

銀髮族居家安全廚房設備之探討

A Study of Residential Safe Kitchen Facilities For The Elderly

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(Received October 5, 2001; Revised November 9, 2001; Accepted January 29, 2002)

摘要：民以食為天，飲食與我們的生活息息相關，也是人們最基本的需求。「吃的正確，吃的健康」，是值得銀髮族重視的問題。營養過剩及不均，均會導致銀髮族的各種慢性病增加影響壽命。而吃離不開食物，食物離不開烹調，烹調離不開廚房，廚房是每個家庭的伙伴，然而現在的廚房是否適合銀髮族的生活型態呢？

台灣近年來，由於社會及人民生活的進步，已漸邁入已開發國家的領域中，生活水準提高、壽命延長，整個社會漸邁向高齡化，為因應這種狀況的來臨，必須有良好的家庭支持系統—人性化的生活環境，銀髮族才能有跟一般人一樣的生活品質安享晚年。

本研究以文獻探討為主，主要探討人類老化與生活環境中廚房之關係，以了解銀髮族居家對廚房環境之需求。希望透過對銀髮族的生理、心理、病理及飲食調理的分析，探討可供老人廚房規劃參考之要素。並且從模擬個案規劃中探討如何掌握人類老化後的生活型態變化及老人生活環境—廚房，應如何妥善之規劃以提高銀髮族的居家照顧，為老人家創造一個安全無障礙的生活情境。

關鍵詞：銀髮族、生活型態、高齡化，廚房設備

Abstract: To the people foodstuff is all-important. Food is closely linked with our daily life, and is the most basic need by human being. “Eat right, eat healthy”, is an issue that older people should pay attention to. Nutrition excess and imbalance will all cause increase of all kinds of chronic diseases in older people and have influence on their life. Eating must involve foods, foods certainly need cooking, cooking cannot get away from kitchen, and kitchen is partner of every family. However, whether kitchen at present really suits the life style of older people?

During recent years, for the progress of the society and in people’s living, Taiwan has gradually advanced into the field of developed countries. The life level has increased gradually, life span has prolonged, and the overall society has moved towards an older age. To correspond to the arrival of this situation, it is necessary to have good family supporting system – human living environment, so that older people can have the life quality as ordinary people and enjoy the latter part of their life.

Based on documentations discussion, this study analyzes the relationship between human aging and kitchen in the living environment, to find out the requirement on kitchen environment by older people. It hopes to discuss these essential factors useful as reference while planning kitchen for older people, through the analysis on older people’s physiology, psychology, pathology, and diet preparation. Furthermore, from the planning of imitated individual case, this study discusses how to master the changes of life style after aging and older people’s living environment – how to properly plan kitchen, and improve the home care of older people, to create a safe and obstacle-free living environment for older people.

Keywords: Older people, life status, aging, kitchen facilities