



# SENIORS' OUTDOOR SURVEY (SOS)

## 老年人户外环境调查问卷 (SOS)

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2014, 苏珊-罗迪克, 健康系统与设计中心, 德克萨斯 A&M 大学, 大学城, 德州

Your Name, Location \_\_\_\_\_

姓名、调研地点 \_\_\_\_\_

Which Outdoor space? \_\_\_\_\_ Date/ Time \_\_\_\_\_

哪个场地? \_\_\_\_\_ 日期/时间 \_\_\_\_\_

### PLEASE READ before using this tool:

#### 使用说明:

**STEP 1: Choose an outdoor area** – First, decide on the boundaries of the outdoor space to be evaluated. (Features that are viewable should be included when appropriate, even if beyond the space itself.)

**第一步: 选择一个户外空间**——确定该空间的研究范围。(应包含边界内外所有可看到的环境要素, 即便不在场地以内, 也应包括其中。)

**STEP 2: Walk and sit in the area** -Imagine **YOU** are a senior resident with sensory and functional disabilities, using a walker or wheelchair. Walk around slowly, test the furniture, look at the area from different positions – including wheelchair height.) **ASK:** “How well does this space support the needs of frail older adults?”

**第二步: 在场地中漫步或坐憩**——想象您是位身体功能较差的老年人需手执拐杖或坐轮椅活动, 慢慢地走动并体验各类环境设施, 从不同角度来观察场地(包括以轮椅使用者的高度), 问自己: 该空间能有效满足老年人的户外使用需求吗?

**STEP 3: Evaluate the area** – Rate each item from 1 to 7 (1 = worst, 7 = best), based on the climate, context, and functional level of residents, considering what you could *reasonably expect* in this type of setting. If there are several features in an item, rate overall how well they support outdoor usage.

**第三步: 评价场地**——依据该场地气候、环境和老年人的身体状况, 对该场地能否有效满足老年人的户外使用需求进行评分(1=最差, 7=最好)。

**OVERALL**, how well does this outdoor area provide a real sense of escape and relief from being indoors? (a feeling of fresh air, views, sky, sunshine, lush plantings, other senses) **Very well** \_\_\_\_\_ **Fairly well** \_\_\_\_\_ **Not well** \_\_\_\_\_

**总体而言**, 该场地能够为老年人带来解脱和放松的感受吗?(感受到新鲜的空气、开阔的视野、天空、充足的阳光、丰富的植被等) **完全满足**\_\_\_\_ **基本满足**\_\_\_\_ **不满足**\_\_\_\_

### 1. ACCESS TO NATURE (14) Subtotal \_\_\_\_\_ ÷ 14 = \_\_\_\_\_ Score for this category

#### 1. 接触自然 (14项) 合计 \_\_\_\_\_ ÷ 14 = \_\_\_\_\_ 该类总分

**Abundant greenery** -Does this area include or view a substantial quantity of healthy green plants \_\_\_\_\_; with a diverse mix of trees, vines, flowers and shrubs \_\_\_\_\_?(instead of all hard paving, or just a few types of plant)

**植被的丰富性**——该场地能否看到大量生长旺盛的植被\_\_\_\_; 植被种类多样, 有乔木、灌木、藤草、花卉等\_\_\_\_(而不是大面积硬质铺装)?

**Flowers and color** -In season, would residents see an abundance of color, as flowers or bright foliage \_\_\_\_\_?

**植物色彩的多样性**——一年四季, 老年人能否看到颜色丰富的花卉或树叶\_\_\_\_?

**Reachable plants** -Can residents in wheelchairs see, touch, or smell attractive plants at hand or eye level \_\_\_?

**植物的可亲近性**——使用轮椅的老年人能否易于看到、闻到以及触摸到场地内的植物\_\_\_?

**Viewscapes** -Does seating have pleasant views \_\_\_, and are hard boundaries partly screened by plants \_\_\_?

**视线**——坐在座椅上是否有景可赏\_\_\_, 其周围是否有绿植遮挡\_\_\_?

**Water and motion** -Can residents see, hear, or interact with water, such as fountains, ponds, birdbaths, etc. \_\_\_? Do any features have movement \_\_\_? (e.g., wind chimes, waving banners, spraying fountains, grasses moving in the breeze)

**水和动态景观**——老年人是否能看见、听到或者接触到水, 比如喷泉、水池和小鸟戏水池等\_\_\_? 是否有活动的景象(比如风铃、飘扬的旗帜、喷泉、随风而动的草木等)?

**Wildlife/ pets** -Does this area provide amenities for pets \_\_\_; or to attract wildlife, such as squirrels, birds, and butterflies \_\_\_; or does it have views of domestic or farm animals \_\_\_? (such as rabbits, chickens, grazing cows or horses)

**宠物/野生动物**——该场地是否专门为宠物提供了设施\_\_\_; 场地是否能够吸引松鼠、鸟、蝴蝶等野生动物\_\_\_; 在此是否能看见鸡、兔、牛、马等家畜\_\_\_?

**Private and quiet** -Is the garden overall fairly quiet, and free from obnoxious noises \_\_\_; with privacy from nearby resident rooms \_\_\_; and at least one or more private outdoor places to sit \_\_\_?

**私密性和安静性**——这里是否相对安静, 远离噪音\_\_\_; 不会受到邻里住户的干扰\_\_\_; 至少有一两处安静、私密的休憩环境\_\_\_?

## 2. OUTDOOR COMFORT AND SAFETY (15) Subtotal \_\_\_ ÷ 15 = \_\_\_ Score for this category

### 2. 舒适性及安全性 (15项) 合计 \_\_\_ ÷ 15 = \_\_\_ 该类总分

**Available seating** - Is there plenty of seating available \_\_\_; with at least a few different types of seating \_\_\_?

**座椅的数量、种类**——这里是否有足够的座椅\_\_\_; 座椅样式丰富\_\_\_?

**Sitting choices** - Are there places to sit in sun or shade \_\_\_; with some seating easily movable by residents \_\_\_?

**座椅的选择**——老年人是否既可选择坐在阳光下, 又可坐在阴凉处\_\_\_; 部分座椅可以随意移动\_\_\_?

**Safe seating** - Is the seating stable so it will not tip over \_\_\_; with backs and arms to help residents get up safely \_\_\_?

**座椅的安全性**——座椅是否稳固不会翻倒\_\_\_; 有靠背和扶手便于老年人起身\_\_\_?

**Sitting comfort** -Are chairs and benches comfortably shaped \_\_\_; made of materials that do not get too hot or cold \_\_\_; with at least some seat cushions \_\_\_?

**座椅的舒适性**——座椅是否舒适度较高\_\_\_; 其表面材质既不会夏天过热又不会冬天过冷\_\_\_; 其中一些有坐垫\_\_\_?

**Sitting amenities** -Are there tables near some of the seating, to place a cup of coffee or food \_\_\_; and are there any rocking chairs, swings or gliders available \_\_\_?

**座椅周边设施**——其周边是否有小桌子便于放置咖啡或食物\_\_\_; 还有摇椅、吊椅等\_\_\_?

**Restroom/ drinking water** -Is there a nearby restroom, with access to a drinking fountain or water cooler \_\_\_?

**洗手间/饮用水**——附近有无洗手间, 饮水池或饮水机\_\_\_?

**Maintenance/ air quality/ climate control** -Is the outdoor area well-maintained \_\_\_; are any smoking areas well-separated from other areas \_\_\_; and is there any microclimate control \_\_\_? (e.g., outdoor fans, heaters, etc.)

**设施维护/空气质量/小气候调控**——这个户外场地是否维护良好\_\_\_; 是否设有独立吸烟区\_\_\_; 是否有小气候调控措施\_\_\_ (比如室外风扇、加热器等)?

## 3. WALKING AND OUTDOOR ACTIVITIES (14) Subtotal \_\_\_ ÷ 14 = \_\_\_ Score for this category

### 3. 散步和户外活动 (14项) 合计 \_\_\_ ÷ 14 = \_\_\_ 该类总分

**Looping walkways** -Can residents choose from an abundance of walks of different lengths \_\_\_; with round-trip walks available \_\_\_; with interesting views \_\_\_?

**环形步道**——该场地是否有不同长度的路径供老年人选择\_\_\_;道路形态呈环状\_\_\_;其包含有趣的景物\_\_\_?

**Safe paving** -Is paving level, smooth, no deep cracks, and easy for wheelchairs \_\_\_; with a non-skid, non-glare surface \_\_\_?

**铺装的安全性**——步道铺装是否平整、没裂缝, 适合使用轮椅\_\_\_;表面防滑且不反光\_\_\_?

**Comfortable safe walkways** -Are walkways partly shaded from mid-day or hot afternoon sun \_\_\_; with handrails along at least a few parts of the walkways \_\_\_?

**步道的舒适性**——在烈日下, 步道是否有部分树荫\_\_\_; 是否有些步道有栏杆\_\_\_?

**Walkway seating** -Can residents find seating along walkways at frequent intervals (~50') \_\_\_; with some shaded seating \_\_\_?

**步道座椅**——老年人是否在沿路短距离(约15米)内找到座椅\_\_\_; 是否有一些遮荫的座椅\_\_\_?

**Attractions/ destinations** -In this outdoor area, can residents see interesting features to enjoy or walk toward \_\_\_? (such as a sundial, bird house, arbor, pergola, gazebo, fountain, fish pond, flower bed, etc.)

**吸引物/目的地**——在该场地老年人能够发现有趣的景观小品(如日晷、鸟屋、凉棚、藤架、凉亭、鱼池、花坛等)\_\_\_?

**Social interaction/ children** -Are there places that support social activities \_\_\_; (such as picnic tables, gathering spots, etc.) and play areas or other amenities for children, where residents can watch and/or interact with them \_\_\_?

**社会交往/儿童**——是否有支持社会活动的场地, 如烧烤台、小聚会场等\_\_\_;是否有儿童娱乐设施和场地, 使老年人能够观看或与儿童互动\_\_\_?

**Recreation/ exercise/ gardening** -Does this area have amenities for residents to watch or engage in specific outdoor activities \_\_\_; (such as croquet, horseshoes, golf putting practice, swimming, an exercise station, etc.); are there places that encourage residents and staff to engage in gardening \_\_\_?

**游憩/健身/园艺**——该空间是否为老年人安排了特定活动场所, 如门球场、小型高尔夫场、游泳馆、健身中心等\_\_\_; 是否有鼓励居民和工作人员参与园艺活动的场地\_\_\_?

#### **4. INDOOR-OUTDOOR CONNECTION (11)** Subtotal \_\_\_ ÷ 11 = \_\_\_ Score for this category

##### **4. 室内外联系性(11项)** 合计 \_\_\_ ÷ 11 = \_\_\_ 该类总分

**Visibility** -Can this outdoor space be easily viewed from well-used indoor areas \_\_\_; and is it easy to reach \_\_\_?

**可见性**——在室内能否看到户外空间\_\_\_;容易到达\_\_\_?

**Alternate entrances** -Are there multiple ways residents can reach this outdoor area from inside the building \_\_\_?

**入口的多样性**——老年人是否可由多个入口从室内进入户外场地\_\_\_?

**Transition zones** -Are there comfortable places to linger next to the doorway, indoors \_\_\_; and outdoors \_\_\_?

**过渡区域**——在室内门口处是否有舒适场地可以逗留\_\_\_; 室外也有\_\_\_?

**Doors** -Are doors unlocked during daytime \_\_\_; can residents easily open the door with little effort \_\_\_; and the door does not close too quickly \_\_\_; is there an automatic door available, that is easy to use\_\_\_?

**门**——日间是否没有上锁\_\_\_; 老年人能否不费力气的打开门\_\_\_; 门不会快速关闭\_\_\_; 是否有一扇自动门\_\_\_?

**Thresholds** -Can residents in walkers or wheelchairs easily cross the door threshold without difficulty \_\_\_; and is there a wide paved landing outside the doorway \_\_\_?

**门槛**——使用助步器或轮椅的老年人能否轻易通过门槛\_\_\_; 大门外有一片面积较大的硬质铺装\_\_\_?

#### **5. CONNECTION TO THE WORLD (6)** Subtotal \_\_\_ ÷ 6 = \_\_\_ Score for this category

##### **5. 外界环境联系性(6项)** 合计 \_\_\_ ÷ 6 = \_\_\_ 该类总分

**Front porch** -Is this space an "Entry Garden" or front porch, located at (or next to) a main entry of the building \_\_\_?

**前廊**——位于建筑入口附近是否有一个“入口花园”或前廊\_\_\_?

**Watch visitors, deliveries** -From this area, could residents watch vehicles arriving at the facility \_\_\_; or watch front-door

activities, with a chance to greet people \_\_\_?

行人，邮递员——在该场地中，老年人能否看到来访车辆\_\_\_；也能看到门口的活动，有机会与人打招呼\_\_\_\_\_？

**View landscape features** -From this area, can residents see nearby landscape features such as trees, hills, etc. \_\_\_?

周边的景致——老年人能否在该场地看到周边景致，如：山、树等\_\_\_？

**See nearby surroundings** -From this area, can residents watch nearby streets and traffic \_\_\_; or human activities, buildings, and neighborhoods \_\_\_? (such as stores, houses, apartments, a bus stop, people walking, bicycling, etc.)

周边的活动——在该场地，老年人能否看到临近的道路和车辆\_\_\_\_\_；以及人群活动、建筑和邻居\_\_\_\_\_（比如零售店、别墅、公寓、汽车站、行人、自行车等）？

**THANK YOU for using this tool – please feel free to contact us at [rodiek@tamu.edu](mailto:rodiek@tamu.edu) with any questions.**

感谢您使用该问卷——如有疑问欢迎联系：[rodiek@tamu.edu](mailto:rodiek@tamu.edu)

You can add up the subtotal for each category, and divide by the number of items to obtain the score for that category; the total will give you an overall score. Using the same process, you can compare different outdoor areas.

您可以相加每一类中各项得分，将小计除以项数得到每一类得分；对每一类得分求和得到总分。采用同样的程序，您可以对比不同的户外场地。

Weighting is being developed to generate scores that reflect the relative importance of the 60 different items. This will be based on the relevant literature, residents' surveyed preferences, outcome-based findings, and surveyed expert opinions. Weighting will be available as a formula embedded in an Excel spreadsheet, allowing you to enter your raw scores, and convert them into weighted scores.

各项的权重正在研究中，进而能有效反映各项的相对重要性。这将基于相关文献研究、居民调研、循证研究及专家论证等结论。权重将以公式的形式录入Excel工作表格，方便您输入原始数据，得出权重得分。

Please see the Access to Nature website at <http://www.accesstonature.org/resources.html> for more copies of this evaluation tool, and to access an Excel spreadsheet, when available, for weighting your results.

欢迎登陆网站，下载该评价问卷：<http://www.accesstonature.org/resources.html>

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