RECOMMENDATION OF CLUBHOUSE IN GATED COMMUNITY FOR SUPPORTING URBAN AGING SOCIETY

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Abstract - According to the Office of the National Economic and Social Development Council (2022), Thailand has entered aged society, with the elders accounting for 20% of the country's population. Along with Real Estate Information Center (REIC) (2021) shows that a number of urban residential units were increasing about 10% from 2020 to 2021. The Bangkok urban housing projects are multi-generation projects (The Secret Sauce podcast, 2022). From the study's observation, most of elders, who spend entire day in gated communities, lack of areas for supporting their activities because the developers focus on the buyers' needs who are younger generations. However, the initial interviews with elders found that they require supporting physical and social activity spaces or services. Thus, the community clubhouse, which is a common space or a community facility, has a potential to support their requirements. The study investigates the roles of the gated community clubhouse for supporting social and wellbeing of aged society. This study conducts questionnaires, in-depth interview, and co-creation to propose suitable solutions responding to their needs of activities, services or spaces. The results found that there should be changes in the gate community's clubhouse to accommodate the elder's physical and social activities such as a multipurpose space for first aid training, exercise areas, group donation, and etc.; for services, a small grocery area should be provided for social interaction and daily products; for management, the community committee should include elders in the team so they can be group representative.

Keywords - Aged society / Elder / Gated community / Clubhouse / Physical Well-being / Social Well-being / Urban

I. INTRODUCTION

1. Background and Statement of problem

Nowadays, Thailand entered an aged society that means 20% of the population in the country are more than 60 years old. (NESDC, 2022). The aging society is one of the big issues in many countries, including Thailand. Due to the population explosion in Thailand between the 1960s and 1970s, a decline in fertility rates, and a longer life expectancy (Foundation for Older Persons' Development, 2015). By numbers of Thailand It was predicted that in 2021. This situation is the result of economic development and national development. Family planning policy or fertility control causing a rapid reduction in fertility and a steady decline in the mortality level of the population. causing the number and proportion of the elderly population in Thailand to increase rapidly.

According to United Nations World Population Aging, the dependent population who are unable to use their own labor to generate income for themselves which is children and the elders There are already more than the population in the working age, which can be divided into 3 types: Aging society, Aged society and Super-aged society. That effected to numbers of residential units increasing and daily life of elders as well. It shows that many of elders who living in gated communities have many of reasons. To stay with their children. First, they want to stay and take care of his/her children and grandchild. Another reason is their children can take care of them when they sick. For Thai culture family would like to live with many generations or big families. One of the problems of clubhouse in gated communities is lack of support for the elders in s physical and social well-being and also the problem of the clubhouse itself are difficult to access and waste some program or space. Both issues found from initial in-depth interviews with an elder living in gated communities. This research investigates the elder's behaviors and needs in clubhouse of gated communities and propose gated community's clubhouse guidelines for supporting elders.

Objectives of this research are investigating existing shared facilities (clubhouse) of gated communities for elderly behaviors and need; re-create and re-program of shared facilities (clubhouse) for supporting physical wellbeing, social wellbeing and elder's needs; propose a guideline for the future urban gated communities' development for supporting aged society. This research focuses on well-elders (social addicts) who live in the gated communities and are the age of 55-75 years old; wellness and well-being in terms of physical wellness and social wellness for better quality of life with elders; programs, space, service and management for supporting elder's activities in the clubhouse. Expected outcome is a design framework supporting real-estate developers to design and plan for clubhouse in gated communities that can support elder's behaviors and needs in daily life.

The criteria also include physical wellness and social wellness. As a result, the research framework could be applied to be used as a guideline for clubhouse of gated communities. The future development of programs, space and service could be a convenient

tool for real-estate developers and architects to use professionally.

2. ADLs (Activity daily living)
The activities of daily living (ADLs) is a term used to collectively describe fundamental skills required to independently care for oneself, such as eating, bathing, and mobility. The term activities of daily living were first coined by Sidney Katz in 1950.

There are six basic types of ADLs for elders. The first is bathing and showering, which refers to an individual's ability to maintain personal hygiene. The second is dressing, which refers to an individual's ability to choose and put on clothing, including shoes and accessories. The third is eating and drinking, which refers to an individual's ability to feed themselves and consume fluids. The fourth is toileting, which refers to an individual's ability to use the toilet or commode and manage their hygiene needs. The fifth is continence, which refers to an individual's ability to control their bladder and bowel functions. The final ADL is transferring, which refers to an individual's ability to move themselves from one position to another, such as from a bed to a chair or from a wheelchair to a toilet.

3. Social behavior of the elderly
This research, Maslow studies that religion and philosophy that human adherence will help to create confidence Probably because it allows people to organize their own system. There are reasons and ways to make people feel safe. In the face of such things as war, crime, floods, earthquakes, traffic, and social chaos (Maslow 1954), so are the elders. from psychological problems and the adaptation of the elders in society let the old people lack it. Constant life in living environments in the study, safety was found to be a fundamental need in the life of the elders. The study will detail the basic needs of the elders. Which will be divided into 7 items as follows, 1) The need for a Positive thinking; 2) Needs set a Goals of life; 3) The need for social relations; 4) Financial stability; 5) Good health; 6) Residential; 7) Safety requirements.

II. LITERATURE REVIEW

A. Gated community's facilities
The facilities in a gated community are important for all residents to accommodate a variety of activities that cannot be easily done in the home area. Clubhouse is also a place to meet other resident's members to interact and do activities together.

Currently, gated community have designed clubhouse without consideration in accommodating activities for the elders much. Therefore, making it difficult to access for the elders and does not support their needs. That why this research has to study about gated community situation in Thailand. The Land Allocation Act 2000 began to use more and more common areas for marketing competition, making common areas an important part of sales and purchase decisions. Because it directly affects the quality of life of residents (Decha Boonkha and Kanthachai Rojanasmit 2001). The shared facilities available in the current gated community's real estate project consist of 1 entrance to the project, 2 communal gardens, 3 clubhouses, 4 roads and Sidewalks within the project (Serich Chotipanich and Wanaya Pattanaphiradet 2016).

Shared facilities in gated communities in the housing estate juristic person management document (Serch Chotipanich and Wanlaya Phatthanaphiradet 2016), there are parts of the shared facilities of gated communities project as follows: 1) Main entrance; 2) Clubhouse; 3) Communal garden; 4) Road and sidewalk inside project.

B. Wellness and Wellbeing
The World Health Organization (WHO) has been promoting the concept of well-being for many decades, with the first official definition of health adopted by the organization in 1948. This definition, which is still in use today, defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The six dimensions of wellness model 1) Occupational; 2) Physical; 3) Social; 4) Intellectual; 5) Spiritual; 6) Emotional.

(National wellness institute (2023)).

The study found that two main issues were most important to elders are physical well-being and social well-being. Both issues respond to daily life to make a better quality of life and have meaning in continuing to live.

C. Global Age-friendly Cities
The World Health Organization (WHO) has studied and defined the definition of "friendly cities" as covering the living conditions or quality of life of people. Physical environment, economy, society, identity, culture, way of life and spirituality.

The 8 interconnected domains of urban life are Housing, Social participation, Respect and social inclusion, Civil participation and employment, Communication and information, Community support and health services, Outdoor spaces and buildings and Transportation

From the 8 elements, the elements that need to be emphasized related to this research are Social participation and Outdoor space and buildings.

The study found issue of multi generation living can support and make better quality of life for elders to live longer and more active than live only one generation.

III. METHODOLOGY

This part introduces methodology. Based on 3 objectives of the research and data supported by literature supported data information and also observing surrounding data such as existing clubhouse of gated communities.

Primary observation Elder's behaviors and needs in clubhouse of gated communities and the existing problems. The study observed 2 types of gated communities are single house and townhouse & townhome in urban areas of Bangkok and interviewed residents in their place to find out of problems about clubhouse and elders needs in gated communities. As a result, someone said clubhouse spaces are difficult to access and do not have space for supporting elder's activities. The study found that from interviews with some elders, two issues are physical and social will give them the quality of life. In-depth interview This method investigated in deep result in term of clubhouse problems and needs from elders who're living in gated community by set a question for elders and try to get the information from different type of gated communities. Co-creation Try to investigate with 10 of elders who living in same gated community the questions in workshop try to focus on clubhouse in the community. The results study follow 3 issues are space, services and management & policy base on well-being issue also separated an elder in 2 groups and brainstorming together for find an information result.

IV. RESULT & DISCUSSION

The result and finding of research from questionnaire and in-depth interview so the both results agree with the idea that clubhouse of gated communities must have programs, services or spaces for supporting elder's activities in terms of quality of life in physical and social well-being. The result of both shows that the elder's needs are multipurpose space for social interaction activities such as exercise, meeting and also about the space that can support their health such as small health checkup and medical hub for easy to connect with health care or medical team.

A. In-depth interview and Questionnaire result

The results of in-depth interviews with elders who live in the gated communities. Found that elders needed the clubhouse building to have more varieties of space and programs more than a swimming pool and gym. There should be a multipurpose area suitable for flexible activities for supporting elders' activities and can modify various activities in one area such as religious activities or workshop activities for the elderly in the gated communities, etc. The space should be an open area with natural light and good ventilation. It doesn't have to be an enclosed space or no need an air conditioning system. If it is an enclosed space, there should be an air conditioning system such as a yoga room, karaoke room or small grocery store. The proper location of the space and programs for supporting elder's activities should be on the first floor of the building because it is easy to access and better if it can be connected to the garden.

B. Co-creation result

The results of co-creation divided in 3 main issues are space, service and management & policy base on elder support and well-being in clubhouse. The results from workshop elders they had their own issues so focus on community's clubhouse much be improve in term of social activities, social well-being and elder support in daily life.

V. CONCLUSION

1. Space & Design

The study found that there are certain areas where the elders have particular needs, with the clubhouse building being the most important. In order to accommodate a wide range of activities for the elderly, the clubhouse should have an open space or multipurpose area that is easily accessible, well-ventilated, and capable of hosting group activities. Additionally, the clubhouse should be connected to green areas within the project.

2. Service

The elderly had brainstormed and arrived at results related to their healthcare needs. They suggested having volunteers or medical units come in for annual basic health checks, as well as pick-up and drop-off services for elderly people who need to visit the doctor. This would be especially helpful for those who have difficulty traveling or don't want to bother their children who are working. Additionally, they proposed providing training for residents on basic first aid to assist the elderly or other residents in case of an emergency.

Regarding the clubhouse building, the results are also related to the needs of the elderly. They emphasized the importance of having an open space that can accommodate various group activities or serve as a multipurpose area. It should be easily accessible, well-ventilated, and connected to green areas in the project. This would help promote the well-being and socialization of the elderly residents.

3. Management & Policy

Another important matter of interest and need for the elderly is arranging short travel activities or day trips for relaxation and group activities. Additionally, there

may be a need for a group to support each other in the home for funeral arrangements in the event of a resident's passing.

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