

東京, 日本
7月21日— 8月5日, 2017

老いる

東京

AGING

TOKYO

Tokyo, Japan
July 21— August 5, 2017

コロンビア大学
建築学部
アダム・スノー・フランプトン、曾野祐子

早稲田大学
創造理工学部建築学科
小林恵吾

Columbia University
Graduate School of Architecture,
Planning and Preservation
Adam Snow Frampton, with Yuko Sono

Waseda University
Department of Architecture
Keigo Kobayashi



目次

CONTENT

04	序論
12	用語解説
14	敷地 1: 巣鴨
34	敷地 2: 高島平
56	敷地 3: 谷中・根津
70	敷地 4: 都心部
84	旅行記録
90	参考文献
92	チーム / 著者
94	展望

04	Introduction
12	Glossary
14	Site 1: Sugamo
34	Site 2: Takashimadaira
56	Site 3: Yanaka & Nezu
70	Site 4: City Center
84	Travelogue
90	Bibliography
92	Team / Credits
94	Next Steps

序論

INTRODUCTION

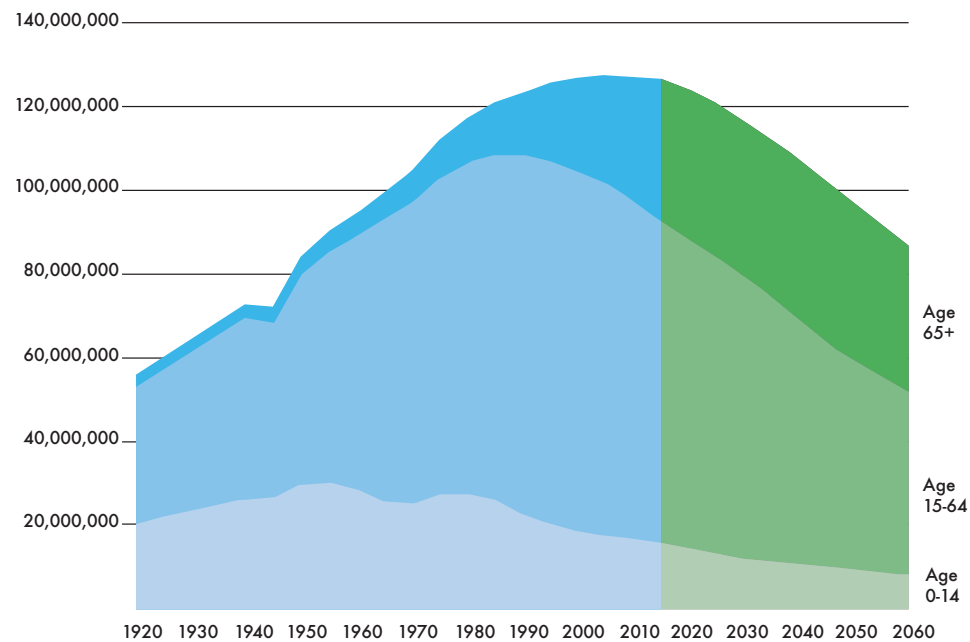
Due to the world's highest life expectancy and lowest fertility rate, nearly one quarter of Japan's population is currently over the age of 65.¹ Japan's population is shrinking and becoming more elderly. By 2100, Tokyo's population is forecast to drop from thirteen million to seven million people. At that time, Tokyo's population over 65 is expected to equal the "working age population" of those between the ages of 15 to 64², a radical shift in the proportion of those engaged in labor. This signifies a fundamental transformation in not only social and economic structures, but also urban form and architectural typologies of housing.

1. Aging of Japan. https://en.wikipedia.org/wiki/Aging_of_Japan.
2. Mochizuki, Takashi. "Shrinking, Aging Tokyo." The Wall Street Journal. N.p., Sept 4, 2012. Web: <http://blogs.wsj.com/japanreal-time/2012/09/04/shrinking-aging-tokyo-2/>.

Japanese age distribution and future projection



Japanese population and future projection



This book represents the output of Aging Tokyo, a two-week workshop during late July and early August 2017, in collaboration between faculty and students from Columbia University GSAPP and Waseda University. The workshop has investigated the future of Tokyo based on shifting demographics and longer human lifespans. The workshop has observed how aging currently impacts the city and its periphery, and identified broader trends and issues. The workshop has focused primarily on architectural issues of housing, but has also touched upon broader issues such as policy, mobility, and the urbanism of aging.

As many Japanese architects and researchers are currently examining aging vis-à-vis villages and rural territories, the workshop has focused on Tokyo itself. Four specific sites and typologies were located that form case studies to reveal critical challenges and opportunities facing the future of Tokyo.

One team has looked at Sugamo, a shopping street that has been termed the elderly Harajuku, referring to another neighborhood of Tokyo which is known as the center of youth culture and fashion. The team has examined not only Sugamo's stores which provide retail products and services aimed at seniors, but also Sugamo's ecology of architectural and urban elements, including the adjacent Koganji Shrine.

In the periphery, another team looked at Takashimadaira, a prototypical Modernist public housing project (danchi) that has become a naturally occurring retirement community (NORC) and which caters to a concentration of elderly residents. This team has speculated that the residential units themselves may offer the possibility to flexibly adapt to new types of users and living situations.

Another team investigated the neighborhoods of Yanaka and Nezu, an area of low-rise wood-construction buildings (mokuzou-misshuu-chiiki). Having survived the earthquake of 1923 and destruction during World War II, these neighborhoods have much older buildings, a deep-rooted community, and concentration of elderly people. At the same time, the urban qualities of these areas have

started to attract a younger generation and creative class, leading to a multi-generational demographic. The team has investigated how the spaces between buildings facilitate interaction and community between its inhabitants.

Finally, in the city center, one team has studied private, purpose-built residential facilities whose fee-paying tenants require a range of care, from independent to more assisted living. With their diverse programs that include not only residential units but also numerous amenities and other functions, these facilities can be seen as "cities within the city," or, as Michael Foucault has termed, "heterotopias" for the elderly.

Cumulatively, we believe these sites and typologies may offer forms and strategies that will become increasingly desirable or useful for a future with an aging population.



用語解説

GLOSSARY

高齢化社会 | Koreikashakai | Population Aging

A trend in which the median age of a region's population becomes older; due to lower birth rates or rising life expectancy.

三世大家族 | Sansedai Kazoku | Three Generation Households

The traditional care of both children and parents by a married couple, which is encouraged by government policies.

孤独死 | Kodoku-shi | Solitary Death

The unnoticed death of an elderly person who lives alone or in isolation.

地域居住(住み慣れた場所で老いること) | Chiiki Kyoju | Aging in Place

The choice to remain in one's own home as one ages, rather than moving to an assisted care residence or hospital.

多世代共生 | Tasedai-kyousei | Intergenerational Mixing

The process by which different age groups of the same population interact with each other in work, leisure, or living.

自然発生的高齢者コミュニティ | Shizen Hasseiteki Koureisha Community | Natural Occuring Retirement Community (NORC)

A community with a larger than average proportion of residents over 60 that was not originally designed or planned to meet the needs of elderly residents.

団地 | Danchi | Public and Social Housing

A large collection of apartment buildings of a specific typology, often built by the government or public housing authorities.

木造住宅密集地域 | Moku-mitsu | High Density Wooden Housing Area

A collection of older buildings, often built from wood or other flammable materials, characterized by their high density and tight proximity to one another. While they continue to exist as many have survived earthquakes or war bombings, their material poses a threat for rapid fire spreading and their proximity excludes emergency vehicle access.

防火帯 | Bouka-tai | Fortified Village

After widespread fires in the areas of high density wooden houses, firebreak belts were built to enclose these more dangerous and flammable areas; such areas are composed of avenues 30 meters wide or larger and buildings with a minimum height of 10 floors.

サブディバーバン | Subdivurban

A process by which families divide their urban land plots in order to meet rising costs of urban living; in turn, the urban fabric of Tokyo densifies.

コマーシデンス | Commersidence

A typology that merges living, commerce, and working, which arises from the transformation of previously residential spaces into areas that additionally accommodate retail and businesses.

都市再生機構 | Toshi Saisei Kikou | Urban Renaissance Agency (UR)

An organization originally established in 1955 as the Japan Housing Corporation devoted to tackling urban issues such as falling birth rates, aging society, environmental problems, and disaster redevelopment.

介護保険制度 | Kaigo Hoken | LTCIP (Long Term Care Insurance Program)

The mandatory social insurance program implemented in 2000 and run by municipal governments that provides premiums for those over age 65.

措置制度 | Sochiseido | Administrative Placement System

The social welfare system that prevailed prior to implementation of LTCIP.

有料老人ホーム | Yuuryou Roujin Homu | Fee-Paying Old People's Home

Upscale assisted living facilities that guarantee lifetime care, paid for through high entry and annual fees.

介護老人保健施設 | Kaigo Roujin Hoken Shisetsu | Skilled Nursing Facilities (SNF)

Created by the government in 1988 and funded by health insurance, a collection of geriatric hospitals and nursing facilities.

高齢者保健福祉推進10ヵ年戦略 | Koureisha Hoken Fukushi Suishin Jukkanen Senryaku
The Gold Plan

A 10-year plan created in 1989 to promote health and welfare for the elderly of Japan. In 1994, the plan was updated to the "New Gold Plan," and introduced a focus on both home-based care as well as long-term care for the elderly. In April 2000, this plan was transformed into "Long-Term Care Insurance."

巢鴨 SUGAMO

豊島区 Toshima-ku







地蔵通りまでの入り口(1950年代)
Entrance to Jizou-dori Street (1950s)

地蔵通り商店街は、お年寄りの原宿として知られています。近隣の寺院や神社では、高齢者のグループが集まっています。商店街の界隈は戦争によって大きな展し被害を受けたが、そこから新たな商店街の形成が始まりました。そして、この地区での商業を改善するをために経営委員会が組織されています。



地蔵通りの入口(現在)
Entrance to Jizou-dori Street (present)

Sugamo has come a long way to be known as the 'Harajuku' for the old. With the temples and shrines in the neighborhood and elderly group is drawn to it. During the war, the neighborhood had come under massive destruction and it has revived from that past by re-creation of the shopping district. Active promotion has ensured that businesses in Sugamo thrive and generate revenue for further development. The management committee has come together to form a model on lines of a 'Business Improvement District'.



縁日中(1950年代)の巣鴨
Sugamo during festivals (1950s)

巣鴨地蔵通商店街が現在の姿にいたるまでには歴史上大きく三つの要因がある。一つ目は旧中山道が通っていたこと、二つ目は高岩寺がこの地に移ってきたこと、そして三つ目は戦後の復興である。

まず旧中山道沿いに位置していたことから、人の往来が増え、商いが生まれた。その後1891年に東京の都市計画によって高岩寺が都市部から地蔵通りに移転した。この頃から地蔵通りは歓楽地としての性質を帯びるようになった。そして、戦争の時代に突入し、1945年の東京大空襲により商店街は一度灰塵と帰すこととなる。しかし、そこから商店街は復興に尽力し、日常品の供給などの役割を担った。その結果、戦前よりもさらに賑わいを見せる商店街になっていった。



フェスティバル中の菅生(現在)
Sugamo during festivals (present)

There are three segments to the history of Sugamo's Jizo dori. The first is the passing of the Nakasendo Passageway, the second is the establishment of the Koganji Temple, and the third is the recovery post war. The Nakasendo passageway was an arterial road for throughfare and business. In 1891, when the Koganji temple was moved from the city center to Sugamo by the department of city planning, the Jizo dori started gaining importance as a street for leisure.

During the Tokyo Air Raid in 1945, the destruction caused a disruption of activities on the street. However, the revival brought success even more than earlier.

巣鴨を含む東京には、表参道、渋谷、原宿などの世界的な消費者を対象とした様々なショッピングエリアがあります。これらのエリアで消費者たちは、衣類、喫茶店、飲食店などの世界的ブランドを享受しています。東京の人口の50%が2050年までに65歳以上になると、消費者層が変化し、ニーズはより具体的になり、健康に不安を抱えるような世代が増えてきます。巣鴨はその未来に先駆けたひとつの例と言えます。現在、巣鴨は東京の高齢者でにぎわう地域の代表例でもあります。お年寄りたちは寺院でお参りをする事で、健康を願い、寺院の運営に寄与しています。また、お年寄りの参拝客があつまるため、周りの商店街ではお年寄り向けの生活必需品を扱う店や賑わいを見せる飲食店が生まれました。商店街ではショッピングだけでなく、保険を加入、友達とのおしゃべり、軽い運動をするなどのさまざまな活動を行うことが出来るようになり、お年寄りをさらに集める要因ができました。巣鴨地域には豊かな文化や宗教的施設があり、また豊富な公共交通システムによる高いアクセス可能性によって賑わいが支えられています。商店街界隈のファブリックを分析することで、巣鴨を成立させるエッセンスを抽出します。

Tokyo is home to an array of designated shopping areas, each targeted to a global consumer, namely Omotesando, Shibuya, Harajuku, etc. The average consumer enjoys global brands of clothing, coffee shops, and eateries; this pool. With an estimated 50% of the population in Tokyo above the age of 65 years by 2050, the average consumer would look different, their needs more specific, their bodies - fragile. Sugamo is a preview into that future.

Currently, Sugamo serves as the only holistic experience catered toward the elderly in Tokyo and beyond. It gained popularity due to the establishment of temples, where performing certain rituals would bring hopes for renewed health. From providing facilities for the pilgrims, it has now generated into a hotspot of lifestyle and culinary treats dedicated to the palate of the mature citizens in the society. It has further evolved into the space where the shared spaces are not limited just to shopping but to various activities like buying insurance, meeting with friends, exercise, etc; thereby attracting larger number of people from the age-group. Development of Sugamo into a neighborhood with a high-density of elderly population is due to its rich cultural and religious relics, supported by high accessibility through a robust public transportation system. By analyzing the fabric of the neighborhood, one can extract the essence that makes Sugamo a successful model.





20世紀初めには、JR菅野駅(1903)、東電荒川線(1911)の開通により、菅生の公共アクセスが大幅に向上しました。また、菅郷地区には公園や学校などの大規模な公共施設が多く導入され、急速な都市化や人口の急増をもたらしました。今日、菅生は列車、バス、自転車のある非常にアクセス可能なエリアです。ショッピングエリア、住宅、公共のオープンスペースの活気のある地区。多くの密集した高齢者コミュニティの中心地である。これらの要因は、菅野の成功を高齢者のホットスポットとして支えてきました。

At the beginning of 20th century, Sugamo's public accessibility was largely increased due to the opening of the JR Sugamo station (1903), and the Toden Arakawa line (1911). Also, many large scale public facilities like parks and schools started to be introduced in Sugamo district, resulted in Sugamo's rapid urbanization and population boom.

Today, Sugamo is a highly accessible area with train, bus, and bicycle; a vibrant district of shopping area, houses, and public open spaces; and a center of many dense elderly communities. These factors have supported the success of Sugamo as an elderly hotspot.



菅郷地蔵通りには約200店舗があります。それらの大部分は特に古い世代の味に特化しています。たとえば、赤い下着専門店、かつら店、宗教品店などは、近隣に固有で、通りの性格に追加します。

菅生の訪問者の約75%が東京23区から来ており、通り管理事務所はそれをより広い範囲の観光客に広めている。マスコットの作成、寺院での祭りの開催など、さまざまなマーケティングイベントを通して、その成果は明白になります。

There are around 200 stores and an equal number of street vendors on Sugamo Jizo-dori Shopping Street. Majority of them cater specially to the taste of the older generation. For example, the red underwear specialty store, wig store, religious goods store, etc., are unique to the neighborhood and add to the character of the street.

Around 75% of Sugamo's visitors are from 23 wards of Tokyo, and the street management office is promoting it to a larger range of tourists. Through various marketing events, like creating a mascot, and organizing festivals in temples, their achievement becomes obvious.



- 01 地蔵通りの入り口
多くの観光客を菅郷商店街に招待する玄関口が通りに飾られています高齢者を歓迎し、菅野に到着するのに苦労したときのジェスチャーです。

Grand Entrance to Jizou-Dori Street
The street is adorned by a gateway that inviting the many visitors to Sugamo Shopping Street. It is a gesture welcoming the elderly when they make an arduous journey to arrive in Sugamo.

- 03 衣類/履物/アクセサリ
衣類、特に赤い下着は、着用者に良好な健康をもたらすと考えられている。
見た目よりも快適に作られた履物やアクセサリ。

Clothing/ Footwear/ Accessories
Clothing, especially red underwear that is believed to bring good health to the wearer.
Footwear and accessories that are made for comfort more than for looks.

- 02 宗教記事/フラワーショップ
神への捧げ物のための記事を購入する。
家庭用の花もあります。

Religious Articles / Flower Shop
To buy articles for offerings to the deity.
Flowers also available for home.

- 04 バラエティストリートフード/日本茶
様々なストリートフードの珍味日本のお茶。

Variety Street Food/ Japanese Tea
A wide array of street food delicacies and Japanese tea.

- 05 化粧品/漢方薬/その他の薬
ほとんどの高齢者が使用します。化粧品と医薬品の両方が、高齢者をより若く感じさせるのに役立ちます。

Cosmetics/ Chinese Medicine/ Other Drugs
Used by most elderly. Both cosmetics and medicines help make the elderly feel younger.

- 08 オフィスのストリート管理
菅野を成功に導く背後の人たち。

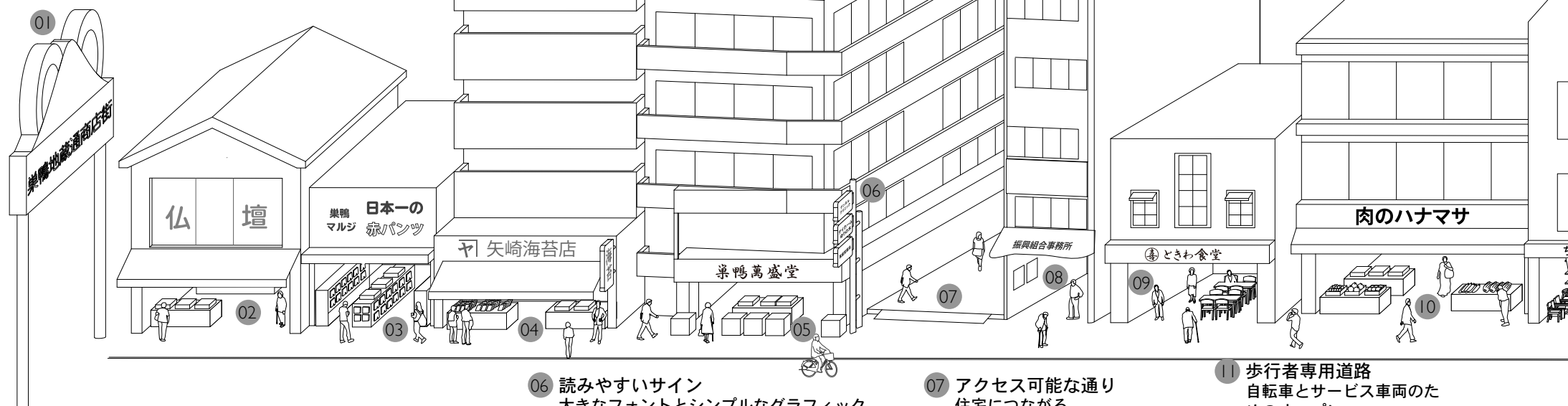
Office of Street Management
The people behind making Sugamo a success.

- 09 伝統的/特殊食品
成熟した味のための珍味伝統的な過去のレシピを使用して

Traditional/ Speciality Food
Delicacies for the mature taste made using recipes from the traditional past

- 10 スーパーマーケット/コンビニエンスストア

Supermarket/ Convenience Store



- 06 読みやすいサイン
大きなフォントとシンプルなグラフィック。

Legible Signage
With large font and simple graphics

- 07 アクセス可能な通り
住宅につながる

Accessible Streets
Leading to the residences

- 11 歩行者専用道路
自転車とサービス車両のためのオープン

Pedestrian Only Streets
Open for bicycles and service vehicles

12 家具製造およびアウトレット
安い家具店の提供寝そべりのため
の快適な家具退職後のレジャーで。

Furniture Manufacturing and Outlet
The cheap furniture stores offering comfortable furniture for laying back with leisure after retirement.

13 国際コーヒーショップ/
グローバルレシピとその準備若者と
高齢者。

Int'l Coffee Shop/ Dessert Parlor/ Bakery
Serving global recipes and preparations for the
young and elderly.

14 耐候グッズ/
聴覚と歩行補助
エレクトロニクス
都市のペースに追いつくために高齢
化を支援するショップ。店舗だけ
でなく、購入した商品の修理サー
ビスを提供しています。

Weather Protection Goods/
Hearing and Walking aide
Electronics
Shops that aide the aging population to keep
up with the pace of the city. The stores not
only sell but also provide repair services for
the purchased goods.

15 高建寺
隣人の中で最も崇拜された神社のひとつ。ここで神のアイドルを浴びることは、あなたの痛みを和らげるのに役立つと信じられています。

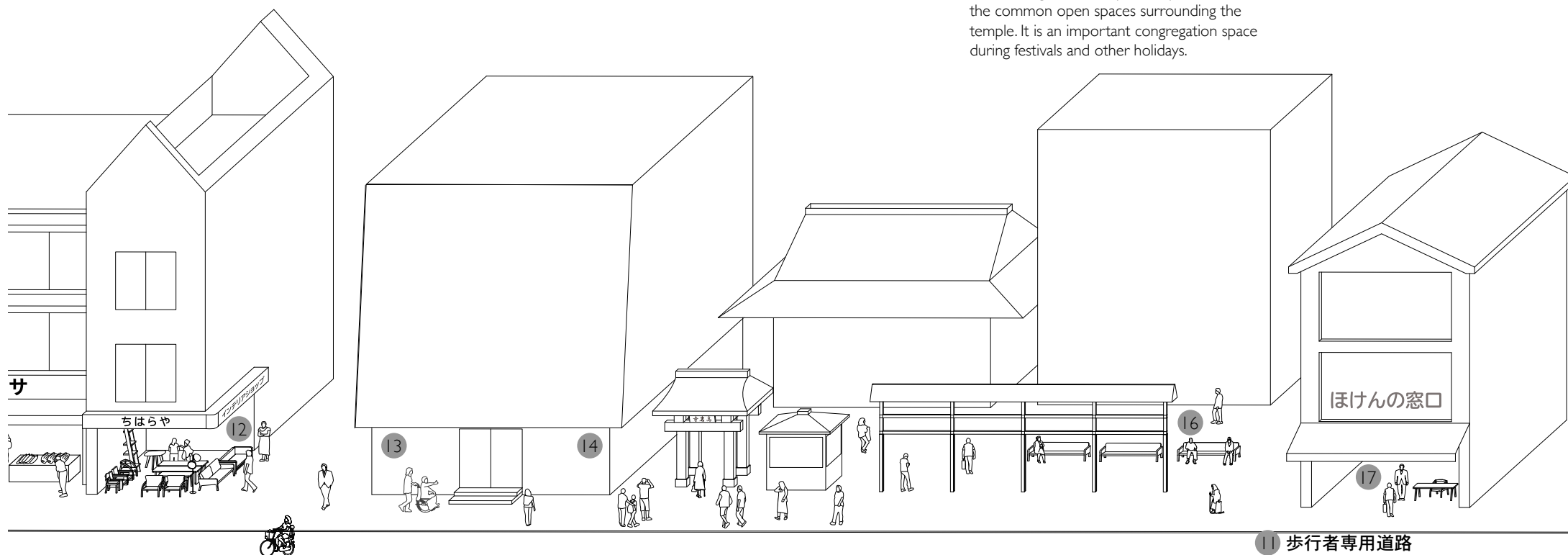
Kouganji Temple
One of the most worshipped shrines in the neighborhood. It is believed that bathing the idol of the deity here, helps provide relief for your pains.

16 儀式を行うためのオープンスペース
神のアイドルの入浴は、寺院を囲む共通の
広場で行われます。フェスティバルやその
他の休暇の間に重要な集会スペースです。

Open Space for performing rituals
The bathing of the deity idol is performed in the common open spaces surrounding the temple. It is an important congregation space during festivals and other holidays.

17 ヘルスケア保険サービス
高齢者が医療費を支払うのを助けるため費用。

Healthcare Insurance Services
To help the elderly pay for their medical
expenses.



11 歩行者専用道路 自転車とサービス車両の ためのオープン

Pedestrian Only Streets
Open for bicycles and service vehicles

高島平 TAKASHIMADAIRA

板橋区 Itabashi Ward





都心の人口増加や郊外の拡大を踏まえると団地のような高密度な居住形態が東京の住宅タイポロジーの未来を示唆し得る。コルビュジェの「輝く都市」のような構想は管理不足による老朽化など負のイメージを想起させることが多いが、日本の団地では高層棟で発生する活気ある高齢者コミュニティを見ることができた。

高島平団地は63棟、10,170戸から構成されており、そこには16,804人が暮らしている。またこのうち41.1%に当たる6,904人が65歳以上の高齢者であり、今後もその割合は増加することが予想されている。

団地は戦後の経済成長期に近代的な住居を大量に供給する手段として計画された。44メートルの高さで建つ棟の外観は市街地において圧迫感を与えるスケールだが、その一方で自然光、風通し、共用緑地や医療サービスの充実などの点において都心の密集と比べると優れた環境を提供できていると言える。

小さなスケールでは団地の間取りの均一性が批判されてきた。しかし統一されたユニットは変化する家族構成や空間的要求に対応したリノベーションをも容易にする。50年代のアメリカで核家族思想の普及によって広がったファミリー・ハウスと比較するとこの規格化された形態は世帯の構成人数の変化に対応して使い続けることを可能にしている。自分の住居を必要に応じて変化させ、暮らし続けることでコミュニティとしての認識や責任が生まれる。

現在、無印良品が UR都市機構と協力して全国の団地に多様な住民を呼び込む試みを行っている。だが現段階での改修は材質や仕上げに留まっており、可変性を最大限には活かし

ていない。我々のデザインでは団地の形態が幅広い年齢、身体能力、家族構成の住民を受け入れる可能性を示そうと考えた。

As the elderly population rises and the city's periphery expands, high density housing such as the danchi model could conceivably become the future housing typology of Tokyo. While Le Corbusier's "Towers in the Park" typology carries a negative stigma often aligned with lack of community upkeep, the danchi delivers an alternate look on modernist high rise apartments with a thriving aging community. The Takashimadaira danchi contains 63 buildings, 10,170 units, and 16,804 residents.

With 6,904 people over the age of 65, the population of elderly residents currently sits at 41.1% and is predicted to rise.

The danchi typology initiated after the post war boom in the 70's became a way to deliver mass housing with modern amenities. At 44m tall, each building towers over the manmade landscape, making the complex appear strikingly imposing. However, unique architectural elements (ie. ample amounts of light, cross ventilation, large communal spaces/greenery, health facilities and services) make it a luxury compared to condensed urban centers.

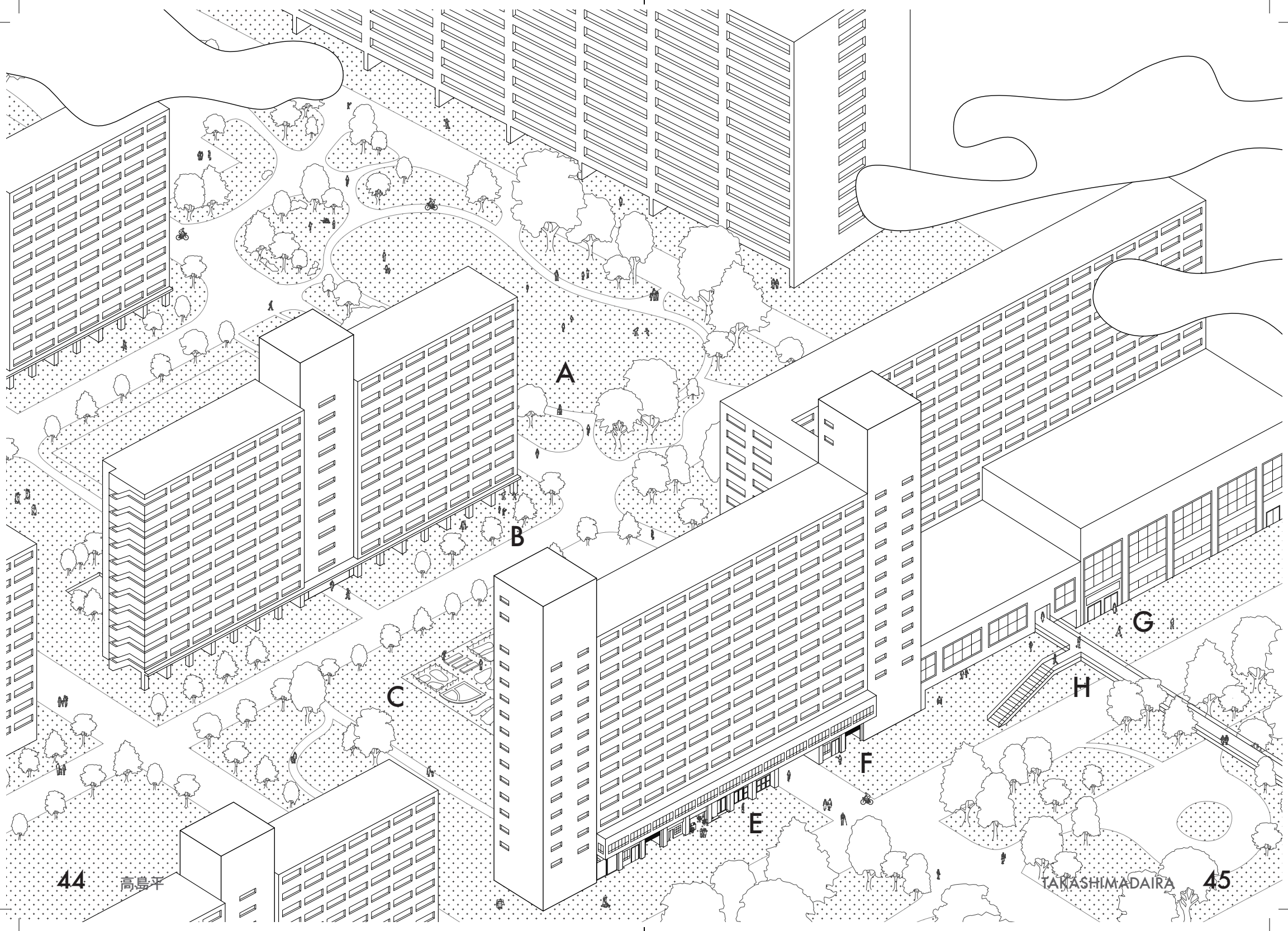
At a smaller scale this project has been criticized for generic units, however, the level of flexibility provided by a standardized system means they can be easily reconfigured to accommodate different types of living based on family size and spatial requirements. When compared to the American model of family housing, which began in the 50s after the rise of the nuclear family

formation, a more standardized form of living allows for the residence to retain value as the size of the family increases or decreases based on need. With the ability to reconfigure your residence, the concept of ownership and responsibility within the community takes hold.

Currently, Muji is collaborating with UR to bring in a wide variety of residents to improve the communities surrounding the danchis of Japan. However, the changes they propose apply only to materials and finishes and do not take into account the amount of reconfiguration that could take place. With our design proposal, we intend to show the full extent that the danchi model allows for residents of all ages, those with disabilities, and large families.



Scale 1:5,000



A

B

C

G

H

F

E



A) 棟と棟の間の広い緑地は活動や憩いの場となっている。

A) Large open green areas between buildings provide areas for activity for both the younger and older generations.



B) 一階部分の余った空間では子供達が遊ぶ。

B) Leftover spaces created at the ground level offers areas for play as well as shade from the sun during the summers.



C) 住民の間で交流を生むために共同花壇コンテストなどのイベントが企画されている。

C) In order to foster community engagement and awareness, building management not only plan activities such as a competition for the best garden but also advertise services for elderly home care.



D) 団地全体には歯科、薬局からより専門的な診療所まで、医療施設が点在する。

D) Health facilities exist throughout the site. These include dentist offices, pharmacies, family clinics as well as more specialized doctor's offices for the elderly (orthopedic doctor shown to the left).



E) 道路に面した商店街には自転車修理屋、花屋、コンビニなどが営業している。

E) The storefront along the main road houses shops catered towards resident life such as flower shops, bike repair shops and several convenient stores.



F) 住民によって蚤の市の場として使われている空間がある。

F) Elderly members of the community often rent out empty storefront spaces to host events or yard sales.



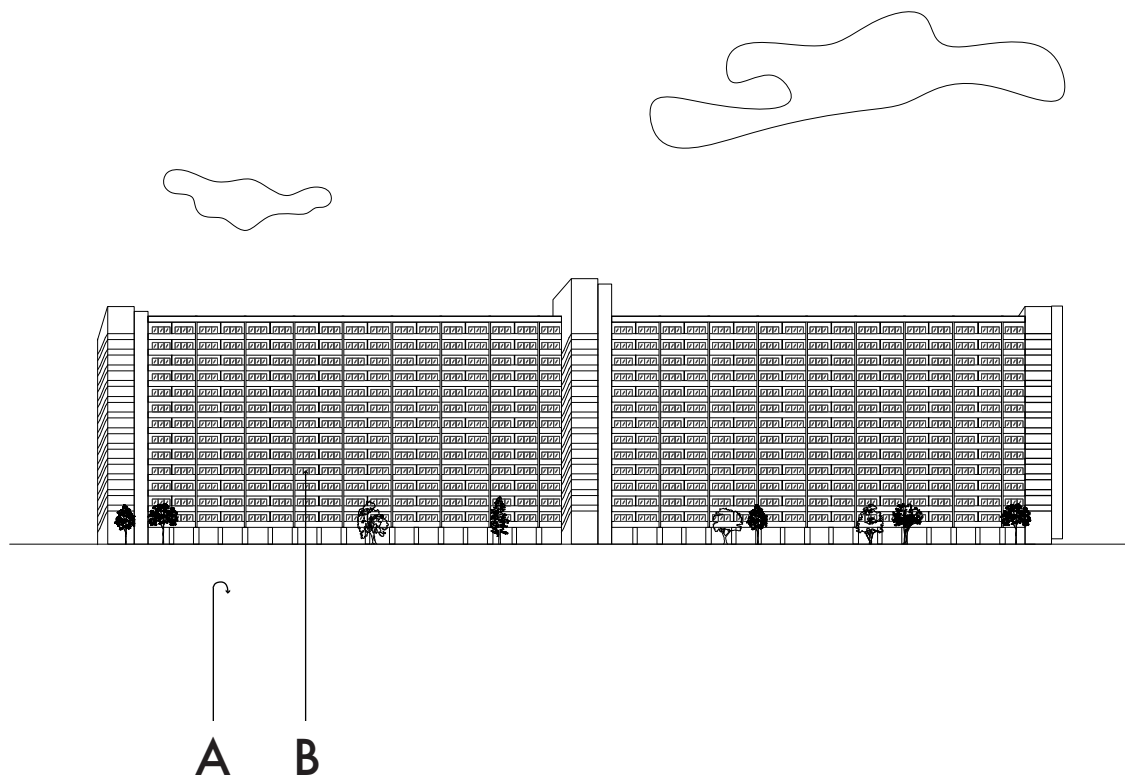
G) 二層に広がるスーパーマーケット。

G) The danchi offers facilities on site to make everyday amenities more accessible for its residents such as double-story grocery store.



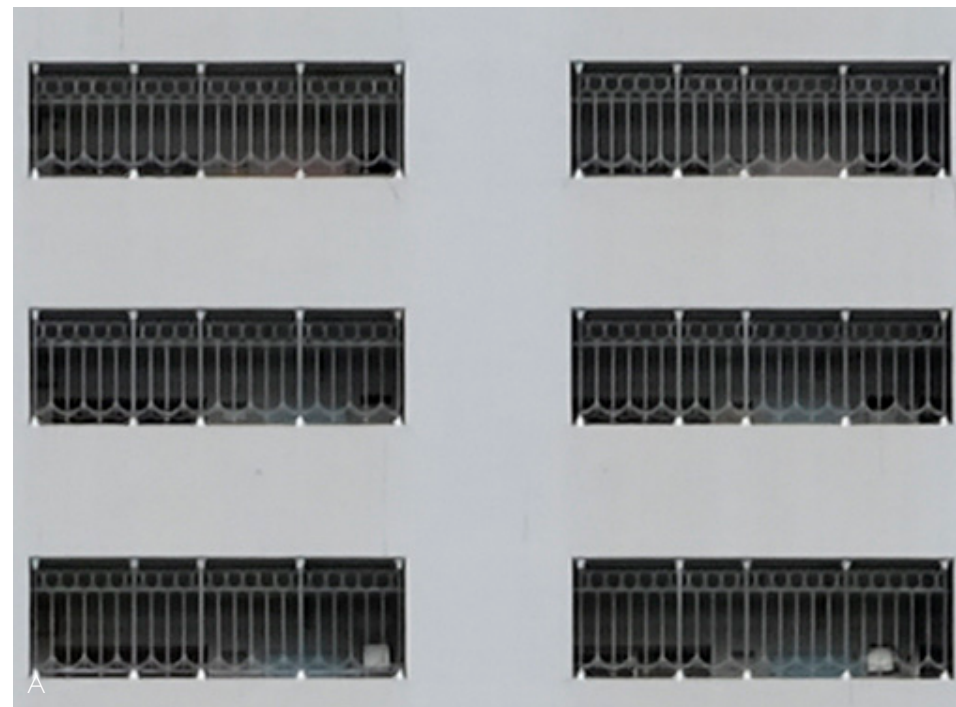
H) 最寄りの駅へは地上からも歩道橋からもアクセスできる。

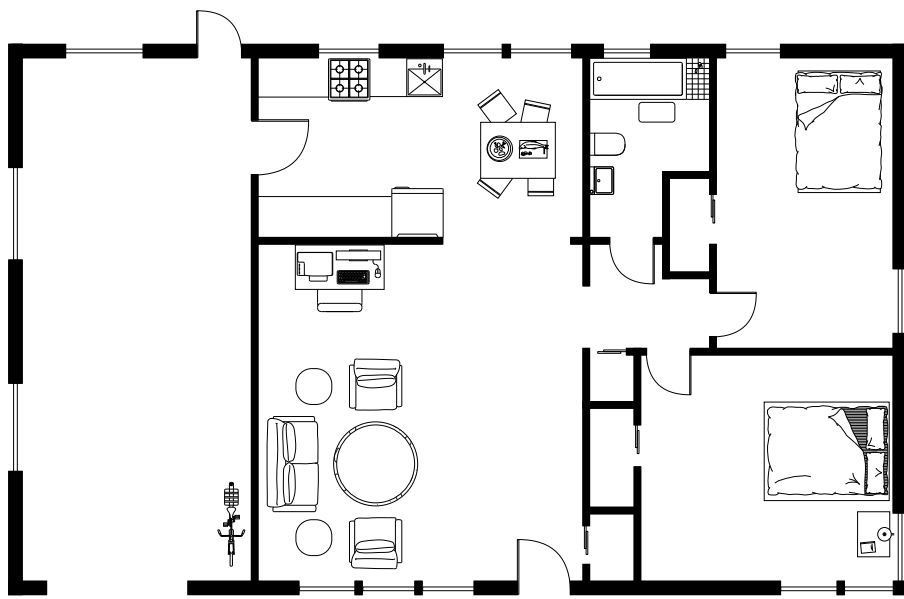
H) The train station is connected to the danchi by crosswalk or pedestrian skybridge. The skybridge offers a safer alternative to cross a busy main road with handrails and no countdown.



棟の一面には片廊下、反対面には各戸のベランダがある。ベランダの使い方からは住民の生活がうかがえる。

Each apartment complex has a single loaded corridor on one side and private balconies on the other; this condition reflects itself in two different elevations.



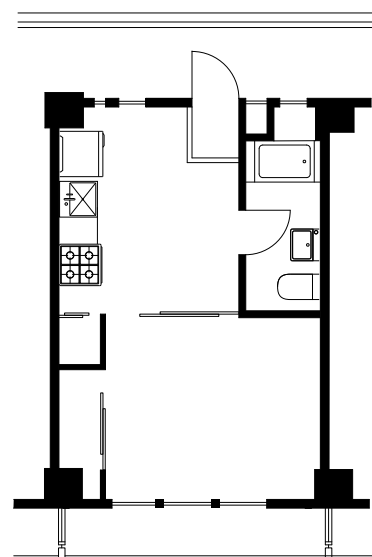


一般的なアメリカの2ベッドルーム住宅

日本の和室と異なり、西洋の住宅は用途がハッキリした間取りになっている。

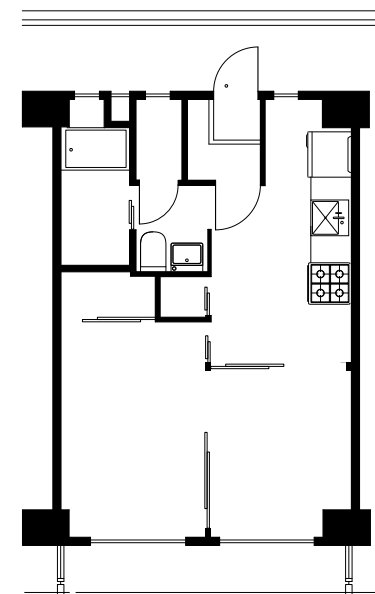
Typical American 2br

Unlike the Japanese tatami model, Western units usually have rigid specified rooms.



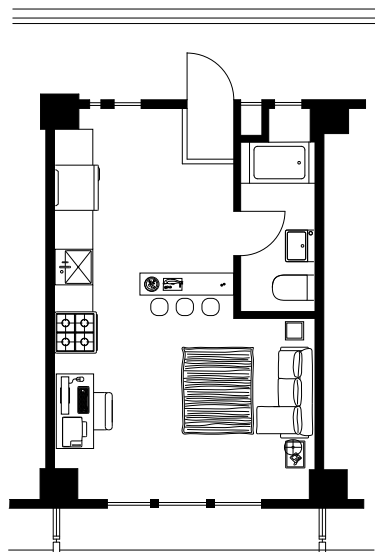
高島平団地の一般的な間取り

これらの間取りは用途変更が難しい西洋的な間取りに近いと批判されてきた。



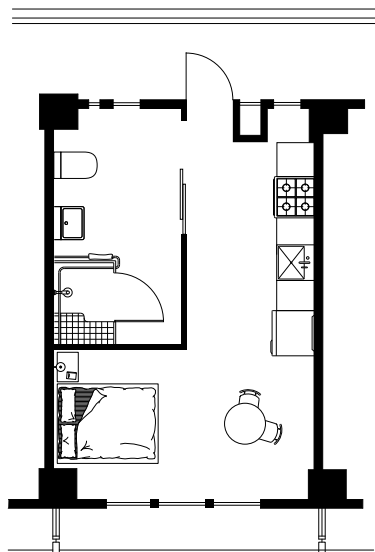
Typical unit plans at Takashimadaira

These apartment units have often been criticised for their lack of flexibility more alike to typical american units.



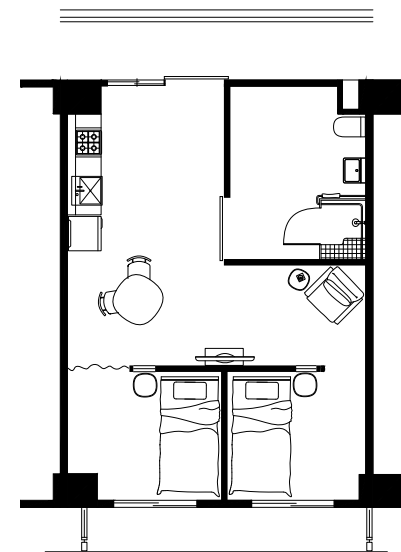
改修案：若者向けと高齢者向け

左側の図面は一人暮らしの高齢者を想定して改修された住居。水回りが広くとられ、扉も使いやすくなっている。



Reconfigured: Younger resident vs older resident

The unit on the right is configured for a single elderly resident. The bathroom has been expanded and the doors simplified for ease of use. The left unit is configured for a single person aged 20-29. The floorplan has been modified to reflect a life of a activity with a folding bed/futon, a retractable bar, and more open space for activities.

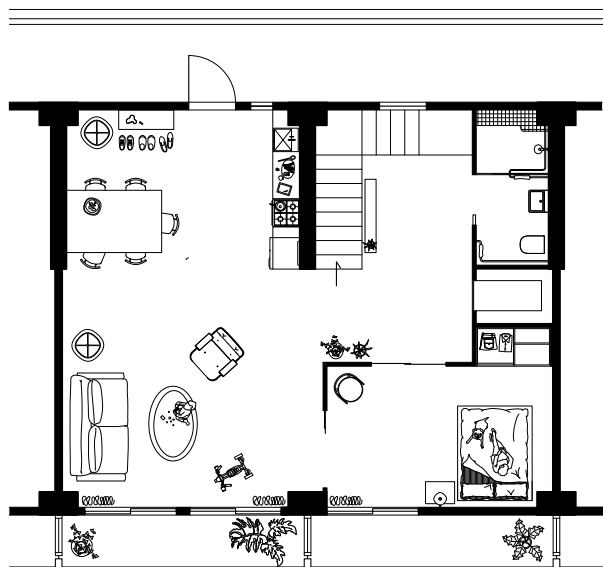


改修案：住む込み介護者の想定

同じ階に住む介護者から介護支援を受ける単身高齢者2人のために改修された住居。廊下からの視認性を確保することでトラブルの早期発見や他の住民との交流を促す。

Reconfigured: Live-in Nurse

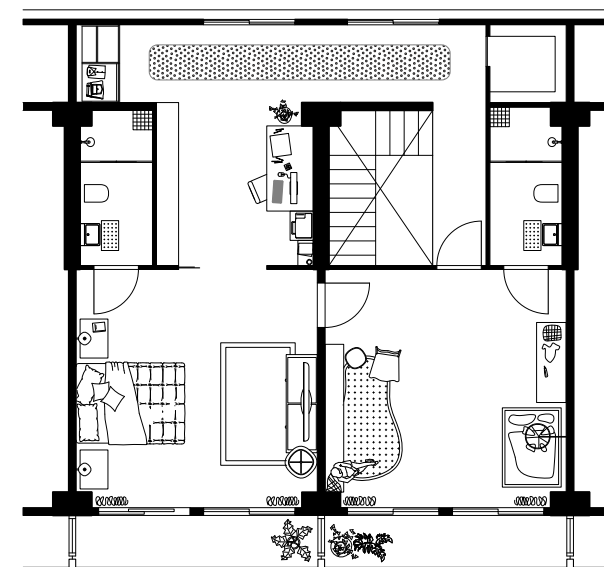
This unit is reconfigured for two single elderly residents with their nurse living in a unit on the same floor. Visibility from the corridor has been increased to ensure that emergency situations don't go unnoticed, and to encourage communication with other residents.



改修案：3世代家族のための二層連結

変化する家族の構成人数に合わせた改修が可能である。

リビングと高齢世代の部屋は一階部分（左側）に置き、介護用のトイレとシャワーも設けている。寝室はリビングに開くことでプライバシーの調整も可能である。二階には夫婦と幼い子供のための寝室やオフィスを置く。この階は共用廊下部分まで広げることで奥行が1.5m増している。



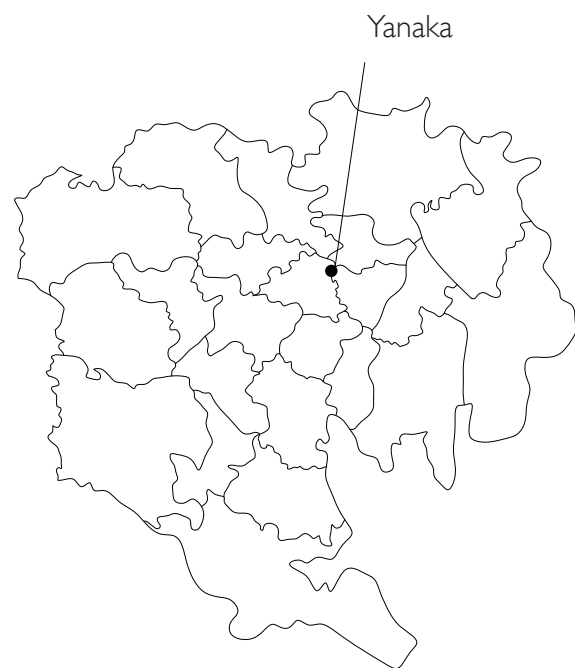
Reconfigured: Double story combined unit for a 3-generation family

Units can be renovated to accommodate for changing family size.

The family room and the grandparents' room is located on the bottom level (left) with an accessible bathroom and shower. The bedroom can also open up onto the living room for different levels of privacy or isolation. The upper level (right) contains an office and the bedrooms for the parents and their toddler. The corridor on this level has been taken over, expanding the unit by 1.5m.

谷中・根津 YANAKA and NEZU

文京区 Bunkyo Ward





根津・谷中地区は、幅の狭い街路、低層かつ木造の建築物が集まっている”木造密集地域”の代表的な例である。根津・谷中の人口は、古くからそこに住む高齢の住民と、比較的最近移住してきた若い住民の混合により構成されている。住居の密集による火災の危険性を鑑みても、これらの地区に内在する、先述したような建築的要素は、住人同士の相互作用や、ごく日常的なコミュニケーションの機会を孕んだ界限性を作り出している。車両の侵入ができない狭い街路は、住人による道端の庭化や、猫の散歩、洗濯物がはみ出したベランダなどの状況を引き起こしている。それらは、間接的に高齢者や子供の安否・健康を住民が見守ることを可能にするインフォーマルなシステムを、地域コミュニティ内で形成する要因となっている。特に、”in-between”と呼ばれる計画外の空間は、住民同士、または住民と外部の人間の偶発的な交流を促している。”in-between”の空間は、小さいものは1メートルほどの幅から、大きいものは街路の幅まで、様々なスケールを有し、そのスケールに応じた多様な住民同士の相互作用が存在する

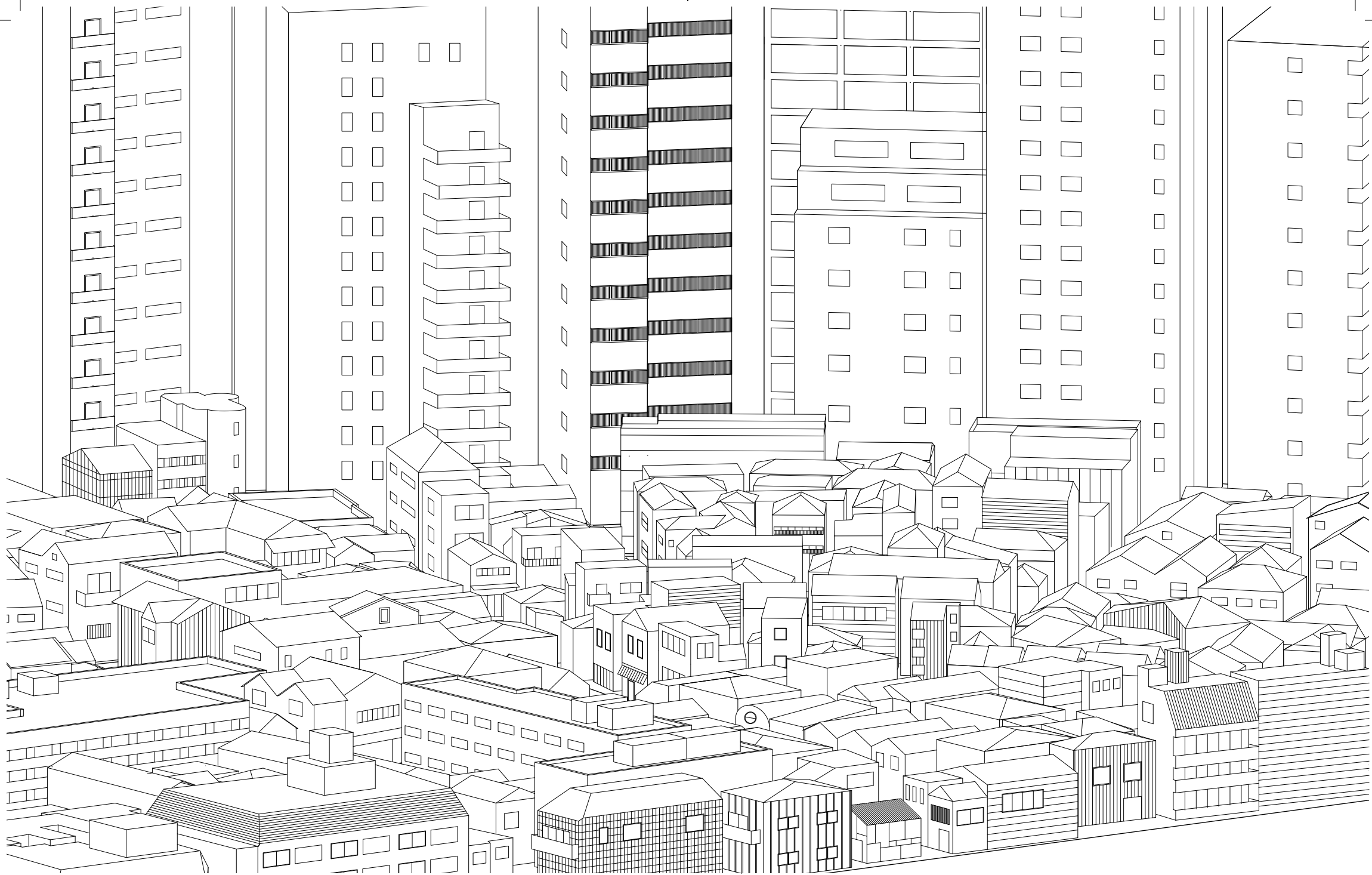
The neighborhoods of Nezu and Yanaka exemplify “dense wooden house districts” found throughout Tokyo, which are characterized by narrow streets, a concentration of low-rise buildings, and timber frame construction. The population of Nezu and Yanaka consists of a mix of long-term elderly residents and young families that have moved into the neighborhood more recently.

Despite the density and potential fire hazards, the inherent architectural qualities within these older areas of Tokyo create a neighborhood embedded with opportunities for interaction and informal communication between neighbors. Narrow streets, which are restricted to vehicle access, give rise to lush sidewalk gardens, wandering cats, and balconies spotted with laundry, instigating an informal system of community through which residents keep an eye out for the wellbeing of elderly neighbors and children.

In particular, the areas of ‘in-between,’ or small, unprogrammed spaces within the neighborhood, allow for unplanned exchanges between the residents themselves as well as with the outside community. These spaces vary in scale, from as small as one meter wide to the width of a narrow street, and in the type of interactions they facilitate.

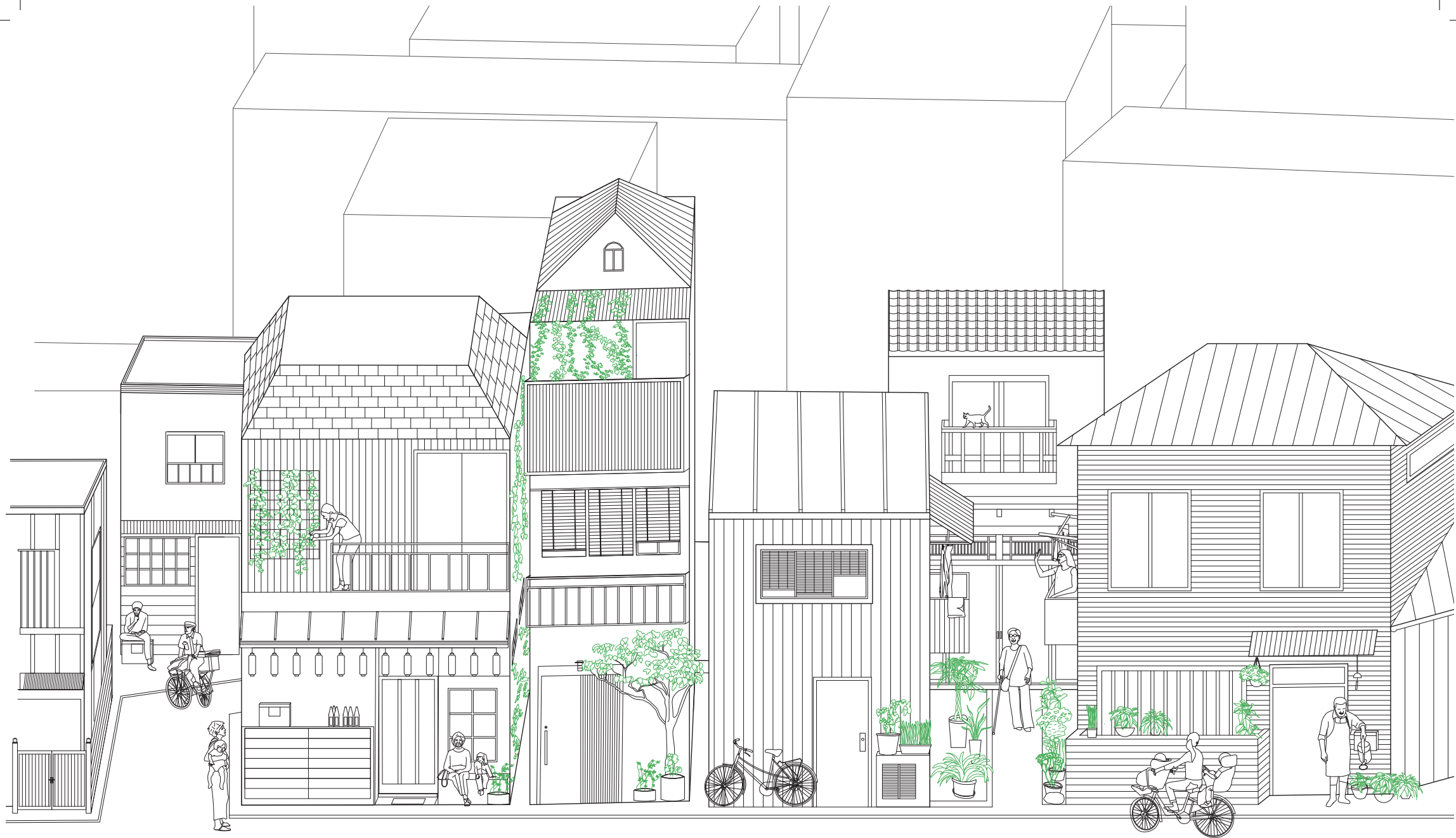


Scale 1:5,000



木造住宅密集地域 防火帯

High Density Wooden House District and
Fire Break Belts



狭い街路
Narrow Street

小商店
Commercidence

'In-between' の庭
'In-between' space

ベランダ
Balconies

狭い街路

道端の菜園や家庭内のアクティビティが道まではみ出していることは、楽しい雰囲気を醸し出すだけでなく、近隣住民の健康や安否を物語っている。

Narrow Street

Sidewalk gardens and other domestic activities spill onto the streets, creating a pleasant atmosphere while also giving indication of neighbors' health and wellbeing.

小商店

住宅の一階部分にある小さな商店は、食品や他の日用品を取り扱い、若者と高齢者の交流を生む、多世代間の架け橋となっている。

Commerisidence

Small businesses on the ground floor of a residence provide a mixing ground for the young and old, using food or other commodities as a multi-generational bridge.

In-betweenの庭

住戸の間の余白として存在するIn-betweenの空間は、住人達により緊密なスケール感覚をもたらす。In-betweenの空間は、多くは小さな前庭、自転車置場、もしくは街区内の建物の入り口となっている。

'In-between' space

In tending the space between apartments, neighbors are brought together on a more intimate scale. These areas often serve as gardens, bike storage, and entries to mid-block homes.

ベランダ

近隣住民達はベランダで直接的にも間接的にも交流している。ある時は顔を突き合わせて会話をし、またある時にはベランダに何か生活の痕跡(手入れされた植木鉢や洗濯物)があるだけで住民の安否を知ることもある。

Balconies

Neighbors interact both directly and indirectly on balconies, at times coming face to face with each other; other times, the simple display of activity on the balcony gives a cue to the residents' wellbeing.



谷中・根津地域は、その多くが関東大震災と、太平洋戦争の空襲の被害を逃れていたため、建築的に豊かな歴史を有している。20世紀半ばから地域に住み続けてきた高齢者の多くは、その時代からの古い木造住宅に住んでいて、地域の活気あるコミュニティを形成している。歴史を継承しつつ、谷中・根津地域はカラフルなカフェ、ギャラリー、アーティストの出店や寺などが様々な年齢層の住民と観光客を魅了し、現代的な生き生きとした雰囲気を醸し出す地域へと発展してきた。

These neighborhoods have a rich architectural history due in large part to the area surviving the Great Kanto earthquake of 1923 and being spared from fire bombings in WWII. Yanaka and Nezu have continued to be vibrant communities, with elderly that have lived there since the mid-twentieth century, many inhabiting old wooden homes that remain from another era. While respecting the history, the neighborhoods have evolved, capturing a lively contemporary atmosphere of colorful cafes, galleries, artist shops, and many temples which attract multi-generational visitors and residents.

都心 CITY CENTER

台東区、中央区、渋谷区 Taito-ku, Chuo-ku, Shibuya-ku

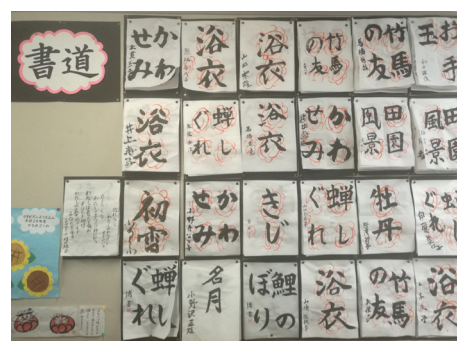
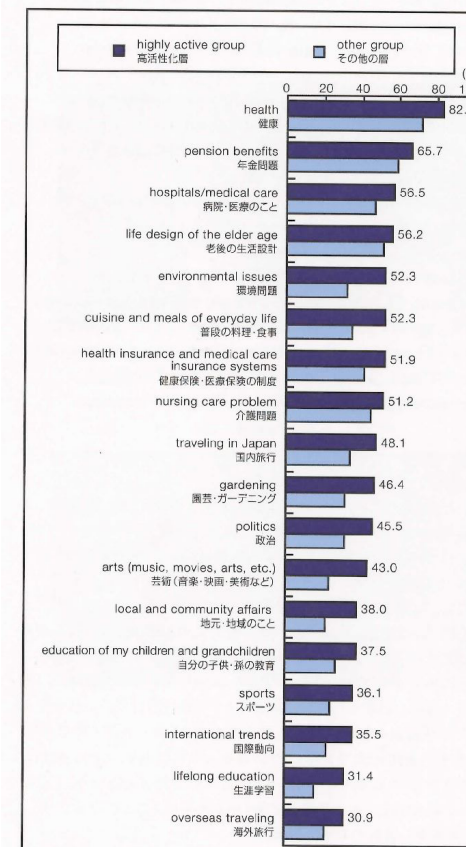


Chart 8 Current interests and concerns
(図8) 現在の興味感心事



多様化する高齢者の活動

Elderly people's emerging interests and hobbies.

近年、都市における高齢者の余暇活動や他者との交流への欲求や、健康への関心が高まっている。散歩や水泳、ハイキング、スキー等の運動や、絵画や彫刻、陶芸、演劇やコンサート等の文化的な活動そして料理や麻雀やチェスなど、その内容は実に多様になってきている。

そのような高齢者のニーズと関心の高まりに対応するように、日本の高齢者向け住宅サービスはこの20年間で急速に発展した。そして最近では台東、中央、渋谷などの医療やアメニティの充実した東京都心にも見られるようになった。

中心街に位置し、優れたサービスを提供するこれらの施設は高齢者向けの住宅の中でも高級な部類に入る。これらの施設での生涯使用料金は、1㎡当たり100万円(約10,000USドル)であり、1部屋につき200万円(20万~30万ドル)の家賃に加え、毎月200,000~300,000円(2,000~3,000米ドル)のサービス料を支払うものが多い。

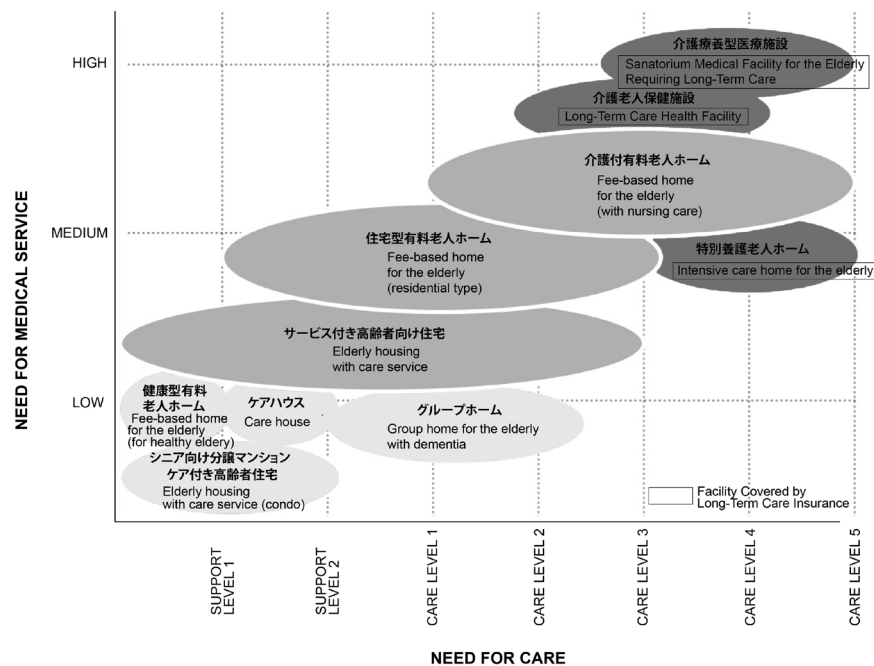
しかし高齢者のありとあらゆる要求を満たす完璧なサービスを提供する一方で、密集した都市のにおいてこの現代的な施設は土地のコンテキストからは切り離してしまう。私たちのリサーチはこの「都市の中の都市」の状況の分析を描いたものである。

Recently, elderly people has expressed increasing interests in leisure and communication and have remained fairly concerned about health care issues. Their desired activities include traveling, physical exercises, art activities, cooking and board games.

Catering to the arising needs and interests of elderly people, purpose-built fee-paying elderly homes in Japan have been growing fast in the past two decades. Many of these elderly houses have been located in Tokyo city center, particularly in Taito, Chuo, Shibuya, where medical resources and amenities are abundant.

Located in city center and providing superior services, these facilities charge high. The price for life-long use right in these facilities is around 10,000 USD (1,000,000 yen) per square meters, which means one needs to pay 200,000 to 300,000 USD (2,000,000 yen) for a room. There are also monthly service fees ranging from 2,000 - 3,000 USD (200,000 - 300,000 yen).

In the dense urban context, these facilities tend to be more modern, with various services included, but isolated in its context. Our group focuses on the recent trend of “city within a city” in purpose-built nursing facilities in urban areas.

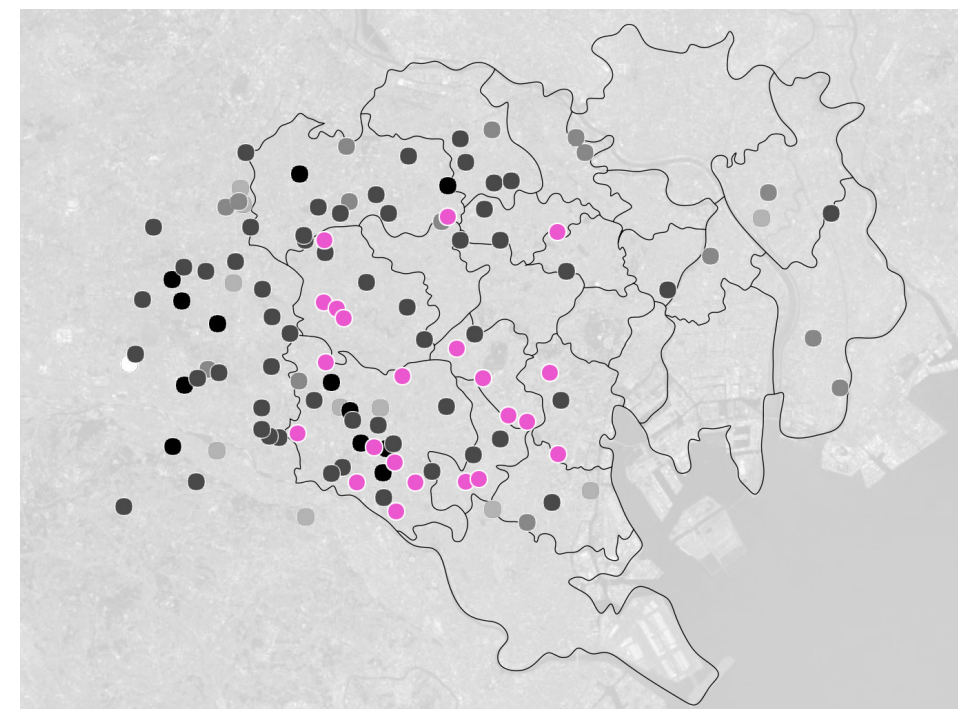


高齢者向け住宅の種類とサービス

Medical Dependency and Degree of Care in Senior Housing

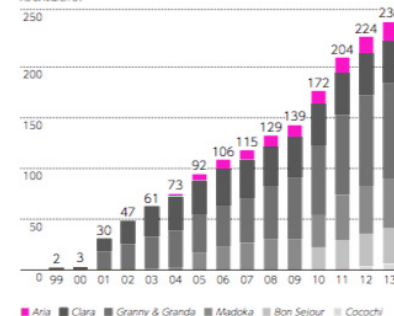
上の図は2013年現在、厚生労働省が定める高齢者向け住宅の種類と、それぞれが対象とする医療依存度と要介護度の関係を示したものである。病院に近い医療設備を備えたものから、一般住宅に近いものまで段階的に分類されている。

The chart by Japanese Ministry of Health, Labour and Welfare in 2013 indicates different levels of medical and nursing services in senior housing. The fee-paying senior homes are less dependant on medical facilities.



NUMBER OF NURSING HOMES FOR SENIORS

As of March 31



ベネッセスタイルケアの高齢者向け施設

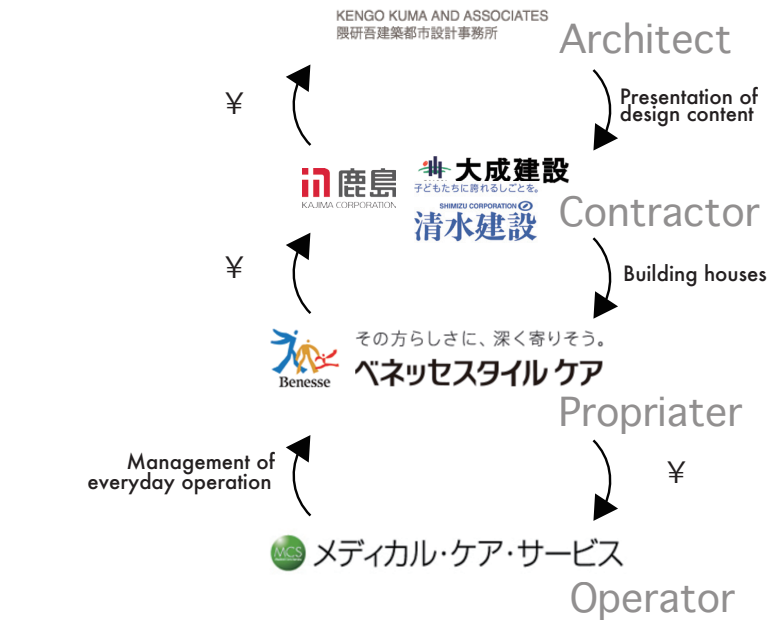
Location of Benesse facilities

業界大手のベネッセでは高齢者向け住宅を複数シリーズ展開し、その数は都内でも急速に増えている。中でも高級志向の「アリア」シリーズは都心に多く見られ、都心型老人ホームという新たなスタイルを確立しつつある。

In the location map provided by senior housing firm Benesse, the high quality senior houses (Aria) are located around the city center, while the others spread around the entire city. The high quality facilities charge the highest and provide full-scale nursing services.

高齢者向け住宅の仕組み The Operation of Fee-Paying Senior Housing in Tokyo

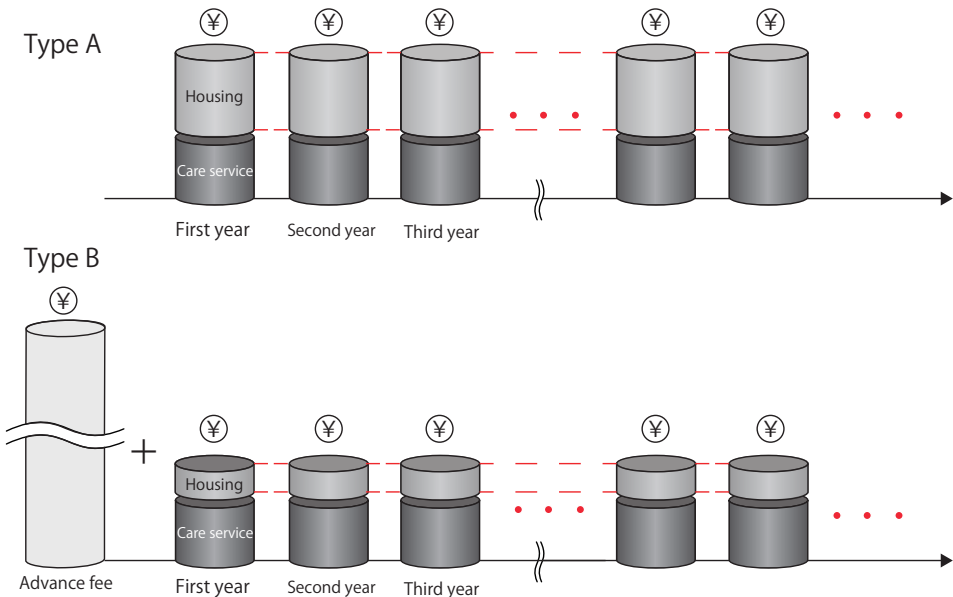
事業者 - オペレーター - 建築家 - 請負業者
Proprietor - Operator - Architect - Contractor



一般的に高齢者向け住宅はベネッセの例に代表されるように企業によって管理、運営されている。場合によっては管理と運営が住宅・不動産関係の企業と医療関係の企業に分かれていることがある。

Generally, high-end senior housing are developed and operated by senior housing firms like Benesse. In some cases, real estate firms are the proprietor, and senior care firms function as the operator.

家賃の仕組み
Payment



支払いには家賃とサービス料が含まれ、2種類の方法がある。1つは賃貸のように一定額を支払い続ける方法であり、もう一つは入居する権利を一括で前払いし、より低額な家賃とサービス料を支払う方法である。入居期間やサービス内容によって設定される方法が異なる。

A senior resident has to pay admission fees as well as service fees to reside in and to be taken care of. The admission fees can be paid in full for life-long use right or by year, while the service fees are paid by month.

ウィーザス根津 Withus Nezu

事業者：久保工

設計：隈研吾建築都市設計事務所

開業：2005

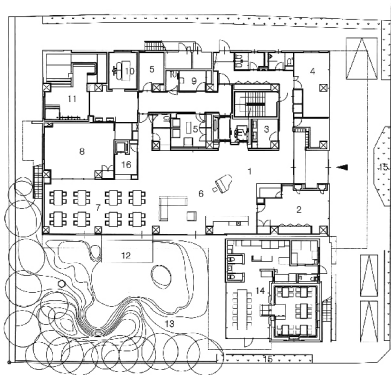
居室数：49

Proprietor: Kuboco

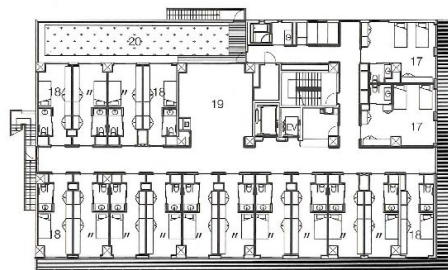
Architect: Kengo Kuma

Opening year: 2005

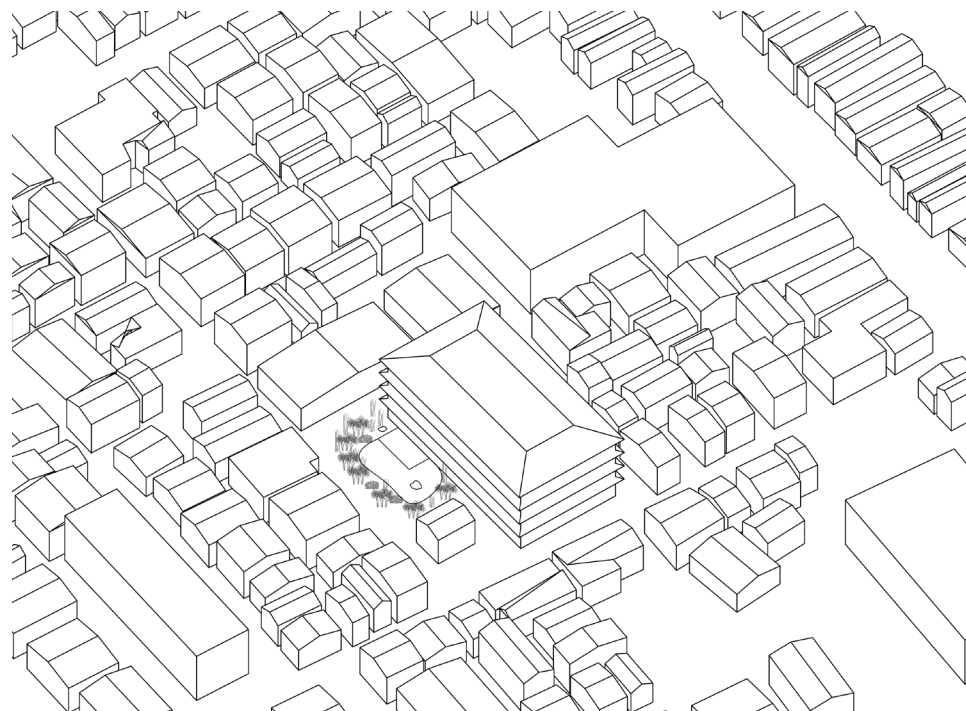
Number of rooms: 49



一階平面図 First floor plan



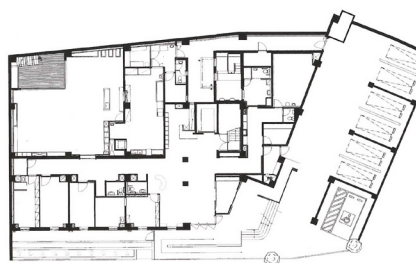
二階平面図 Second floor plan



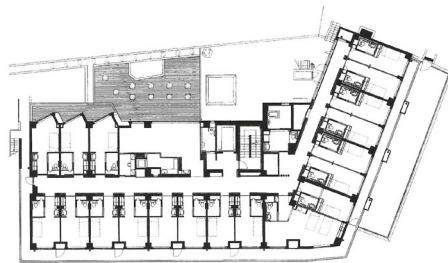
アリア恵比寿 Aria Ebisu

事業者：ベネッセスタイル株式会社
設計：岡田新一設計事務所
開業：2006
居室数：56

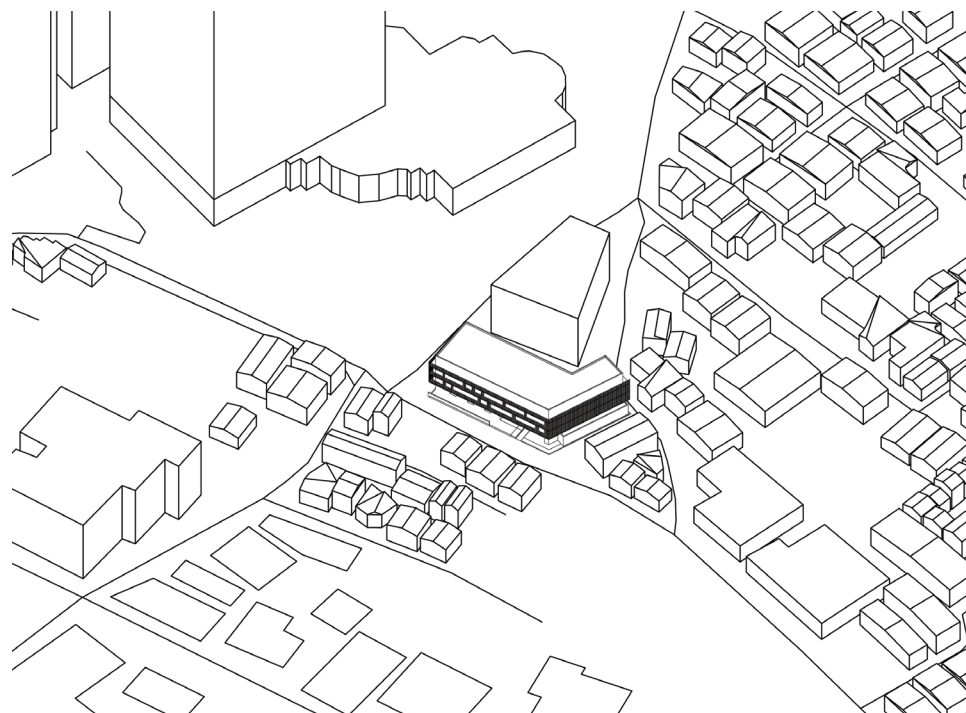
Proprietor-Operator: Benesse Style Co.
Architect: Shinichi Okada
Opening year: 2006
Number of rooms: 56



一階平面図 First floor plan



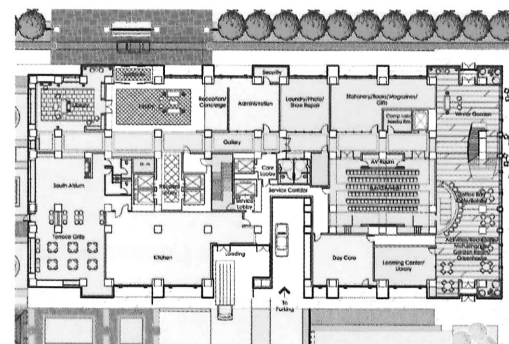
二階平面図 Second floor plan



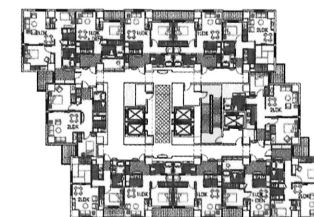
サンシティ銀座・イースト Sun City Ginza East

事業者：Half Century More
設計：パーキンソン・イーストマン
開業：2006
居室数：410

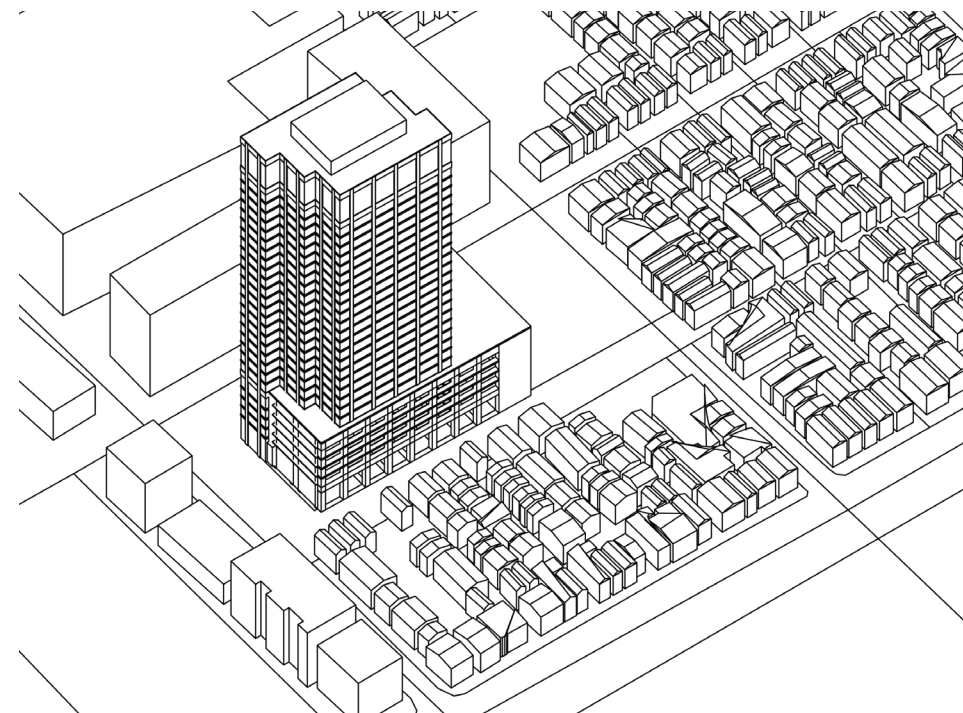
Proprietor-Operator: Half Century More
Architect: Perkins Eastman
Opening year: 2006
Number of rooms: 410



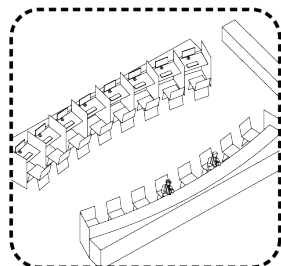
一階平面図 First floor plan



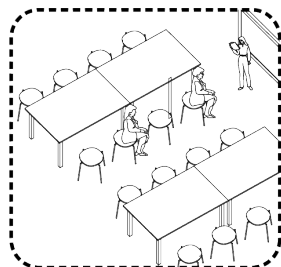
基準階平面図 Typical floor plan



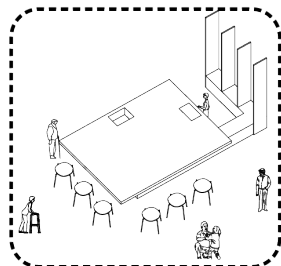
コンピューター室
Business center



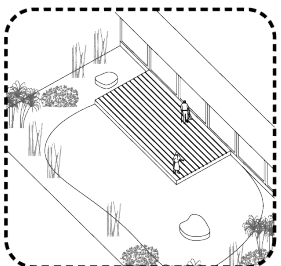
ラーニングセンター
Learning center



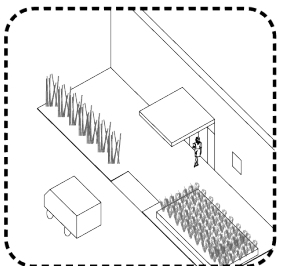
食卓付きキッチン
Cooking-eating space



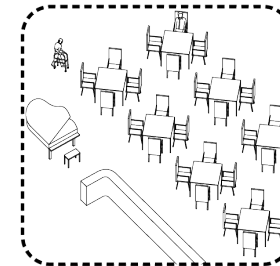
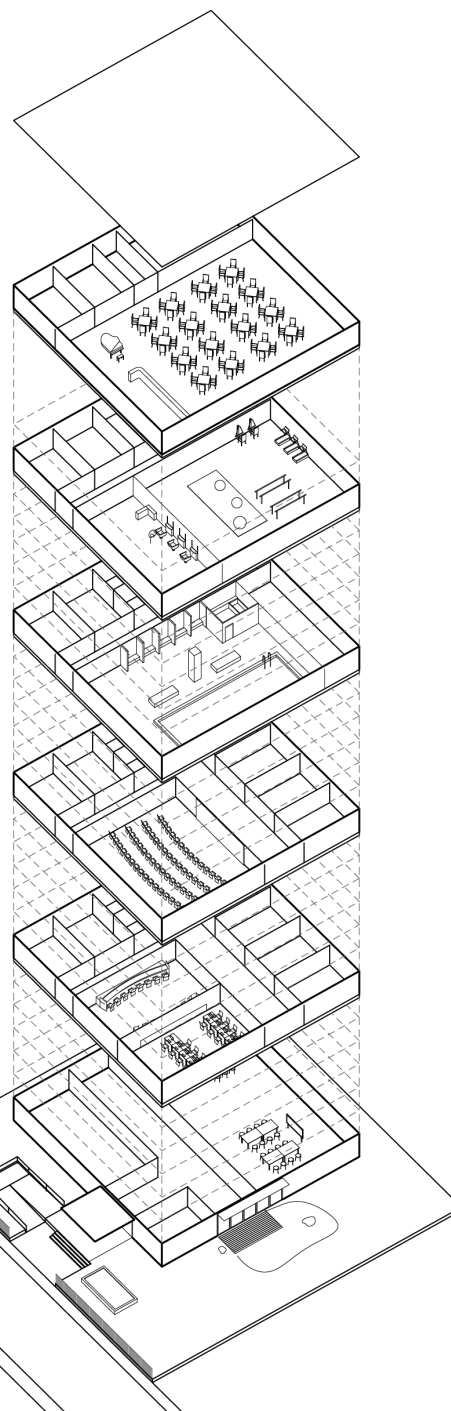
庭
Garden



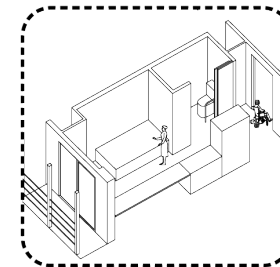
送迎車出入り口
Drop-off



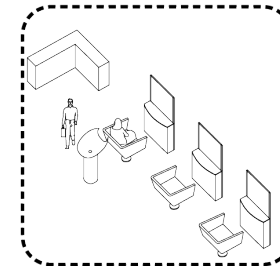
様々なサービスを備えた典型的な都心型高齢者向け住宅



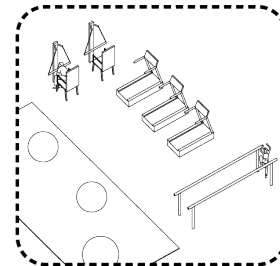
レストラン
Restaurant



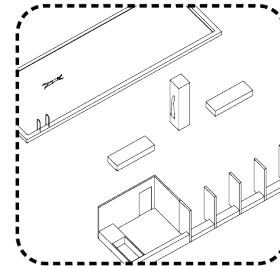
個室
Single unit



美容室
Hair salon



ジム
Gym



大浴場
Spa

A prototypical tower in city center with amenities from existing projects.

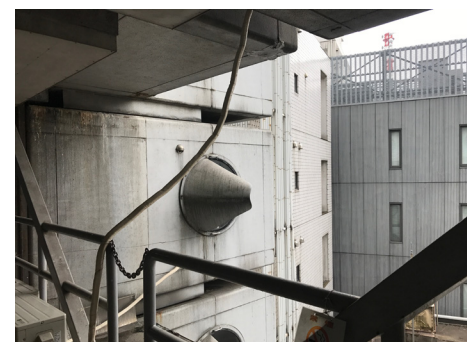
旅行記錄 TRAVELOGUE

The workshop has also undertaken an exploration of the unique urban environment of Tokyo. For a city becoming older, Tokyo is ironically characterized by its newness, constant reinvention and renewal: the average lifespan of residential buildings is merely 26 years.³ Coupled with increasingly subdivided and smaller lots, along with a proliferation of single-family homes, Tokyo (and Japan in general) has become well-known for its architectural experimentation, particularly in the realm of housing in the post-Bubble economy. Students and faculty visited a number of significant projects, both contemporary as well as post-War and connected to the Metabolism movement. Finally, as an opportunity to understand the milieu of contemporary architectural production, the workshop visited four studios and offices of practicing architects in Tokyo, including Atelier Bow-Wow, Shigeru Ban, Junya Ishigami, and SANAA.

3. Kitayama Kō, Tsukamoto Yoshiharu, Nishizawa Ryūe. Tokyo Metabolizing. Tokyo: Tōtōshuppan, 2010.







参考文献

BIBLIOGRAPHY

General Tokyo / Japan:

Kaijima Momoyo, Kuroda Junzō, Tsukamoto Yoshiharu. Made in Tokyo. Tokyo: Kajima Shuppankai, 2001.

Kitayama Kō, Tsukamoto Yoshiharu, Nishizawa Ryūe. Tokyo Metabolizing. Tokyo: Tōtōshuppan, 2010.

Koolhaas, Rem, Hans Ulrich Obrist ; ed.: Kayoko Ota with James Westcott, AMO. Project Japan: Metabolism Talks. Köln: Taschen, 2011.

General Aging & Senior Housing:

Allison Arieff. "A Housing Crisis for Seniors" The New York Times, January 28, 2017.

American Institute of Architects. Design for Aging Review 11: Insights and Innovations: The State of Senior Housing.

Arup. Shaping Ageing Cities: 10 European case studies. 2015.

Christian Schittich, Ed. Housing for people of all ages: flexible, unrestricted, senior-friendly. Basel: Birkhäuser, 2007.

Eckhard Feddersen, Insa Lüdtko. Living for the Elderly: A Design Manual. Basel: Birkhäuser, 2012.

Detail Magazine, May/June 3:2017 "Housing for Seniors"

Hollwich, Matthias, and Bruce Mau Design. New Aging: Live Smarter Now to Live Better Forever. Penguin Random House, 2016.

Oosterman, Arjen, Ed. "Aging" Volume 27: 2011.

Simpson, Deane. Young-Old: Urban Utopias of an Aging Society. Zurich: Lars Muller Publishers: 2015.

United Nations Population Fund (UNFPA), New York. "Ageing in the Twenty-First Century: A Celebration and A Challenge." 2012.

Aging in Tokyo / Japan:

Brasor, Philip and Masako Tsubuku. "For elderly residents, city life doesn't get old." The Japan Times September 32, 2016. <http://www.japantimes.co.jp/community/2016/09/03/how-tos/elderly-residents-city-life-doesnt-get-old>. Accessed 18 July 2017.

Hara, Toshihiko. A Shrinking Society: Post-Demographic Transition in Japan. [electronic resource] Tokyo: Springer Japan: Imprint: Springer, 2015.

Kose, Satoshi. "Housing elderly people in Japan" Ageing International. December 1997, Volume 23, Issue 3, pp 148-164.

Mochizuki, Takashi. "Shrinking, Aging Tokyo." The Wall Street Journal. N.p., Sept 4, 2012. Web: <http://blogs.wsj.com/japanrealtime/2012/09/04/shrinking-aging-tokyo-2/>.

Rodwin, Victor G., and Michael K. Gusmano, Eds. Growing older in world cities : New York, London, Paris, and Tokyo. Nashville: Vanderbilt University Press, 2006.

Soble, Jonathan. "A Sprawl of Ghost Homes in Aging Tokyo Suburbs" The New York Times, August 23, 2015.

Suzuki, Toru. Low Fertility and Population Aging in Japan and Eastern Asia. [electronic resource] Tokyo: Springer Japan: Imprint: Springer, 2013.

Wikipedia. Aging of Japan. https://en.wikipedia.org/wiki/Aging_of_Japan. Accessed 02/14/2017.

クレジット CREDITS

Team

Adam Snow Frampton (GSAPP)
Yuko Sono (GSAPP)
小林 恵吾 (Waseda)

Site 1: Sugamo
Yanling Deng (GSAPP)
Yashesh Panchal (GSAPP)
渡邊 颯 (早稲田)

Site 2: Takashimadaira
Cory Archie (GSAPP)
Ashely Kuo (GSAPP)
竹脇 右玄 (Waseda)

Site 3: Yanaka/Nezu
Arianna Dean (GSAPP)
Julie Perrone (GSAPP)
藤井 隆太 (Waseda)
河畑 淳子 (Waseda)

Site 4: City Center
Tonks Chen (GSAPP)
Ziye Tang (GSAPP)
金子 亮介 (Waseda)
北岡 航 (Waseda)

Thanks to

太田 佳代子
須磨 一清
伊藤 維
進士 渉
Matthias Hollwich
貝島 桃代
田所 真、坂茂建築設計アソシエート
石上 純也
前田 達之
アリソン 理恵
馬場 拓也
常國 文萌
Regina Teng
小田切 駿

Team

Adam Snow Frampton (GSAPP)
Yuko Sono (GSAPP)
Keigo Kobayashi (Waseda)

Site 1: Sugamo
Yanling Deng (GSAPP)
Yashesh Panchal (GSAPP)
Hayate Watanabe (Waseda)

Site 2: Takashimadaira
Cory Archie (GSAPP)
Ashely Kuo (GSAPP)
Ugen Takewaki (Waseda)

Site 3: Yanaka/Nezu
Arianna Dean (GSAPP)
Julie Perrone (GSAPP)
Ryuta Fujii (Waseda)
Junko Kawabata (Waseda)

Site 4: City Center
Tonks Chen (GSAPP)
Ziye Tang (GSAPP)
Ryosuke Kaneko (Waseda)
Wataru Kitaoka (Waseda)

Thanks to

Kayoko Ota
Issei Suma
Tamotsu Ito
Wataru Shinji
Matthias Hollwich
Momoyo Kajima
Mokoto Tadokoro & Shigeru Ban Architects
Junya Ishigami
Tatsuyuki Maeda
Rie Allison
Takuya Baba
Ayame Tsunekuni
Regina Teng
Hayao Odagiri

This workshop is anticipated to be the beginning of a longer-term project, the first in a series of two workshops, and to eventually culminate in a publication. The broader project is concerned not only with observation and analysis but also the design of speculative prototypes and proposals. Nonetheless, this initial phase has mainly focused on what exists or is implied through existing demographics. While this workshop has been based upon the specificity of certain neighborhoods and types found in Tokyo, the ambition of the broader project is to explore expanded issues, beyond specialized knowledge about senior housing or prescriptive guidelines, nor concerned with a geographic or typological focus.

For instance, what does an aging population mean for its non-elderly demographic? Given the dissolution of traditional family structures, what new forms of housing will emerge and what new relationships between generations could occur, and how will this be expressed architecturally? What can be learned and perhaps exported from the situation in Tokyo? Given the global population boom in aging, which will particularly affect other Asian

countries such as China, Indonesia, Malaysia, and the Philippines, can models from Tokyo be useful elsewhere? With longer human lifespans, the types of elderly housing will likely proliferate along a gradient of independent to assisted living to full hospitalized care. What does this mean for housing in general, where architectural performance and its relationship to materials, texture, color, light, and spatial organizations may be more closely connected to health and human biological, physiological and perceptual (vision, sight, hearing, smell) phenomenon? Demographic shifts and aging populations, combined with other factors such as de-industrialization, outsourcing, and/or automation, suggests future cities where a majority of people no longer work. As labor is no longer the fundamental purpose of urban centers, how will future cities change? Is leisure the new fundamental activity of cities? Ultimately, the project aims to engage broader disciplinary implications and opportunities through the study of elderly populations.

