩句；走幾步就有便利商店、餐館和診所，附近還有照顧孩子的空間，原本熟悉的生活機能都融入長輩所居住的社區裡，長輩也能隨時獲得需要的資源。

居住在這樣的地方，長輩仍可以隨心安排自己的生活，同時在需要協助時也不會孤立無援。要實現這個願景，光靠建築師畫圖、設計師挑選家具還不夠，還需要物業管理人員懂得關心住戶、房仲業者知道如何推薦合適的社區、照服員理解空間設計的用意，也需要各產業一起參與。也因此，走進這堂課的教室，你會看到學員來自不同領域，大家一起建立共識與專業視野，為這座給長輩居住的小城市努力。

### 我們一起拼拼圖

其實，這門「高齡友善住宅規劃培訓課程」只是陳老師更大藍圖的一角。陳老師說明，超高齡社會除了影響醫療健康，也改變了醫療的需求與重心，更擴及各行各業、食衣住行育樂。正因為超高齡社會的挑戰如此廣泛，陽明交大在 2024 年成立了「高齡健康產業創新推動中心」（簡稱高創中心），由陳老師擔任執行長，成為連接學校研發成果與產業實務的橋樑。

高創中心的任務很多元，包含協助產業做場域驗證、產品創新，提供分析支持政策建議，及培育

forward to, having people with whom they can talk, share meals or take a walk, and being able to decide how to spend their day are all important features of a satisfying life.

For seniors, this lifestyle might mean going downstairs in the morning to grab a cup of coffee and greet familiar neighbors along the way, then learning something new in the community classroom in the afternoon, and sitting in the lobby with a few friends in the evening to chat about everyday life. When they become tired, they can make their way back to their own home at their own pace, living their life rather than feeling trapped indoors, waiting for visitors.

In Prof. Chen's view, age-friendly housing goes far beyond improving home equipment and requires creating an entire residential community. Importantly, these communities should offer activities for mental engagement along with places where seniors can naturally encounter each other.

In these communities, you can imagine there may be comfortable sofas and small tea tables in a ground-floor lobby where people passing by can sit down and chat for a bit. Convenience stores, restaurants and clinics would be just steps away, and childcare spaces would be nearby as well. All of the familiar daily amenities can be integrated into the community where seniors live, allowing them to access the resources they need at any time.

In such a place, seniors can arrange their lives as they wish without feeling isolated when they need assistance. To realize this vision, it is not sufficient to simply have architects draw up plans and to have designers select furniture. Everyone needs to know how their roles help support the aging community. Property managers need to know how to help care for residents. Real estate agents need to know how to recommend suitable communities, and care workers need to understand the intent behind spatial design.

Thus, it becomes clear that building these communities will require close collaboration across multiple industries. That is why Prof. Chen is bringing together students from different fields into the Age-Friendly Housing Planning Training Course. With this platform, the students can build consensus and professional perspectives necessary to create communities where seniors can live truly fulfilling lives.

### *Putting the puzzle pieces together*

The "Age-Friendly Housing Planning Training Course" is just one part of Prof. Chen's larger vision. She explains that a super-aged society will have different healthcare priorities than current societies, and the changes will also extend to other areas, such as



跨領域的加值人才。陳老師舉例，「像玩具產業，以前都是做給孩子們玩的。但現在我們有『樂齡玩具』，專門設計給長輩。那這種玩具跟兒童玩具哪裡不一樣？我們的腦神經科學研究可以提供專業知識，幫助業者開發真正對長輩認知訓練有幫助的產品。」

更重要的是，陳老師提到，他們倡議的不是只有「健康老化」，而是「健康長壽」。「我們不是等到人們步入老年才開始提供協助，而是從年輕、甚至從孩童開始，就一起為健康長壽努力。」她說，這是全齡共榮的概念，老者安之、壯者樂之、少者懷之，打造一個世代和諧共生的社會。

學校早已備妥完整資源：健康長壽與老化科學研究中心、附設醫院、大學社會責任計畫、跨專業長期照顧與管理碩士學位學程，與產學共創處輔導的高齡新創公司。陳老師說，「我們就是把這些拼圖拼起來，讓陽明交大成為可為超高齡社會助力的品牌。」

food, clothing, housing, transportation, education and recreation. Because the challenges of a super-aged society are so widespread, our university has established the Center for Ageing Industry and Development (CAID) in 2024, where Prof. Chen serves as the Executive Director.

The center acts as a bridge connecting the university's research units with industry practice. Its multifaceted mission includes helping industries with field validation and product innovation, providing analysis to support policy recommendations, and cultivating interdisciplinary talent. Prof. Chen gives an example: "Take the toy industry, which used to make toys only for children. Now we have toys for seniors, which are specifically designed for older adults. You might ask, how would toys for seniors differ from children's toys? Part of the answer is that our neuroscience research teams provide professional insights to help businesses develop products that truly benefit seniors' cognitive training."

Most importantly, Prof. Chen mentions that the center advocates for 'healthy longevity' rather than simply 'healthy aging.' "We don't wait until people reach old age to start doing things for seniors. Instead, we work toward healthy longevity starting from youth, even from childhood." She says this concept is called intergenerational solidarity, with every generation (young, middle-aged, and old) supporting the others, creating a society where people of all ages can thrive.

這是陽明交大在超高齡社會的積極布局，用科技賦能、跨域整合、社會共創的原則，連結產官學社四方，目標是讓所有人在超高齡社會裡，都能持續參與、自主生活、健康終老，就如同中心的理念標語：Sustainable Futures for all Ages。

人們終究會老，不只親人，還有未來的自己。下次陪長輩聊天時，想想你們一直都想要的日子：是出門買杯咖啡、順便與朋友見面？隨心所欲學習新東西？還是晚上跟老友用餐唱歌，在社區那種隨時去就熱鬧的角落坐坐？高齡友善，就是為每個人從年輕到老一直保留這些日常，讓每個世代住得自在、活得精彩。

The university has already prepared comprehensive resources, including the Center for Healthy Longevity and Aging Sciences, NYCU Hospital, University Social Responsibility projects, and the Master Program in Transdisciplinary Long-Term Care and Management, and startups supported by the Office of Industry-Academia Cocreation. Prof. Chen says, "We're putting these puzzle pieces together to make NYCU a brand that can make meaningful contributions to the super-aged society."

NYCU's proactive strategy for addressing the needs of a super-aged society involves principles of technology empowerment, interdisciplinary integration, and social co-creation to connect government, industry, academia and society. The goal is to enable everyone in the super-aged society to continue participating, live independently, and age healthily. These ideals are summed up in the center's slogan: Sustainable Futures for all Ages.

People will grow old, not just our loved ones, but our future selves as well. Next time you chat with an older family member, think about some aspects of life that you really appreciate. Do you value going out to grab a cup of coffee and meeting friends along

要讓自己在老年擁有幸福的生活，其實不用專家出馬喔！你現在學習的領域或從事的工作，都有機會對高齡友善生活有所貢獻。想像數十年後的你，推開家門看見的，是你親手打造的溫暖的家，那該有多美好？現在就開始行動，為所愛之人、也為未來的自己，打造這份幸福吧！■

**Imagine opening your front door decades from now to see the warm home you have built with your own hands. Wouldn't that be wonderful?**

想像數十年後的你，推開家門看見的，是你親手打造的溫暖的家，那該有多美好？

the way? Learning new things as you please? Or having dinner and singing with old friends in the evening, enjoying your time in lively community spaces you can visit any time? Age-friendliness means creating opportunities for these everyday moments for everyone from youth through old age, allowing each generation to live comfortably and vibrantly.

To have a fulfilling life in your later years, you don't actually need experts to step in and design your community. Whatever field you're studying or career you're pursuing right now has the potential to contribute to age-friendly living. Imagine opening your front door decades from now to see the warm home you have built with your own hands. Wouldn't that be wonderful? If you take action now, you can help in some way to create this happiness for your loved ones and for your future self.