

Golden Time

An Action on Senior-Friendly Community Co-Creation

Project Portfolios

Liangfeng Primary School
Zhangjiagang, China

2022.01

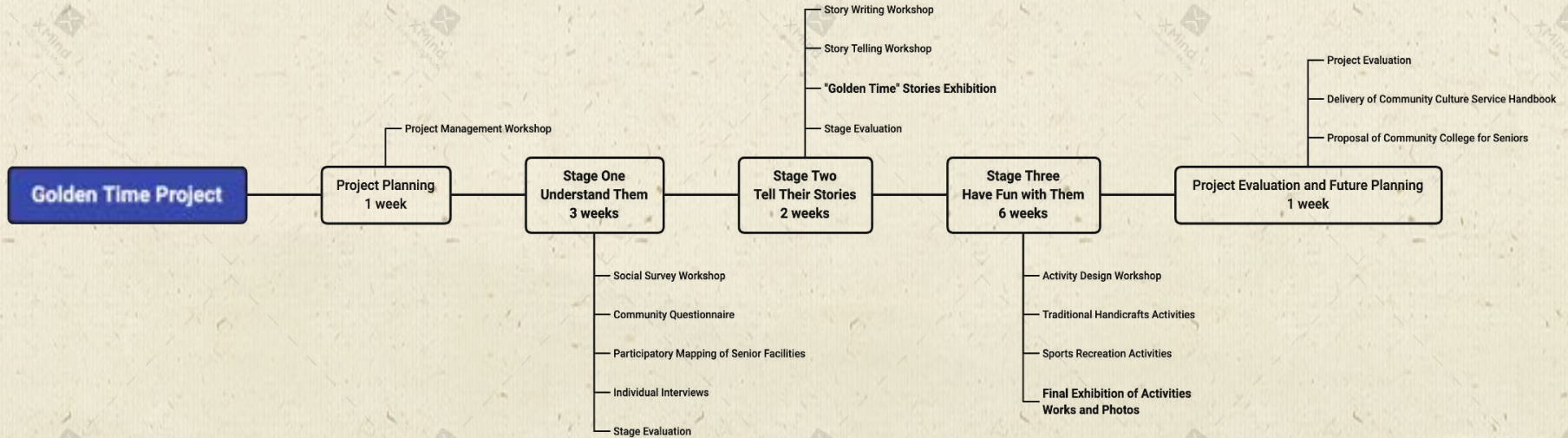


Project Background

Huayuanbang Community is a typical old urban area where the proportion of seniors is relatively large. Liangfeng Primary School contributed to the construction of a senior-friendly community by providing cultural services for our grandparents, which enhanced their well-being. The project was divided into three stages:

- Understand Them: community survey
- Tell Their Stories: story writing & telling
- Have Fun with Them: cultural service activity design

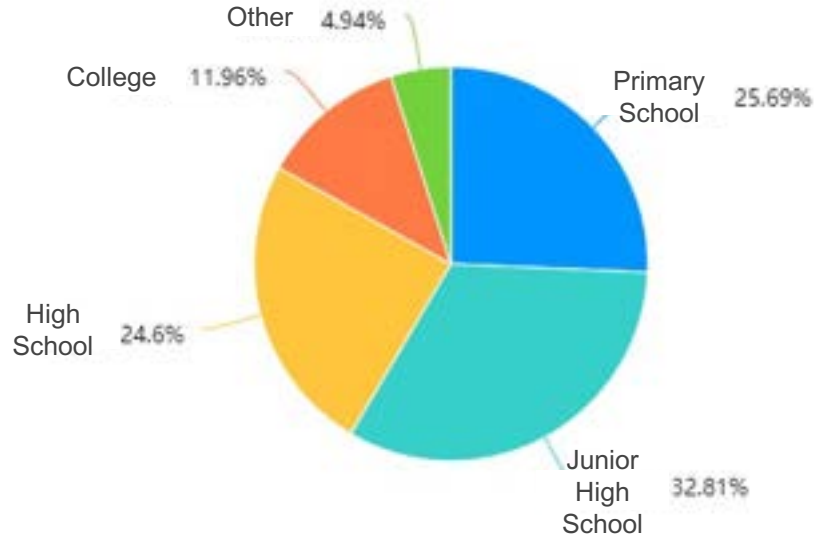
Project Roadmap



Stage One: Understand Them

Results of the Questionnaire (1012 valid)

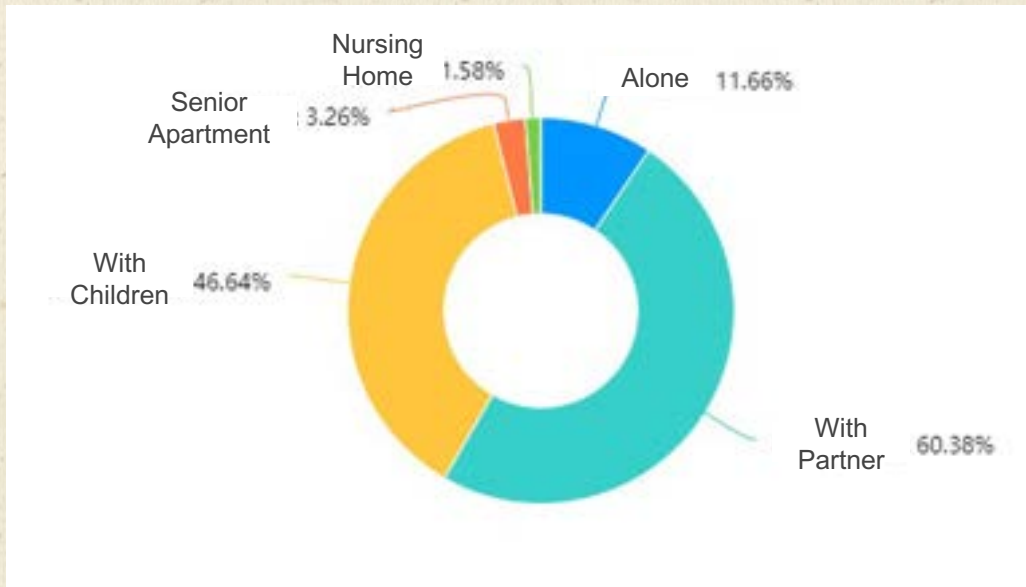
Q1: What is your education level?



Stage One: Understand Them

Results of the Questionnaire (1012 valid)

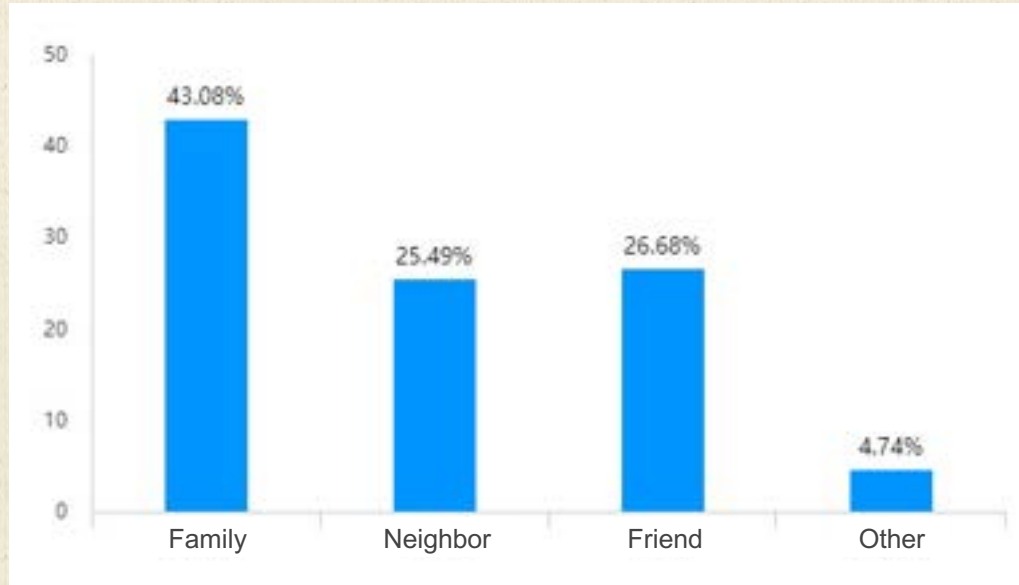
Q2: What is the situation in which you live?



Stage One: Understand Them

Results of the Questionnaire (1012 valid)

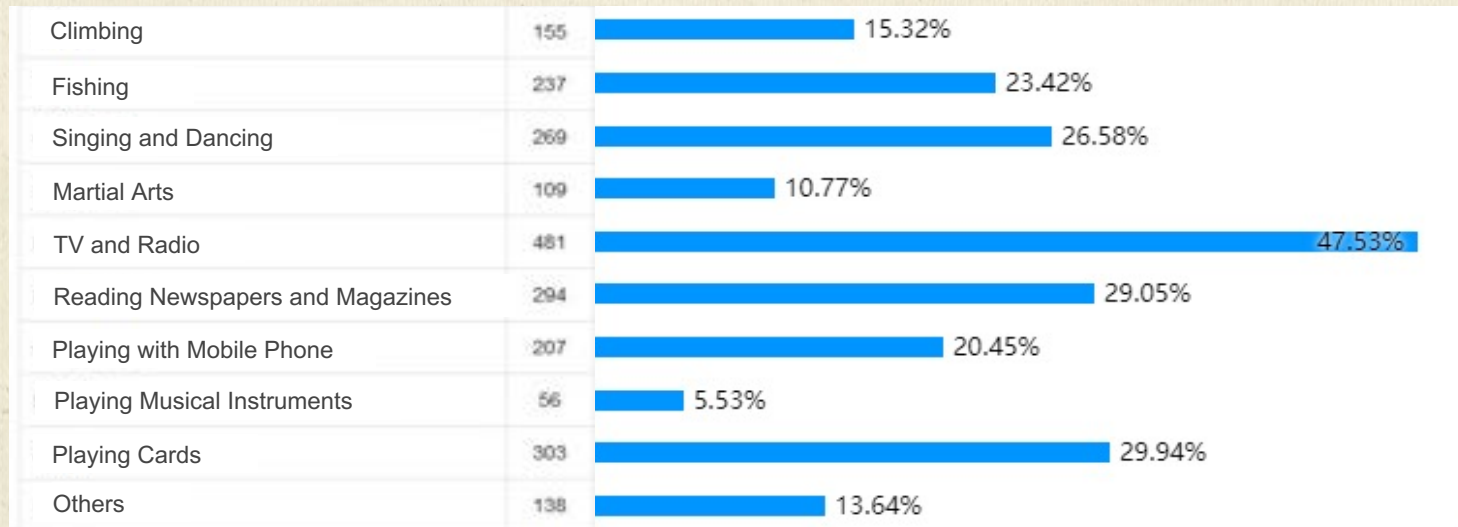
Q3: Who do you usually spend with?



Stage One: Understand Them

Results of the Questionnaire (1012 valid)

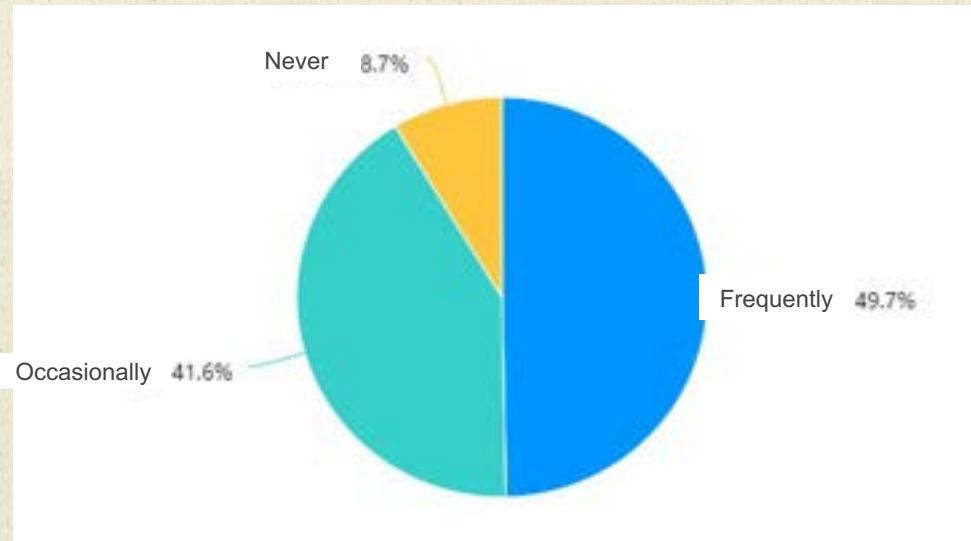
Q4: What do you like to do in your free time?
(Can choose more than one)



Stage One: Understand Them

Results of the Questionnaire (1012 valid)

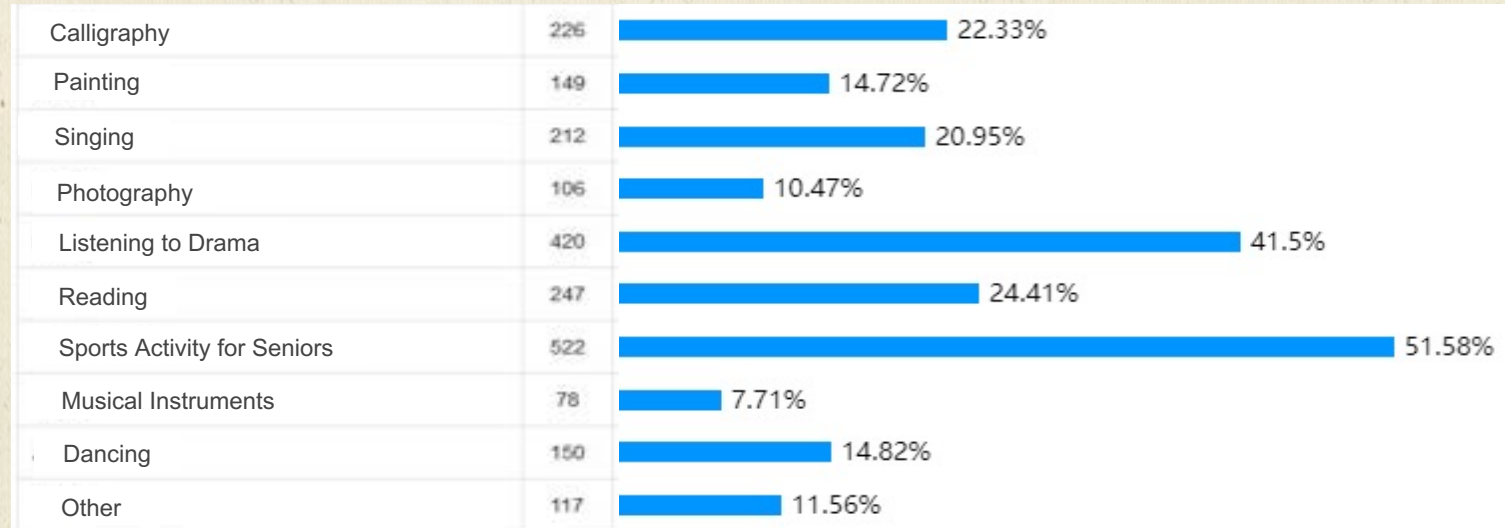
Q5: Does your family often accompany you for a chat or a walk?



Stage One: Understand Them

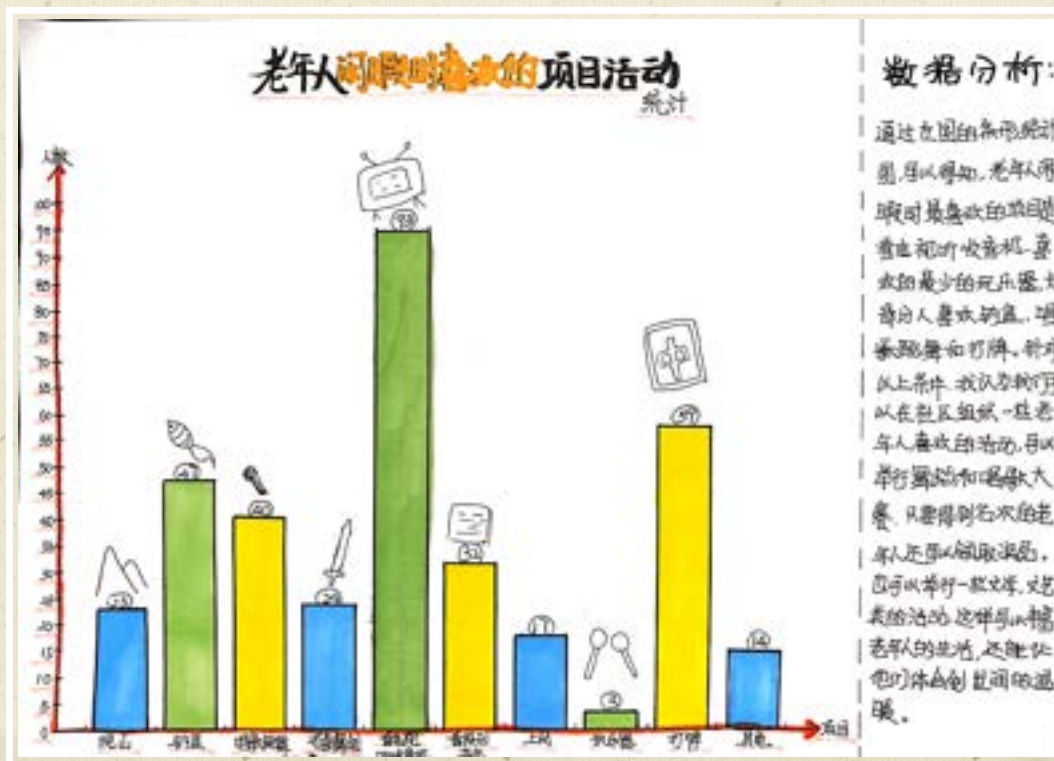
Results of the Questionnaire (1012 valid)

Q6: What activities do you think the community can offer that are suitable for seniors?
(Can choose more than one)



Stage One: Understand Them

Visualization of Questionnaire Data



Based on the data and the knowledge of statistical charts, the students of Class 6-1 drew a bar chart of question 4 and proposed that the community could hold literary and artistic activities to enrich the lives of the seniors.

Stage One: Understand Them

Analysis of Questionnaire Data

【身边的老年人生活状况调查】统计分析报告

班级：21级 姓名：魏列洋 宋保时

一、为什么要进行调查

为了了解老年人的生活状况。

二、调查调查与统计 (截止10月23日, 有效问卷数6779份)

序号	问题描述	数据统计
1	您的文化程度是?	A.小学: 20.5% B.初中: 35.2% C.高中: 15.8% D.大学: 28.5%
2	您居住的情况是?	A.独居: 12.3% B.与子女同住: 45.6% C.与配偶同住: 38.9% D.其他: 3.2%
3	您平时经常参加什么活动?	A.散步: 35.4% B.看电视: 28.7% C.打牌: 15.2% D.其他: 20.7%
4	您平时的娱乐活动是?	A.看电视: 35.4% B.打牌: 15.2% C.散步: 28.7% D.其他: 20.7%
5	您平时的健康状况如何?	A.良好: 35.4% B.一般: 45.6% C.较差: 15.2% D.其他: 20.7%
6	您平时的饮食情况如何?	A.清淡: 35.4% B.油腻: 45.6% C.辛辣: 15.2% D.其他: 20.7%

调查数据分析: 综合目前统计数据, 我们发现, 老年人的生活状况有以下几个特点: 1. 文化程度: 大多数老年人文化程度较低, 小学和初中学历占绝大多数。2. 居住情况: 大多数老年人选择与子女同住, 独居比例较小。3. 活动参与: 老年人参与的活动以散步、看电视为主, 打牌和运动类活动参与比例较低。4. 健康状况: 老年人的健康状况普遍一般, 需要关注健康问题。5. 饮食习惯: 老年人的饮食习惯以清淡为主, 油腻和辛辣食物摄入较少。6. 饮食结构: 老年人的饮食结构以素食为主, 肉类摄入较少。

调查结论: 通过对老年人生活状况的调查, 我们发现老年人的生活状况普遍一般, 需要关注老年人的生活状况, 提高老年人的生活质量。同时, 我们也发现老年人的生活状况存在一些问题, 如文化程度低、居住情况差、活动参与少、健康状况一般、饮食习惯不健康等。针对这些问题, 我们提出以下建议: 1. 提高老年人的文化程度, 开展老年人扫盲班、老年大学等。2. 改善老年人的居住条件, 提供老年人住房补贴、租房补贴等。3. 增加老年人的活动参与, 开展老年人运动会、老年俱乐部等。4. 关注老年人的健康状况, 提供老年人健康体检、健康咨询等服务。5. 改善老年人的饮食习惯, 提供老年人健康饮食指导、健康食谱等。6. 提高老年人的生活质量, 提供老年人生活补贴、养老服务补贴等。

研究工具: 我们使用了问卷调查法, 通过发放问卷, 收集老年人的生活状况数据。同时, 我们还使用了数据分析软件, 对收集到的数据进行了统计分析。

研究结论: 通过对老年人生活状况的调查, 我们发现老年人的生活状况普遍一般, 需要关注老年人的生活状况, 提高老年人的生活质量。同时, 我们也发现老年人的生活状况存在一些问题, 如文化程度低、居住情况差、活动参与少、健康状况一般、饮食习惯不健康等。针对这些问题, 我们提出以下建议: 1. 提高老年人的文化程度, 开展老年人扫盲班、老年大学等。2. 改善老年人的居住条件, 提供老年人住房补贴、租房补贴等。3. 增加老年人的活动参与, 开展老年人运动会、老年俱乐部等。4. 关注老年人的健康状况, 提供老年人健康体检、健康咨询等服务。5. 改善老年人的饮食习惯, 提供老年人健康饮食指导、健康食谱等。6. 提高老年人的生活质量, 提供老年人生活补贴、养老服务补贴等。

Analysis from Class 6-4 :

Seniors in the community generally have attended school before. Most of the seniors live with their partners and children, and their social scope is relatively small, limited to family and neighbors. Most seniors like to watch TV at home, play cards and other recreational activities. More than half of the seniors want more sports good for health, while there is a lack of outdoor sports. Hence, it is recommended that the community hold more sports activities suitable for them.

Stage One: Understand Them

Map of Community Senior Facilities



Stage One: Understand Them

Mind Map of Interview Materials



Author:
Yuxin Ma
Class 5-1

Stage One: Understand Them

Mind Map of Interview Materials



Biographies Written by Students

又的劝说。他随月后离开外作是到十月份离止那州，客家户少都给他做客家来照顾，所以人最相信他愿意改姓。当时人外调他竟可以就定都愿意弄好了。后来他种上了三年才来定都。人们所立有就定他做义族了。为了小孩是月后，每个人的孩子及想物如送他，给他。后来二三年，大家都愿意有他。因此，第一次做为主事。他的说，三时的开他民的说他在大家都愿意做种完健康，可定都愿意定之后有他的儿他定都立志立喜他立了，立们都立好了。三时的立十立民的是想定有他立立。更开他立立了，那州做主事，也来做族义事。他的义族人做主事立主事，立立

Stage Two: Tell Their Stories

Posters of the Seniors

Students made posters of the seniors to demonstrate their info, photos, and biographies.



Stage Two: Tell Their Stories

Golden Time Exhibition



Students sharing seniors' stories publicly

Stage Two: Tell Their Stories

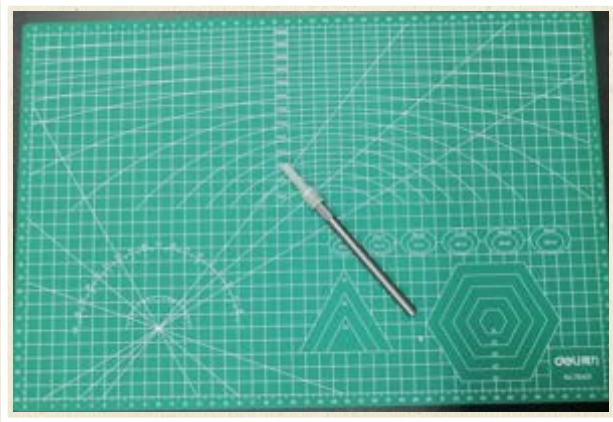
Golden Time Exhibition



Students with seniors they interviewed

Stage Three: Have Fun with Them

Paper Carving House



Tools



Grandma Shen is instructing.

Stage Three: Have Fun with Them

Paper Carving House



Works



Stage Three: Have Fun with Them

Embroidery Craft Classroom



Seniors and students learning together

Stage Three: Have Fun with Them

Embroidery Craft Classroom



Works

Stage Three: Have Fun with Them

Wheat Straw Painting Workshop



Grandpa Li is instructing.

Stage Three: Have Fun with Them

Wheat Straw Painting Workshop



Works

Stage Three: Have Fun with Them

Silkscreen Flower Group



Grandma Kim is instructing.

Stage Three: Have Fun with Them

Calligraphy Appreciation Session



Communication between two generations of calligraphy lovers

Stage Three: Have Fun with Them

Regular Sports Arena



Stage Three: Have Fun with Them

Final Exhibition of Community Culture Service Achievements



Exhibition settings

Stage Three: Have Fun with Them

Final Exhibition of Community Culture Service Achievements



Seniors visiting the exhibition and giving feedback

Stage Three: Have Fun with Them

Final Exhibition of Community Culture Service Achievements



Sports again with Seniors

Future Plan: Community College For the Seniors



Students are designing textbooks for the college.



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