

Analysis of the attractiveness of outdoor leisure landscape design of nursing homes to the outdoor activities of the elderly in nursing homes

Yanjun Dong, Xinyi Zhang

School of Wuhan Textile university, Wuhan, China.

Abstract: Outdoor rest is a key indicator to ensure the life satisfaction of the elderly and measure the quality of home care. The number of elderly care facilities is increasing. However, there are few studies on the benefits of outdoor entertainment for the elderly, and the factors affecting outdoor entertainment and landscape activities of the elderly. Therefore, I chose the actual case, used the environmental behavior monitoring method to understand their living needs and their preferences for some outdoor space and landscape factors, and then made a clear analysis of the types and elements of space to attract the elderly.

Keywords: Outdoor space; Nursing home; Landscape design; Emotional needs.

1. Research

1.1. Background of the study

The global population is aging. In 1865, France was the first country to reach population age.

The globalization wave. At present, more than 60 countries in the world have reached 10% or even exceeded 10% of the total population, and have entered the ranks of aging societies.

The origin and development of China's aging population. Currently, China is in the stage of low fertility rate and accelerated aging process. Due to various reasons, China's aging population is becoming more and more serious, and the pressure from families to society to the government is increasing. Therefore, if the pension issue is not properly addressed, it will inevitably involve disturbances to social stability.

The characteristics of China's aging population. Firstly, China has a large population and a large elderly population. Secondly, the current situation of aging before getting rich. The current situation of China's aging population is different from that of Western countries: China is "old before it is rich". As the population in Western countries ages, their GDP per capita has reached a relatively high level, which is reflected in the fact that they are "rich before they are old" and have sufficient economic level to solve the social problems faced by the aging population. Thirdly, there is a reversal of urban and rural areas and a great imbalance in development between regions. Fourth, the number of empty boat owners is growing even faster. China favors two or more generations living together, and the "4-2-1" family structure pattern has become increasingly prominent in recent years. This type of elderly population will continue to grow.

These issues are the main causes and characteristics of China's aging population and pose a serious challenge to the traditional way of aging in Chinese families. As China's economy continues to progress, investment in senior living increases and policies at all levels focus on more senior living and housing emerge, more seniors and their children are embracing the senior living community path.

1.2. Content of the study

Firstly, it traces the origin of the concept of "aging" in China and discusses the current situation in China. Secondly, the psychological and physiological characteristics of the elderly and their needs for ecological landscapes are analyzed to understand that the elderly can rely on ecological landscapes; outdoor support societies are mainly difficult landscapes and soft landscapes to analyze factors: road traffic, seascapes, plant behavior and communication activities. Through the above study, it is concluded that outdoor landscape of senior community has an impact on physiological, psychological and typical behaviors. Finally, based on the above analysis, this paper summarizes the principles of outdoor landscape design for the elderly, including the values of function, safety, comfort, health, communication and principles. Through internal and external case studies, this paper validates the above theories, verifies the application of these theories in practice, summarizes the research results of outdoor landscape design for the elderly, and raises expectations for the development of landscape design in elderly societies.

1.3. Significance of the study

This is an interview- and questionnaire-based study that explores the effects of landscape interventions on older adults. Its research implications have theoretical and practical implications.

Theoretical Implications: Outdoor rest activities are a major indicator to ensure the satisfaction of older adults and to measure the quality of nursing homes. With improved health care and changing fertility attitudes, the life expectancy and population have increased. The number of different care facilities available for older adults is increasing. However, there is little research on the benefits of outdoor recreation for older adults, and there is often a lack of research on the factors that influence older adults to engage in outdoor recreational activities and landscape factors. Therefore, I select real cases and apply environmental behavioral observation methods to

understand their life needs and their reasons for preferring some outdoor spaces and landscape elements, and then conduct an analysis to identify the types of rooms and elements that appeal to older adults.

Practical implications: Life expectancy and population size have increased with improved medical care and changing fertility attitudes. The number of different care facilities for the elderly is increasing. In Western countries, the most common form of institutional care is the nursing home. Nursing homes provide 24-hour care to residents. The wide range of

services includes medical care, personal and social activities and accommodation. Their disadvantage is that older adults have to leave their former living environment and live in an institution under centralized management. Their advantage, however, is that they can provide complete medical care at any time.

1.4. Basic concepts and research objects

1.4.1. Basic concepts

Aging society: according to the United Nations standard, 10% of the total population of a region is over 60 years old. The new criterion is that between 65% and 7% of the population is between the ages of 65, which means that the region is considered to be entering an aging society.

Older people: As life expectancy increases, the World Health Organization now classifies older people by age: in developed regions, people over 65 are older, while in China and some developing countries, this age group is defined as the 60- 69 age group, which is the youngest age group, the 70 -79 age group is the middle-aged age group; the 80-89 age group is known as the older population. Building design specifications for the elderly can be divided into Self-care elderly, assisted elderly and cared for elderly A. Self-care elderly people: that is, they can move freely and can do daily life independently without relying on the help of others.

B. Assisted older adults: i.e., those who have lost some of their ability to care for themselves, rely on others or tools to carry out their lives, such as handles and crutches, and have limited participation in activities.

C. Intermediate care elderly: i.e. they have basically lost the ability to take care of themselves and need to rely on the help of others to live normally and are unable to participate in external activities.

In conclusion, the definition of elderly people is now generally accepted. This study adopted the second approach, which is based on the different conditions of older adults, and classified the physiological conditions in order to study the needs of different older adults for outdoor spaces.

Nursing home: The design standard for senior housing (GB/T50340-2003) defines nursing home as: it provides centralized housing for the elderly with relatively complete

support facilities. The name call of nursing home varies from region to region. For example, a senior citizen apartment is an apartment designed for the elderly to live centrally, corresponding to the physical ability and psychological characteristics of the elderly apartment-type nursing homes with dining, health, cultural and recreational, medical and other service systems.

Nursing homes can be classified according to their nature and scope, and have different classification criteria.

Types of Nursing Homes Public Nursing Homes: Established with state and government funding and a certain amount of ongoing funding, subject to certain acceptance

conditions. Private Nursing Homes: Private nursing homes are accepting of seniors regardless of circumstance, non-profit institutions that provide similar services based on cost.

b. Scale subdivision: The scale of nursing homes should be subdivided by the number of beds according to the "Building Design Code for the Elderly". The number of beds in small nursing homes is less than 150; the number of beds in medium- sized nursing homes is between 151 and 300; the number of beds in large-scale nursing hospitals is between 301 and 500; and the number of beds in super-large nursing homes is more than 500.

2. Domestic and international development status

2.1. Status of research on foreign retirement communities

Aging has become a global issue. We can rely on the physical capabilities of the elderly

We need to delve into and design a living environment that suits their physiological needs. Then study the living environment of the elderly. Today, the search for indoor housing is perfect. In addition to the efforts of designers and pathologists, scientists from all walks of life are studying the deep psychological needs of older adults in terms of privacy, dignity and social content needs.

Western countries take the United States as an example. In the late 1960s, the United States entered an aging society. The Older Americans Act made significant improvements in community planning, retirement benefits and housing facilities for the elderly. With regard to social care facilities for the elderly, our focus has been on building much-needed nursing homes for the elderly, giving preferential treatment and encouraging private companies to work. In Japan, for example, Asia has enacted the Tokyo Housing Ordinance. The report clearly states that the basic goal and direction of Tokyo's housing policy is that "Tokyo should strengthen measures to promote housing development for an aging society in both the private and public sectors. Based on the data collected so far, foreign research has focused on the independent living habits of older adults in China.

This issue has also become the focus of environmental responses for older adults. Instead, these environmental measures have taken the form of private housing for the elderly and communities for co-resident elderly in community planning. As for the institutions where the elderly live, they rely more on institutions and NGOs, with the government only providing appropriate support and encouragement.

Japan is one of the countries in the world most severely affected by the aging of its population. Currently, 32.79% of Japan's population is over 60 years old and 26.02% of the population is over 65 years old. It is no exaggeration to say that Japan is full of elderly people. Currently, Japan's population is declining every year. No wonder the Japanese government is doing its best to urge people to have children. Germany has 27.35% of its population over the age of 60 and 21.12% of its population over the age of 65. Although Germany is the most economically developed country in Europe, this percentage is actually very high. The aging of the population

is not conducive to the development of the national economy. Compared to European countries, where the percentage of the

population over 60 years of age is 20.56% and the

percentage of the population over 65 years of age is 14.64%, the aging of the U.S. population is not serious. However, in the United States, this figure is already twice the international standard. Although the United States is the most developed country in the world, the aging population is becoming more and more serious.

2.2. Current status of domestic research on retirement communities

China has entered the aging society relatively late. With the advent of an aging society, the government has taken active measure, with the goal of studying the path of developing the cause of aging with Chinese characteristics.

Currently, the main group driving the development of China's senior care industry is large number of medium-sized enterprises. For example, in the operation of nursing home institutions, home care, day care and holistic care are gradually emerging. Functional segmentation and benefit expansion. Regarding the main elements of operation, the nursing home area (site) pursues nationalization and localization; it is striving to achieve internationalization, modernization and standardization in terms of comprehensive service quality formed by service facilities and service system. However, behind these innovations, a series of problems in the senior care industry remain unsolved, mainly in the uneven service level, outdated management concept and chaotic market order.

At this time, many nursing homes have also been established

in China, but they have their own names. According to statistics, in 2011, China's elderly population was 19.09 per 1,000 beds. "China accounts for only 1.8% of the elderly population, which is less than 5-7% in developed countries and less than 2-3% in some developing countries." According to the 12th Five-Year Plan, "there are 30 elderly households for every 1,000 elderly people, and China has more than 3.4 million elderly households." The authors add, "We can see that there are prospects for the development of nursing homes in China, but the actual level of development in China is very uneven and some are hard to find.

There are also two types of public nursing homes that are established and operated by the state. Not all public nursing homes are good. One is the Rehab Star. As the name implies, public nursing homes are the best nursing homes. They will be found in China's secondary and higher cities, where they are hard to find. The first social welfare institution in Beijing is a typical example. The main beneficiaries are retired elderly people who need priority care from the state, elderly people returning from abroad, etc. The industry costs are very high. As a result, these nursing homes can be found in China, but are not popular and therefore unpopular. The other type is the common type of public nursing home. Although he is also public, he is far less of a star than the nursing home. Generally, these nursing homes will be located below the three first class cities in China due to lack of funding and institutional restrictions by the provincial people's governments, resulting in insufficient funding. They also lack accountability and neglect the care of the elderly due to the large investment in nursing homes. As a result, the quality of services provided is relatively low. In the long run, these nursing homes will not be able to continue to operate.

Private nursing homes, also known as private retirement homes, are also divided into two categories. First, low-income

people. The goal of private nursing homes is to make a profit, and they will provide relevant services on a cost basis. Even in this case, they will provide conceivable services. The other is for the high-income group, where the beneficiaries are the children of retirement plans or successful people. The quality of these retirement homes is excellent. It is luxury and it is a product of the whole market economy.

2.3. Review of foreign nursing home landscape studies

Overseas Theoretical Research: Design Guide for Apartments and Nursing Homes This paper analyzes the approach to the housing situation of the elderly in the United States, classifies the different needs of the elderly, analyzes different housing spaces and facilities, and presents an image of the elderly through detailed studies and planning plans. In *Housing for Seniors - Housing Strategies for the Silver Age*, Moody's examines many external cases of seniors, increasing public activity spaces in an open manner and providing a platform for communication with seniors.

2.3.1. Overview of the development of elderly institutions in various countries

United States: In the United States, most older adults have their own homes and do not live with their children. Therefore, older adults in the U.S. who are admitted to older facilities are usually those who have difficulty caring for themselves. Based on various objectives, the U.S. elderly facility population is divided into independent senior apartments, nursing homes, special care homes, and senior health communities. Hospitals are in desperate need of nursing staff. American colleges and universities now also offer related programs that require certification, and this conditional staff service is very effective in providing care for the elderly in their later years. In recent decades, there has been a growing awareness of how to improve the care and quality of life of nursing home residents. Many traditional nursing hospitals have tried to change themselves to be more like home, emphasizing personal care. This trend is known in the United States as a culture change. A hopeful culture has changed the nursing home paradigm, which is a greenhouse model of nursing homes giving positive psychological outcomes. However, it is unclear whether greenhouse nursing homes have a positive impact on physical functioning its role compared to traditional nursing homes, but greenhouse nursing homes are considered an innovative model for changing the nursing home environment.

Japan: The rapidly aging social phenomenon in Japan has led the Japanese government and society to recognize the importance of caring for the elderly. The importance of these institutions also reflects a human-centered approach to ensure the dignity, health and well-being of the elderly. Japan's education under the old policies, laws and regulations, and life safety system for the elderly, senior housing is based on the different body types of the elderly.

The situation is divided and positioned accordingly. Among them, elderly care facilities (especially nursing homes for the elderly) correspond to: public care centers and nursing homes in China mainly accept elderly people aged 65 and older who need care with only 10% of the cost for those who have insurance. As society progresses, the design of pensions is becoming more and more diverse: senior apartments, service centers, nursing homes, child care, etc. Seniors can choose their age status according to their financial status and physical condition and health status in order to achieve old

age and carefree, old age and return.

2.4. Review of domestic nursing home landscape research

Currently, China has made little effort in the area of health care and pensions. At the micro level, corresponding national policies and social welfare systems have not improved. Theoretical studies in China mainly include: Wang Jianping explored the aging living landscape in the planning and design of the elderly living environment. In designing the living environment for the elderly, Hu conducted a survey and analysis of the living environment of the elderly in China. In 1999, the Ministry of Construction issued the "Architectural Design Standards for the Elderly", which applies to the design of residential, public buildings and environments for the elderly.

2.4.1. The form of retirement in China

Aging in place: i.e., the elderly live calmly and satisfactorily in a familiar environment. Because of the pattern of social development in China, the main ways of caring for the elderly in China are currently influenced by associations, including home care, community support, and the provision of social services for the elderly [2].

Nursing homes: Nursing homes are housing, dining, care and other services for the elderly who live and are able to receive daily care in elderly care. In the 1990s, the Ministry of Civil Affairs began to promote social welfare reform in order to meet the demand for social pensions. The number of public and private nursing homes in cities at the Beijing, Shanghai and Guangzhou levels. The size and scope of nursing homes have grown rapidly, and the population served by nursing homes has diversified, mainly to self-funded seniors. As well as the difference between other countries is that our national geriatric nutrition facilities now have few physical or age requirements for older adults. The number of nursing homes and the number of people choosing institutions in China will continue to increase in the future. This perception has changed, and institutionalized care is gradually becoming the choice for seniors to spend their old age comfortably.

Community care for the elderly: local service facilities that rely primarily on state or social population operations. Service models and types were introduced into the community where services could be provided for the elderly in their homes. Community care for the elderly is usually based on street communities where units have established childcare facilities to provide childcare and parental care for the elderly in society while the elderly continue to spend their later years in familiar communities.

3. Analysis of relevant characteristics of the elderly

3.1. Analysis of the behavioral characteristics of the elderly

According to the German psychologist Wyler, human behavior is determined by one's own needs and the surrounding environment. That is, needs include psychological and physiologically conditioned needs. The surrounding environment refers to the objective social and natural environment, both of which stimulate motivation and behavioral needs.

It has the following characteristics.

Habitual

Older adults have a certain regularity in their daily activities, space and time. In general, there are three peak times for older adults to be outdoors at home. The first peak is between 8:00 and 9:00 am.

It is common to wake up early in the morning, do some exercise in the morning, or sit quietly in the fresh air. The second peak occurs between 2 and 4 p.m., when seniors are ready to wake up after a nap. Seniors are less stressed at this time, and for larger activities, people usually choose recreational activities such as sunshine, chatting, and playing chess. The third peak occurs after dinner, around 7:00 p.m. to 8:00 p.m., when seniors take a walk, eat, and other activities, a series of small activities.

Aggregation

After retirement, older adults tend to fear isolation and have an increased sense of interaction with their neighbors. Sometimes, older adults are more likely to engage in small group activities with 3-5 older adults, such as playing cards, chess and conversation. These combined behavioral traits help older adults develop the ability to maintain communication with the outside world and, at the same time, gain a sense of belonging and identity. Older adults are encouraged to participate in group outdoor activities that are more conducive to senior living and gaining a healthy and positive outlook on life.

Privacy

Although seniors are becoming less aware of their personal spheres of action, they still need more private venues for their personal lives. In their personal activities, seniors prefer seclusion, such as shade and boundary spaces within walls, for added privacy and security.

3.2. Analysis of physiological characteristics of the elderly

Aging is an important process in the human body. Human aging is firstly reflected in physiology and accompanied by the aging process, which inevitably results in the decline of various functions of the body and aging organs, especially in the elderly, mainly in the form of.

Decline of sensory system

Changes in the physiological characteristics of the elderly are mainly manifested in the sensory system, especially in the visual and auditory decline. Visual and auditory senses are important media for people to obtain information and contact with the external environment.

The main manifestations of vision loss in the elderly are reduced sensitivity to changes in light intensity and blurred vision. In terms of sensory abilities, this decline is manifested by frequent short-term hearing loss and insensitivity to small sounds. Hearing loss in the elderly means a reduced ability to communicate with the outside world.

Decrease in motor ability

The locomotor system includes the muscles and bones. As we age, the decline in muscle vitality does not support staying on one's feet and moving for long periods of time. In addition, the accelerated loss of calcium ions from the bones of older adults leads to increased brittleness of the bones all shocks and accidents can easily lead to physical injury or fracture. The decline of the elderly physical system, slow movement, the need for balls and wheelchairs, the need to stop or sit during activity or movement, therefore, it is necessary to consider the inconvenience of the elderly in the construction of outdoor environments to create a comfortable and

appropriate environment to make room for their rhythm of movement and sense of activity. Neurological decline

The decline of the nervous system in the elderly is mainly reflected in the decline of memory and intelligence, but also affects the contact with the outside world having some reactions, such as slow reaction and cognitive decline. This situation can make the elderly feel insecure and difficult to adapt to sudden natural changes and strange environments. Due to the special situation of neurological decline in the elderly. For the external environment should include elements that older people remember and add more regional landscape elements to make people feel environment friendly.

3.3. Analysis of psychological characteristics of the elderly

With the deterioration and loss of various bodily functions, the psychology of the elderly is also changing. On the one hand, due to the changes in physiological functions, many behaviors and activities are restricted, and the elderly are prone to unfavorable emotional and psychological changes of aging and loss; on the other hand, due to the changes in social roles, changes in time and space in life and the increase in leisure time, the elderly are prone to loneliness and depressive extremes. The following focuses on several psychological characteristics that older people usually have.

Inner loneliness

Most older adults who have experienced a social living environment will experience psychological problems as well as mood swings after switching to a full living space. In the post-retirement life of the elderly, the circle of social interactions will shrink and most people will slowly disappear to establish interpersonal relationships and familiarize themselves with the location of objects. At the same time, especially the elderly living alone have more free time, without the company of children and relatives will make you feel more lonely and lost. These two main factors lead to the loss of mental nutrition of the elderly, go outside to expand your social circle, participate in social activities, etc. In order to have more free time, you can arrange to send out a lot of bad feelings. However, to help the elderly or to take care of them, we often have to rely on others. With the help of elderly people's sense of loss and loneliness, they can become more obvious and intense, affecting their mental health.

Emotional instability after experiencing changes in social roles and physical decline, many older adults experience greater mood swings as a result of old age. Older adults feel that their values are not being reflected, leading to insecurity, anxiety, depression and low self-esteem in a vicious cycle that threatens the physical and mental health of older adults when they are in such a bad mood for long periods of time.

Negative mindset

After retirement, older people have a lot of free time and for a while cannot adjust to such an old age. In the past, people who want to keep in touch with previously established social relationships tend to have nostalgic feelings, while older people need to accept and adapt to new things and relationships for a long time, and usually you don't want to go outside to meet new partners and connect with them. In addition, older people also have strong feelings of sadness, more sense of replacement and a more negative mindset when faced with the death of a friend of the same age.

4. The needs of the elderly for outdoor environment

4.1. Physiological needs of the elderly for outdoor environment

Through the above summary and analysis of the physiological characteristics of the elderly, the physiological characteristics of the elderly in various aspects are different from the characteristics of young people at the same time, there are also special needs for the living environment, mainly in the following areas.

Comfortable and pleasant physical environment

As the elderly age, a decrease in cellular activity accompanies the aging of the body. The main problems of the elderly are: higher demands on the external environment due to the decline of the body's immune, visual and auditory functions. Environmental quality, comfortable lighting environment and pleasant sound environment. Improving the quality of the external environment, for example through plant design, using plants to improve air quality, isolate and block external pollutants; on the other hand, green plants can influence the atmosphere to some extent, improve the weather and improve the need for outdoor comfort for the elderly. In addition, seniors must get more sunlight to replenish their calcium. According to the authors' observations, older adults are also often found in sunny areas. In addition, attention should be paid to the need for nighttime lighting. It is necessary to enhance the lighting of stairs, corners and activity areas in the outdoor environment to prevent the power of accidents such as falls and bruises among older adults. According to the survey, most elderly people do not like too much noise, and noisy environment will make them physically and mentally uncomfortable. At the same time, the elderly prefer to come from when creating external acoustic environment, natural sounds should be avoided through landscape means, such as birdsong and running water and the introduction of lively and pleasant natural sounds provide gentle stimulation for the hearing of the elderly.

Aging and Accessibility

Age-friendly environment refers to the environment designed for elderly institutions or elderly individuals to live in, and is divided into age-friendly environment for elderly institutions and age-friendly environment for home. Its specific use object is the elderly, focusing on cultivating and improving the interactive relationship between the elderly and the environment, allowing the elderly to adapt to the external environment under better living conditions, in order to improve the life of the elderly. The quality and promotion of physical and mental health of the elderly. Among them, the age-friendly environment of elderly institutions refers to: elderly institutions may not be in the same physiological state to provide the ability or help in independent living to prevent their falls or injuries environment. Accessible environments differ from age-friendly environments in that accessible facilities are broader and include access paths and transportation designed for people with disabilities, children, and others, with ongoing efforts to ensure their easy and equal access and use. Looking at the physiological characteristics of older adults, aging and accessible outdoor environment design is essential for older adults. The advent of outdoor activities for younger people gives more opportunities and implementation. Universal open external environment gives older people more respect and allows them

to participate more actively in society in life in an environment full of humanistic care.

Ergonomic environment

Ergonomics is the study of the scale of space required for different human behaviors or actions to provide different amenities, and the scale of living space is designed to inform the scientific data. What is more evident in the elderly is that there is a lot of skeletal variation, which manifests itself in height contraction, and therefore there are more complex design requirements for architectural details that show significant differences in the required living environment.

4.2. Psychological needs of the elderly for outdoor environment

The psychological needs of the elderly are not as obvious as the physical needs can be externalized, compared to adults, they have a stronger need for a sense of belonging, security and comfort, and these psychological needs are inseparable from the living environment.

Sense of belonging to the environment

When the elderly face the social circle and turn to family and neighborhood communication, the scope of the communication circle narrows down. I hope we can be accepted by neighbors and friends in this small communication circle, participate in some communication activities together, build a new life, and find a sense of belonging in the roundabout circle. However, a sense of belonging can be obtained not only from the human relationships around us, but also from the environment. Creating a comfortable outdoor environment where seniors can freely enjoy outdoor activities and time makes them happy and enjoy their environment.

Environmental safety

Due to physical discomfort, older people can suffer from many mental deficiencies and insecurities. Therefore, when designing outdoor spaces, it is important to pay attention to safety and give a sense of psychological security, such as installing barrier-free objects in many places, such as installing handrails, non-slip floor surface treatments and creating external structures that can be used for shelter and rest to protect the mental health of the elderly.

Environmental privacy

Based on theoretical studies and observations, it can be concluded that the activity of the elderly can be divided by type and state. According to the type of acquisition, it can be divided into collective and individual actions, and the state of activity can be divided into dynamic and static actions. When older people perform individual or static activities, they must have a private space without disturbance, for example, I want to sit in a quiet atmosphere, think, and sunbathe in the sun. Therefore, when planning the external environment in the design, we need to take into account the needs of the elderly in terms of environmental privacy.

5. Conclusion

This paper summarizes important theoretical studies at home and abroad from a theoretical perspective, and analyzes and summarizes excellent cases of domestic and foreign nursing homes from a practical perspective. The main conclusions are as follows: 1. In order to fully meet the living requirements of elderly people in nursing homes, the scale of outdoor space of nursing homes should set certain construction standards according to the number of beds,

financial support and the environment of the nursing home location. When the external scale cannot meet the demand, the outdoor landscape of the nursing home should also be connected to the public resources of the city: medical services, green park space, urban agriculture, etc. The "park city" is now proposed. If nursing homes are included in the urban park network, it will be more conducive to meeting the material and spiritual needs of the elderly in nursing homes. 2. The landscape of nursing homes should pay more attention to the creation of humanistic and regional characteristics to avoid homogenization of the landscape. Combined with regional characteristics, including the living habits and activity characteristics of local elderly, such as the type, frequency and duration of activities, they should determine the type and scale of outdoor activities for the elderly in nursing homes and the characteristics of the local climate, such as the direction of the prevailing northeasterly winds and the intensity of the sun in winter and summer, as well as other factors that determine the direction and openness of the outdoor area 3. The outdoor space of nursing homes should give full consideration to the elderly in different physical conditions of use, i.e., for the same types of activities targeted at different activities such as fitness exercise, gardening and other activities of different intensities and forms intended to accommodate self-service and activity facilities to assist the elderly. In the case of caring for the elderly, the scope of caring for the elderly vision should be considered in creating a lively landscape environment inside.

References

- [1] Sawchuk D. Aging and older adults in three Roman Catholic magazines: successful aging and the Third and Fourth Ages reframed[J]. *Journal of Aging Studies*. 2015, 35: 221 -228.
- [2] Moore G T. New directions for environment-behavior research in architecture [M]. SNYDER J C. *Architecture research*. New York: Van Nostrand Reinhold. 1954:95-112
- [3] Marcus C C, Sachs NA. *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces* [M]. Hoboken, New Jersey: John Wiley&Sons, 2014.
- [4] Hung K, Lu J. Active living in later life: an overview of aging studies in hospitality and tourism journals [J]. *International Journal of Hospitality Management*. 2016, 53:133 I 144.
- [5] G Bosshard, A Wettstein, W Bär . How stable is the attitude of aged people towards life-extending measures ?Results of a 3-year follow-up in nursing home residents [J]. *Zeitschrift Für Gerontologie+Geriatric*, 2003, 36(2):9-124.
- [6] Xue Baohua. The integration design of sculpture art and urban public architecture [J]. *Architectural Structure*, 2022, 52 (04): 162- 163.
- [7] Liu Jing,Fan Tao. Research on the design of pedestrian public space in commercial complexes--Xinjiang International Grand Bazaar Commercial Pedestrian Street as an example[J]. *Huazhong Architecture*, 2022, 40(02) : 44-47. DOI: 10.13942/j.cnki.hzjz.2022.02.004.
- [8] Fang Yishui. A study on the design of public space in high-rise buildings: the example of London sky garden in England[J]. *Architecture and Culture*, 2022(01) : 129-131. DOI: 10.19875/j.cnki.jzy wh.2022.01.051.
- [9] Zhang Yue. Design of public space in the perspective of urban culture: the example of Dongzi Culture Street in Texas [J]. *Shandong Art*,2021(06):121-128.

- [10] Zhang Shiyu. Open community public space design strategy--community green space planning and design based on Dalongshan area[J]. *Modern Horticulture*,2021,44(22):63 - 64. DOI:10.14051/j.cnki.xdy.2021.22.025.
- [11] Liu Rongling, Liu Hongling, Zhang Ping. Design and analysis of small and micro public spaces in cities based on emotional expression [J]. *Industrial Architecture*,2021, 51(11): 268-269. [12] Chen Xia, Wang Wei. The design of public space in green residential area--analysis of public space design of Lanhai Garden Phase III from the perspective of environmental psychology[J]. DOI:10.16116/j.cnki.jskj.2021.20.023.
- [12] Zeng Tingting. Application of humanized design ideas in public architectural design [J]. *Smart City*,2021,7(19):32-33.DOI:10.19301/j.cnki.zncs.2021.19.015.
- [13] Gao Wei, Tang Long, Kang Ruhe, Wang Haifeng. A preliminary investigation of urban street design control system under the concept of people-oriented - taking Fengdong New City street design guideline as an example [C]// Spatial governance for high quality development - Proceedings of the 2021 China Urban Planning Annual Conference (07 Urban Design). ,2021:205-214. DOI:10.26914/c.cnkihy.2021.026509.
- [14] Zhu Dong,Cheng Shuang. The design of private public space from the perspective of space production - New York and Hong Kong as examples[C]// Spatial governance for high quality development
- [15] Proceedings of the 2021 Annual China Urban Planning Conference.
- [16] (07 Urban Design). ,2021 : 470-479. doi:10.26914 / c.cnkihy. 2021. 026532.
- [17] Exploration of the spatial model of combining the old and the young in the outdoor space of the old city - taking the Fangcao street of Chengdu as an example [D]. Southwest Jiaotong University. 2017
- [18] Qu Youyang. Research on outdoor space planning of senior citizen community based on the research of senior citizens' needs [D]. Hebei University, 2016
- [19] Zhao Xiaozheng. Japanese elderly policy and regulations and classification of elderly buildings [J]. *World Architecture Herald*, 2015(163):27-29
- [20] Zhu Hongyun. Research on the design of outdoor space in residential areas to adapt to the aging of population [D]. China University of Mining and Technology, 2015.