

銀髮族居家浴室安全衛浴環境 與設備規劃相關要素之探討

A Study on Related Elements of Bathing Environment and Facilities Plans of Residential Bathroom for the Elderly

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摘要：隨著高齡化社會的來臨，「人生八十」逐漸成為常態，不過，年老之後，身體機能隨著衰退，而居家環境當中的樓梯間、電梯間、玄關內、衛浴、廚房、餐廳，甚至客廳與臥室等通常無法因應身體老化的需求，甚至使得銀髮族因此跌倒受傷，家中反而成為危險的住所。此外家中的配備五金 - 如門把、扶手、水龍頭、電燈開關...等也多半不方便銀髮族使用。

原有的環境、設備對銀髮族而言，存在著機能不足、環境不佳、設備不良等問題，使原本舒適的生活環境設備，因銀髮族自己的身體不佳反而成為充滿無數障礙的空間，如何創造一個無障礙的生活環境，使銀髮族能夠充分得到環境內的各設備的服務與照護並生活其中，以獲得生活的滿足感，乃是目前社會一件刻不容緩的事情。本文即是以銀髮族居家生活中最常使用且最容易發生意外的衛浴環境、設備為研究對象。目的是期望能對銀髮族，提供最佳洗浴、清理過程中的安全衛生、方便、舒適等因素。及銀髮族的操作特性作全盤了解、評估，以提昇銀髮族的居家生活品質，防止跌倒意外，及危害銀髮族生命安全的狀況發生。本研究以文獻探討為主，實地訪查為輔，主要探討銀髮族與衛浴環境、設備之關係，以了解銀髮族對衛浴環境、設備的需求，希望透過對銀髮族生理、心理、感覺的分析及對銀髮族的訪談與現有衛浴環境、設備的了解，探討可供銀髮族衛浴環境、設備規劃參考之要素，期望這些設計要素能規劃出安全、舒適的衛浴環境、設備，希望能提供銀髮族安全無虞的沐浴空間與讓家屬安心的衛浴環境。

本研究發覺目前安養機構中的浴室衛浴環境、設備，多偏向以安養機構的照護安全規範的需求為主，對使用者 - 銀髮族的需求較少兼顧。且研究中亦發現銀髮族對衛浴環境、設備的需求會隨著銀髮族的身體狀況發展而有所變化，因此安養機構也須隨著銀髮族生理、心理與感覺上的變化，而適當調整衛浴環境、設備。衛浴環境、設備需求和身體發展是並行的，因此本文認為要規劃出理想的居家衛浴環境、設備，產業界、醫療界、設計界應互相合作，並且要將銀髮族居家衛浴環境、設備的研究予以量化、效度化及科學化，如此才能提供合理化的衛浴環境、設備，這樣我們的老年生活才會獲得更為安全、健康的照護。

關鍵詞：銀髮族、衛浴環境、生活型態、高齡化

Abstract: As our society becomes a graying society, many people can live into their 80's. As people get older, their bodily functions degenerate and home often becomes the most dangerous place to old people because stairs, elevator, the entrance area by a front door, bathroom, kitchen, living room and bedroom are not modified according to these bodily changes (furthermore, old people may fall and be afflicted with bodily injuries). In addition, door knobs, handrails, water faucets and light switches may be unfriendly to old people.

Because many of the existing facilities can not accommodate the needs of old people, these facilities become unfriendly to old people. Therefore, it would be quite urgent that the relevant facilities are modified so that old people can live comfortably and safely in their home. In this study, the focus is on the bathroom where old people are most susceptible to injuries so that old people can use a bathroom in a hygienic, convenient and comfortable manner. We also acquire an in-depth understanding of the habits and daily life of old people so as to enhance the quality of old people's life and to prevent the occurrence of falling and other unsafe circumstances in which the safety of old people may be endangered.

The study is mainly based on documentary research, and on-site interviews are used as an auxiliary means so as to acquire an in-depth understanding of the relationship between old people and bathroom facilities. Also, an analysis on the physiology and psychology of old people is done so as to find out the important aspects of bathroom facilities, and then these important aspects is used for the modification and designing of a bathroom that is friendly to old people. The aim is to provide a safe and comfortable bathroom for old people so that old people can use their bathroom safely and their family would not have to worry about their safety in the bathroom.

The study finds out that bathing environment and facilities in the residential bathroom are designed toward the safety regulations' needs of the taking care of organization don't pay attention to the user' needs of old people. This study also finds out that old people' needs of bathing environment and facilities will follow the change of old people, physical status. Therefore the taking care of organizations simultaneously must follow the change of old people, physical status of physiology. psychology and senses, to adjust their old people' bathing environment and facilities. The needs of bathing environment and facilities, and old people's physical status proceed simultaneously without interfering with each other. Therefore this text considers that want to plan the practical old people's bathing environment and facilities, the medical circles. The manufacture circles and the product design circles must work together. Furthermore, must lead the researches of old people, bathing environment and facilities that make those researches quantity, utility and scientific, which can provide old people with practical bathing environment and facilities. Then our elderly life will obtain the best of care ina safe and healthy bathroom space.

Key words: old people, bathroom facilities, life style, graying society