

Abstract

With the growing population of older citizens, Thailand is now becoming more of the graying society. This implies the increase in social problems particularly those related to healthcares. The regression in all aspects ranging from physical, mental, economic and social as a result of the increasing of age leads to the need for the governmental authorities to assist this group of citizen to live happily in our society.

This research was conducted as a case study on the samples from Tong Song Hong and Klong Chan Housing Project. These selected venues for data collection were residential areas provided by the government for the citizens of lower incomes and they have been under operation for more than 25 years. From this information, it can be assumed that most of the inhabitants are reaching their senior years. Therefore, they can serve as a representative group for the elderly in Bangkok.

The paper illustrates the daily behavior of elderly residents in public housing project: Tong Song Hong Housing Project and Klong Chan Housing Project, Bangkok, Thailand. The scope of this paper is not only the elderly traveling behavior by ADL, but also the attempt to understand the mechanism of achieving space requirements.

The objectives of the study are; (1) to study the elderly behavior and doing daily activities of elderly by using the Model of Activities of Daily Living; (2) to analyze the relationship between travel and space requirement for doing activities; (3) to study the elderly problems and needs in their travel and space requirement in doing activities both within and outside their community; and (4) to suggest a guideline of planning for elderly in public housing. The research method comprised a field survey on the case study by observation, interviews, and questionnaires, which was conducted among a randomly selection samples of 200 with; the elderly (60-69 years) and the old (70-80 years old up).

The finding of this study is as follows: (1) the travel behavior of the elderly is slightly different from that of the old. The elderly are able to travel within and outside their community. Most of the elderly and the old can travel just within their communities with an average distance of about 1 kilometer per day. The result indicates that most of

the elderly like traveling in their community more than outside their community because their physical conditions, facilities and circumstances do not contribute to their travel. They travel to do the activities such as talking to neighbors, shopping, attending clubs and merit-making at temples with public transportation, their own vehicle or taxi; (2) as for the problem of space requirement, it is found that the facilities such as courts and corridors are not suitable for the elderly living conditions, so they can be dangerous traveling to do their activities; (3) With regard to their needs, the elderly want to have some facilities improved such as corridors, stair rails and public transportation system. In addition, they want to have club activities, healthcare services, career training as well as increased income.

With reference to the suggestion about a guideline of planning for elderly public housing, the following should be taken into consideration: good location, efficient public utilities and facilities contributing to doing activities both within and outside the community, well-equipped rooms and buildings in accordance with space requirements, as well as activities meeting the elderly needs to promote their relationship with their family and community and to make them proud of being valuable in their society.