

臺北市政府社會局

113年委託辦理

臺北市老人生活狀況調查

調查報告書

委託單位：臺北市政府社會局

執行單位：典通股份有限公司

中華民國 114 年 3 月

研究小組

計畫主持人

中央研究院社會學研究所	楊文山	兼任研究員
-------------	-----	-------

協同主持人

國立臺北大學社會工作學系	王 品	副教授
典通股份有限公司	彭佳玲	營運長

研究團隊

典通股份有限公司	曾嘉怡	總監
典通股份有限公司	蕭錦炎	策略長
典通股份有限公司	陳淑方	經理
典通股份有限公司	黃美玲	經理
典通股份有限公司	羅勻佑	副理
典通股份有限公司	陳蕙文	研究員
典通股份有限公司	蔡欣妤	研究員
典通股份有限公司	鄭羽芹	研究員
典通股份有限公司	張瑜庭	研究員

凡 例

- 一、本調查資料採用電子計算機處理，因四捨五入關係，故總計數與各細項和之尾數，容或有未能相符。
- 二、本報告所用各種符號之代表意義如下：
 - 0 或 0.0：表示數值不及半單位
 - ：表示無數值
 - ...：表前次調查無此資料

調查摘要

一、調查目的

本年度調查主要工作除蒐集臺北市 60 歲以上人口之生活各面向現況外，亦由長輩生活困擾面或感受面挖掘需求，以了解目前臺北市高齡友善環境的整體情況。此外，針對政府福利服務方面，聚焦探討臺北市重要老人福利措施民眾之認知、使用情形以及未來之需求情形，以作為未來長期政策推展方向、資源挹注之參考。主要目的為：

- (一) 瞭解臺北市老人之生活現況、需求及未來生涯規劃及期望。
- (二) 分析臺北市老人對現有福利提供之瞭解程度、使用狀況，作為現有老人福利方案宣導與調整之參考。
- (三) 探討影響臺北市老人使用各項福利服務之因素，作為現有老人福利服務供需狀況提供之參考。
- (四) 作為臺北市政府及相關單位研訂老人福利政策、醫療保健、就業及制定老人安養、養護措施等之參考依據。
- (五) 作為政府及民間團體推動老人福利各項服務之參考。

二、調查方法與過程

本調查採派員實地訪問調查法。以臺北市 12 個行政區為調查範圍，對象以截至 2024 年 8 月 31 日止，居住上述地區戶籍設於臺北市且年滿 60 歲以上臺北市民為調查對象。

一般住宅者方面，採用「分層系統抽樣法」，依行政區分為 12 個副母體，每個副母體下依「年齡」及「性別」做分層變數，各分層內，依老人單齡年齡、村里地址排序系統抽樣。進住機構者方面，範圍包含臺北市政府衛生局督導之一般護理之家、住宿式長照機構，以及臺北市政府社會局督導之老人福利機構、老人住宅或公寓，採用「分層二階段隨機抽樣法」，依不同機構類型分為 3 層。

調查問卷了解臺北市 60 歲以上人口生活各面向議題，包含家庭及居住狀況、健康、生活起居與醫療保健、日常生活(ADL)與自我照顧能力(IADL)、生活習慣、就業、休閒活動安排、家庭與社會關係、經濟狀況、對老人福利措施之瞭解情形、對老年生活看法或感受、對老人福利機構入注意願(或入住情況)等生活面議題。

對於臺北市政府提供之老人福利措施，本年度聚焦於 8 大福利服務：敬老卡、重陽禮金、健康保險自付額補助、緊急救援系統、老人居家修繕補助服務、日間照顧服務、社區照顧關懷據點暨老人服務中心、長期照顧交通接送服務(DA01)等，了解長輩對福利服務之瞭解、使用與需求情形。

三、重要發現

本調查自 2024 年 11 月 6 日起至 2025 年 1 月 12 日辦理訪查作業，共訪問 3,865 位年滿 60 歲以上人口，一般住宅者完成 3,665 份，進住機構者完成 200 份有效樣本。主要調查發現如下：

(一)臺北市老人基本狀況

1. 60 歲以上人口女性占比高於男性，占比約 56:44

2024 年 8 月，60 歲以上人口 55.8% 為女性、44.2% 為男性，各行政區 60 歲以上人口結構，女性占比均高於男性。

2. 大安、松山、中正區高齡人口較多，內湖區人口結構相對為年輕

大安、松山、中正區等三個行政區 65 歲以上人口達 76.7% 以上，85 歲以上人口占比達該行政區 8.9% 以上，高齡人口較多；內湖區 29.2% 為 60~64 歲，人口年齡結構則呈現相對較為年輕。

3. 60 歲以上人口六成八為已婚且與配偶同住，男性婚姻關係存續比率較女性高

60 歲以上人口目前婚姻狀況以「已婚且與配偶同住」最高(68.2%)，其次為「喪偶」(17.2%)。男性目前婚姻狀況為「已婚且與配偶同住」比率較女性高，女性目前「喪偶」比率遠高於男性，男性婚姻關係存續比率較女性高；不同性別與 60~64 歲離婚、未婚比率均較前次調查呈現增加的趨勢。

4. 60 歲以上人口約有一成需擔負(外)孫子女照顧責任

九成臺北市 60 歲以上人口有子女，平均擁有子女數約 2.2 人，60~64 歲人口有子女占 82.8%，65 歲以上 93.0% 有子女，略低於全國 65 歲以上的 96.5%¹；60.8% 有(外)孫子女，60~64 歲 30.8% 有孫子女，65 歲以上 70.0% 有(外)孫子女，整體共 10.2% 需要擔負照顧(外)孫子女責任，照顧頻率以每天照顧情形居多。

¹ 衛生福利部，2024，〈111 年老人狀況調查報告〉。

5. 60~64 歲人口上網率近九成四，65 歲以上近七成四

78.7%的臺北市 60 歲以上人口會使用網路，60~64 歲上網率達 93.8%、65 歲及以上者上網率 73.7%。以使用頻率觀察，69.9%是每天或幾乎每天使用網路(不限載具)的高度使用者，而從來沒有上網經驗的比率從 40.7%下降至 21.3%，減少 19.4 個百分點，其中 65 歲以上人口「從來沒有使用網路」的比率為 26.3%，低於全國調查 65 歲以上人口的 49.64%，²未上網者以 75 歲以上、國小以下學歷、居住機構者沒有上網經驗的比率較高。

(二)家庭型態與居住安排情形

1.家庭型態以二代家庭居多；老老共居 24.7%；獨老人口 9.8%，均較前次成長

臺北市 60 歲以上人口以「二代家庭」為大宗(41.1%)，其次為僅與配偶(同居人)同住(24.7%)、三代家庭(17.0%)，約有 9.8%老人目前為獨居；60~64 歲有過半數(50.2%)為兩代家庭，遠高於 65 歲及以上的 38.1%，而 65 歲及以上僅與外國籍看護同住(1.3%)、住機構(1.2%)的比率則高於 60~64 歲。

2.電梯大樓居住率微增，仍有五成九 60 歲以上人口居住於無電梯公寓環境

99.0%臺北市 60 歲以上人口居住於一般住宅、1.0%居住於機構中。在一般住宅者的居住形態以公寓為主(61.4%)，其次為電梯大樓(32.7%)，與 108 年調查結果比較，「電梯大樓」從 27.7%增加至 32.7%，上升 5.0 個百分點，但仍有 59.3%居住於無電梯的公寓。居住於一般住宅的 60 歲以上人口有 16.0%認為居住環境需改善，主要提出需要改善之處為「上下樓梯不易」。

3.自有房屋率高於九成，無房者有 15.1%曾於尋找租屋過程遭遇困難

居住於一般住宅之 60 歲以上人口，90.0%居住於自有房屋(包含自有及家人用有)，租屋-私人住宅者約占 8.5%，租用政府國宅/社會住宅占 1.2%，而 60~64 歲人口租屋率 14.2%高於 65 歲以上的 8.2%；與 108 年調查結果比較，自有房屋(包含自有及家人用有)的比率大致維持九成以上。

無自有房屋者有 15.1%曾於尋找租屋過程遭遇困難，主要困難為「租金無法負擔」、「未能找到屋況較好的房子」、「契約加註不得申請租金補貼」，其中獨身一人居住者遭遇「年齡歧視」(6.6%)的比率遠高於其他特性者。

² 衛生福利部，2024，〈111 年老人狀況調查報告〉。

4.近五成長輩願意當生活無法自理時進住長期照顧或護理之家

17.9%的 60 歲以上人口未來生活可自理時，願意住進老人安養機構、老人公寓或老人住宅者；49.5%生活無法自理時，願意住進老人長期照顧機構或護理之家；願意入住者均以 60~64 歲人口的比率高於 65 歲以上人口。不願意進住機構主因為希望居住在熟悉的環境中。

(三)身心健康、生活起居情形與醫療保健行為

1.近六成六 60 歲以上人口有慢性病，45.6%受訪者本人施測 ICOPE 任一項異常

65.8%的 60 歲以上人口有罹患經醫師確診之慢性病³，以「心血管、循環類疾病」比率最高(41.3%)，其次為「內分泌及代謝類疾病」(20.5%)；65 歲以上人口罹病率 71.7%，高於 60~64 歲人口的 47.9%。

針對本人可回答題目的受訪者進行「長者健康整合式評估 (ICOPE)」，結果有 45.6%長輩在認知功能、行動能力、營養、視力、聽力等 5 大項目至少有一項異常，54.4%則是所有項目均正常；65 歲以上人口至少一項異常率 50.9%，高於 60~64 歲人口的 30.6%。

2.近一成五 60 歲以上人口有 1 項衰弱情形(衰弱前期)

本案取 SOF 量表三項評估項目之精神，透過受訪者自述方式評估臺北市 60 歲以上人口自評之衰弱狀況⁴。臺北市 60 歲以上人口，三項衰弱指標之中，14.6%自述有 1 項衰弱情形(衰弱前期)，3.4%有 2 項以上衰弱情形。隨年齡增加，自述至少有 1 項的比率呈遞增趨勢，85 歲以上者有一項衰弱比率達 39.1%。

3. 60 歲以上人口 7.7%有情緒症狀，4.7%有孤獨傾向

針對本人可回答題目的受訪者詢問其情緒與孤獨評量題組，臺北市 60 歲以上人口的情緒症狀，92.3%自述為「一般」，較少感受到緊張、焦慮等情緒，5.9%為「輕度」、1.3%為「中度」、0.6%為「重度」；至於孤獨傾向情形，有 4.7%感到「孤單」，95.3%感到「不孤單」。其中，年齡層越高、居住於住宿機構者有情緒症狀、感到孤單的比率均較高。

³ 本調查所指慢性疾病係指是否患有經醫師或護理人員確診之慢性病，非受訪者自覺身體狀況之結果。

⁴ 本案取 SOF 量表三項評估項目之精神，透過受訪者自述而非實際執行施測方式，評估臺北市 60 歲以上者自評之衰弱狀況。援引 SOF 衰弱評估之認定，受訪者自述三項中有一項符合視為衰弱前期；符合二或三項即為衰弱。三項調查項目分別為：(1)體重減輕：過去一年未刻意減重情況下，體重減少 3 公斤以上；(2)下肢功能：是否能在不用手支撐情況下坐在椅子上後再站起來；(3)降低精力：過去一個禮拜感受到提不起勁做任何事情的情形。

4.近九成二臺北市 60 歲以上人口自覺健康狀況良好，14.0%過去一年曾跌倒過

60 歲以上臺北市民眾評估自己目前健康狀況，自覺健康狀況屬於良好者占 91.7%，不良者占 8.3%；與 108 年調查結果比較無顯著差異。9.8%臺北市 60 歲以上人口會因身體健康問題，在工作或日常活動上受到限制；13.3%表示會因擔心跌倒而使從事活動受到限制。

13.8%臺北市 60 歲以上人口獨自外出需要使用輔具，65 歲以上人口需要輔具占 17.4%，高於 60~64 歲的 3.0%。使用的輔具以「拐杖」、「手動輪椅」與「助行器」使用率較高，另有 1.5%回答「其他」項目，多為使用「雨傘」替代拐杖。

過去一年有跌倒經驗者占 14.0%，最常跌倒處為「自己常住的住宅」，其次是「人行道/騎樓」、「馬路旁邊」；居住在南港、萬華、松山、大安區過去一年曾於「人行道/騎樓」跌倒的比率高於三成；文山區曾於「馬路旁邊」跌倒比率 23.1% 相對高於其他行政區者。

5.臺北市 60 歲以上人口 12.3%有 1 項以上日常生活基本活動(ADLs)或工具性日常生活活動(IADLs)失能

將日常生活基本活動(ADLs)、工具性日常生活能力(IADLs)各項活動，若任一項活動表示「有一點困難」、「很困難」及「完全做不到」者代表無法獨立完成⁵，代表臺北市 60 歲以上人口目前生活自理能力，亦可進一步視為具有長照服務需求之對象。整體臺北市 60 歲以上人口中，7.8%屬於「ADL、IADL 皆無法獨立完成」、4.5%「僅 IADL 無法獨立完成」，需要長照服務支援之比率約為 12.3%。女性需要長照服務支援比率均高於男性；65 歲以上人口有 15.1%需要支援，高於 60~64 歲人口的 4.0%。

(四)生活安排、習慣與活動情形

1. 19.5%的臺北市 60 歲以上人口平日久坐時間達八小時以上

高齡者因老化、肌力訓練不足、加上長期久坐情況下，很容易造成肌肉流失、肌耐力不足，而增加跌倒風險。臺北市 60 歲以上人口，平日久坐超過 8 小時比率達 19.5%，平均久坐 5.3 小時；假日久坐超過 8 小時比率為 17.0%，平均久坐 5.1 小時，整體較 108 年結果增加。平日平均外出時間隨年齡增加呈遞減趨勢，

⁵ 「僅 IADL 無法獨立完成」比率，係指 4 項工具性日常生活能力中任一項表示「很困難」、「完全做不到」者。「ADL、IADL 皆無法獨立完成」比率，係指 6 項日常生活基本活動能力中任一項且 4 項工具性日常生活能力中任一項表示「很困難」、「完全做不到」者。

平均外出時間約 3.7 小時；60~64 歲人口平均外出時間約 5.4 小時，高於 65 歲以上人口的 3.1 小時。

2. 四成八 60~64 歲仍在工作、65 歲以上僅 12.6% 有工作，男性就業率高於女性

60 歲以上人口 21.4% 目前有工作；60~64 歲有工作比率為 48.0%，高於 65 歲以上的 12.6%，且 60~64 歲 85.1% 從事全職工作、65 歲以上僅 67.6% 為全職。整體觀察，男性有工作的比率較女性高。60~64 歲、65 歲以上人口主要從事的職業均以「服務及銷售工作人員」、「專業人員」與「基層技術工及勞力工」居多。

3. 近一成六 60 歲以上人口認為從事室外休閒活動有困難或限制，高齡者較困難

60 歲以上人口過去三個月從事的休閒活動，重要度最高的活動為「看電視」、「戶外健身、運動」、「看網路影片、音樂」、「和親友聊天、泡茶、唱歌」。前四項仍以靜態活動居多，且年齡愈高靜態休閒活動重要度亦隨之提升。15.8% 表示從事室外休閒活動有困難或限制，60~64 歲有困難比率 5.5% 遠低於 65 歲以上的 19.2%，而 75 歲以上多擔心自己容易跌倒；85 歲以上則多擔心自己的視力與聽力狀況以及關節影響，而使得從事休閒活動受限。

4. 僅 8.9% 的 65 歲以上人口近一年未使用任何市府相關服務或優惠

21.8% 的 60 歲以上人近一年未使用任何市府相關服務或優惠，因許多服務有年齡限制(65 歲以上才適用)，60~64 歲未使用率 60.6% 高於 65 歲以上的 8.9%。其中，65 歲以上人口使用率最高的為乘車補助優待(89.5%)，其次為河濱公園空間、步道、設施(22.6%)，再其次為臺北市周邊登山步道(12.5%)，其餘使用率不到一成。

5. 一成二 60 歲以上人口家中有需要長期照顧的家人

12.4% 的 60 歲以上人口家中有需要長期照顧的家人，其中，60~64 歲有需要的比率(14.0%)，略高於 65 歲及以上的 11.9%。整體觀察，女性 60 歲以上人口需要負起照顧工作的比率略高於男性。其中，過半數需要每天負擔照顧責任，即為主要照顧者。女性承擔主要照顧責任的比率高於男性。

(五) 經濟情形

1. 子孫奉養已非唯一的經濟來源

臺北市 60 歲以上人口最倚賴三大經濟來源為「定期領取的社會保險、退休年金或津貼」、「自己的儲蓄、利息、租金、投資所得或商業保險給付」或「自己的工作或營業收入」，子女或孫子女奉養的重要度合計排序第四。女性較依賴

子女或孫子女奉養，男性則較倚賴自給經濟。75 歲可視為自給經濟的分水嶺，65~74 歲民眾較倚賴「定期領取的社會保險、退休年金或津貼」，75 歲以上民眾則較倚賴「自己的儲蓄、利息、租金、投資所得或商業保險給付」與「子女或孫子女奉養」。

2. 五分之一的 60 歲以上人口財務準備相對不足

78.9%的臺北市 60 歲以上人口目前擁有儲蓄或財產，反之，五分之一的 60 歲以上人口財務準備相對不足；80 歲及以上、低教育程度、無子女者擁有儲蓄或財產的比率較低。而 90.1%的 60 歲以上人口目前沒有貸款或債務，9.9%則有貸款或債務，而 60~64 歲人口有儲蓄或財產、貸款或債務的比率均高於 65 歲以上。

(六)對臺北市老人福利政策的看法與期待

1. 60 歲以上敬老卡認知度 98.5%、65 歲以上認知度 99.1%，計程車為第三重要使用工具

98.5%臺北市 60 歲以上人口知道敬老卡，考量敬老卡為年滿 65 歲始得以申請，進一步觀察 65 歲以上整體認知度為 99.1%，其中 85 歲以上者認知度 96.4%，相對低於其他年齡層；65 歲以上各年齡層申請率為高於八成三。市區公車與臺北捷運是敬老卡二大使用工具，使用率達九成一以上，85 歲及以上長輩使用敬老卡搭乘計程車的機會較其他年齡層民眾來得高，未使用敬老卡的主因為「身體狀況不適合外出，用不到」、「習慣使用自己的交通工具」、「出入有家人親友接送」。

敬老卡政策在臺北市擁有高認知率、高申請率，而民眾申請後是否使用則關係到其交通行為習慣。高齡者因身體狀況、家庭資源(有家人接送)即是有敬老卡也不需要使用；而初老、中老階段約 60 歲、70 歲世代長輩，則尚具交通移動能力、個人資源等擁有自己的交通工具而不需要使用。

2. 65 歲以上人口重陽禮金認知度 98.4%、健康保險自付額補助認知度達五成

96.5%臺北市 60 歲以上人口知道重陽禮金，領取率為 71.4%；考量僅 65 歲以上人口才可領取重陽禮金，進一步觀察，65 歲以上人口有 98.4%知道、領取率達 95.0%。健康保險自付額補助方面，46.6%臺北市 60 歲以上人口表示知道，其中 65 歲以上認知度 50.5%高於 60~64 歲的 35.0%。

3. 18.5%的 60 歲以上人口知道「緊急救援系統」，申請率為 1.0%

「緊急救援系統」提供獨居長者 24 小時之緊急救援通報支持網路，僅 18.5% 臺北市 60 歲以上人口知道「緊急救援系統」，申請率為 1.0%，其中，女性；65~69 歲者；大安區、內湖區、文山區；高教育程度者的認知度較高。

4. 21.5%的 60 歲以上人口知道「臺北扶老•軟硬兼施」，申請率為 2.2%

21.5%臺北市 60 歲以上人口知道「臺北扶老•軟硬兼施」(老人居家修繕補助)，其中 65 歲以上認知度 21.2%略低於 60~64 歲的 22.2%，整體服務申請率為 2.2%；約 4.5%的民眾目前需要服務，52.6%未來有使用意願。而沒有使用意願的主要原因為「不清楚服務內容」、「不想麻煩/依賴別人」、「需家人決定」、「已完成無障礙環境改善」。

5. 0.7%的 60 歲以上人口目前未使用日間照顧服務但有需求

62.8%臺北市 60 歲以上人口知道日間照顧服務，其中，65 歲以上的認知度 61.8%低於 60~64 歲的 66.0%，從使用率來看，1.3%有使用經驗、61.5%知道而未使用。0.7%的 60 歲以上人口目前未使用但有需求。若更擴大到未來的使用意願，可發現 60 歲以上目前無需求的民眾，有 42.1%表示如果未來有需要會想使用此服務。整體而言，沒有使用意願的主要原因為「喜歡/習慣自己家(社區)環境」、「不想麻煩/依賴別人」、「不清楚服務內容」。

6.社區照顧關懷據點及老人服務中心 60 歲以上人口認知度 46.2%、65 歲以上認知度 46.0%

臺北市目前有設立 500 個「社區照顧關懷據點」及 14 個「老人服務中心」，46.2%臺北市 60 歲以上人口表示知道，其中，65 歲以上的認知度 46.0%略低於 60~64 歲的 46.8%，整體使用率為 4.3%。1.7%的 60 歲以上人口目前未使用但有需求，若更擴大到未來的使用意願，可發現 60 歲以上目前無需求的民眾，有 43.6%表示如果未來有需要會想使用此服務。整體而言，沒有使用意願的主要原因為「老年生活已有安排/不需申請服務」、「喜歡/習慣自己家(社區)環境」、「沒有熟識的朋友一起」與「不清楚服務內容」等。

7.長期照顧交通接送服務(DA01) 60 歲以上人口認知度 58.5%，65 歲以上認知度 58.1%

58.5%臺北市 60 歲以上人口知道「長期照顧交通接送服務(DA01)」，其中，65 歲以上的認知度 58.1%略低於 60~64 歲的 59.7%，整體使用率為 4.5%，而使用

過服務者多數認為使生活變得更好。1.8%的 60 歲以上人口目前未使用但有需求，若更擴大到未來的使用意願，可發現 60 歲以上目前無需求的民眾，有 53.0%表示如果未來有需要會想使用此服務。整體而言，沒有使用意願的主要因為「有其他替代方案」、「預訂不到交通車」、「費用問題」等。

8.七成臺北市 60 歲以上人口、73.2%的 65 歲以上對老人福利措施感到滿意

70.4%的臺北市 60 歲以上人口對老人福利措施感到滿意，9.6%感到不滿意，其中很不滿意占 1.8%，此外有 19.9%表示無意見或很難說。以年齡別觀察，65 歲以上人口 73.2%滿意，而 60~64 歲與 85 歲及以上民眾表示無意見或很難說的比率相對較高，顯示兩者對於老人福利措施的感受度較 65~84 歲者來得低。

(七)高齡友善感受與老年生活的看法

1.一成六 60 歲以上人口認為人行道及騎樓不順暢

臺北市 60 歲以上人口中，16.0%認為人行道及騎樓不順暢，而 75~84 歲人口認為不順暢的比率更高於 17.9%，顯示臺北市人行道及騎樓對老老人的友善程度仍有改善的空間。

2.一成 60 歲以上人口認為行人穿越道(斑馬線)不夠便利

10.5%的臺北市 60 歲以上人口認為臺北市行人穿越道(斑馬線)不夠便利，且年齡愈高，認為不便利的比率愈高，居住於松山區的 60 歲以上人口有 23.7%認為斑馬線不便利，其比率較其他行政區來得高。

3.8.4%的 60 歲以上人口認為臺北市公車或客運不夠友善，「急停急煞/沒站定位就啟動」為主因

8.4%的臺北市 60 歲以上人口認為臺北市公車或客運不夠友善，70~79 歲人口認為不友善的比率較高。認為公車、客運不友善的民眾中，72.8%是認為公車、客運會「急停急煞/沒站定位就啟動」為目前公車、客運不友善的主要原因。

4.四成 60 歲以上人口認為社會上商品或服務不夠考慮年長者需要

臺北市 60 歲以上人口中，15.3%認為社會大眾對老年人不夠尊重，14.0%認為社區鄰里活動不夠考慮到年長者需要，40.0%認為社會上商品或服務不夠考慮到年長者需要。整體看來，至少有一成五的 60 歲以上人口認為社會對老年人的友善程度仍需改善。

5.八成八 60 歲以上人口對整體生活感到滿意

88.2%臺北市 60 歲以上人口對整體生活感到滿意，僅 4.2%感到不滿意。離婚或分居、未婚者；無子女者；獨居、住機構者；需擔負照顧責任的民眾對生活感到不滿意的比率相對較高。

四、主要建議及政策意涵

(一)增進高齡者健康與自主

- 1.推廣中等費力身體活動，延緩長者久坐衰弱失能情形
- 2.關注老年心理健康促進，預防老年憂鬱
- 3.營造高齡者自主自立生活的機會

(二)提升高齡者社會連結

- 1.鼓勵高齡者重返職場及技能再運用，活躍老化
- 2.促進銀髮數位學習環境及友善設計，降低數位落差

(三)建構高齡友善及安全環境

- 1.深入調查以利研擬在地老化與租屋政策
- 2.持續建構高齡友善居住環境
- 3.加強高齡友善社區無障礙環境
- 4.關注高齡者老年生活準備
- 5.防制高齡者詐欺，守護財產安全

(四)強化社會永續發展

- 1.關注女性高齡者照顧需求
- 2.福利政策仰賴在地網絡傳遞資訊，60~64 歲可善用網路媒介

(五)未來研究建議

- 1.民眾聯絡資料庫建置
- 2.需求調查與政策研究建議可分案處理

Survey Summary

I. Survey Objectives

The primary objectives of this year's survey extend beyond collecting comprehensive data on various aspects of life among Taipei City residents aged 60 and above. The study delves into seniors' difficulties and perceptions to identify their underlying needs, thereby assessing the current state of Taipei City's age-friendly environment. Furthermore, regarding governmental welfare services, the survey specifically examines public awareness, utilization patterns, and future requirements of Taipei City's key elderly welfare initiatives. These findings will serve as valuable references for long-term policy development directions and resource allocation. The main objectives are:

- (A) To understand the current living conditions, needs, future life planning, and expectations of elderly residents in Taipei City.
- (B) To analyze senior citizens' comprehension levels and utilization patterns of existing welfare provisions, serving as a reference for the promotion and adjustment of current elderly welfare programs.
- (C) To explore factors influencing elderly residents' access to and use of various welfare services, providing insights into the current supply-demand dynamics of elderly welfare services.
- (D) To serve as a reference basis for Taipei City Government and relevant agencies in formulating elderly welfare policies, healthcare provisions, employment opportunities, and establishing elderly care and nursing care measures.
- (E) To provide reference materials for both governmental and non-governmental organizations in implementing various elderly welfare services.

II. Survey Methods and Process

This survey employed an in-person interview field research method. The survey scope covered the 12 administrative districts of Taipei City. The target population included Taipei City residents aged 60 and over who were registered as residents in the aforementioned areas as of August 31, 2024.

For residents living in general housing, a "stratified systematic sampling method" was used. The administrative districts were divided into 12 subpopulations. Within each subpopulation, "age" and "gender" were used as stratification variables. Within each stratum, systematic sampling was conducted based on the single-year age and village/neighborhood address of the elderly. For residents living in institutions, the

scope included general nursing homes and residential long-term care institutions supervised by the Department of Health, Taipei City Government, and elderly welfare institutions, elderly residence, or apartments supervised by the Department of Social Welfare, Taipei City Government. A "stratified two-stage random sampling method" was used, dividing the institutions into three strata based on different institution types.

The survey questionnaire explored various aspects of the lives of Taipei City residents aged 60 and over, including family and living conditions, health, daily living and healthcare, activities of daily living (ADL) and instrumental activities of daily living (IADL), lifestyle habits, employment, leisure activities, family and social relationships, economic status, understanding of elderly welfare measures, views or feelings about elderly life, and willingness to move into elderly welfare institutions (or residency status). Regarding the elderly welfare measures provided by the Taipei City Government, this year's survey focused on eight major welfare services: Senior EasyCard, Double Ninth Festival cash gift, subsidies for health insurance copayments, emergency response systems, home repair subsidies for the elderly, daycare services, community care stations and elderly service centers, and long-term care transportation services (DA01) etc., to understand the elderly's awareness, usage, and needs regarding these welfare services.

III. Key Findings

The survey interviews were conducted from November 6, 2024, to January 12, 2025. A total of 3,865 individuals aged 60 and above were interviewed, comprising 3,665 completed questionnaires from general housing residents and 200 valid samples from institution residents. The main findings are as follows:

(I) Basic Demographics of the Elderly Population in Taipei City

1. The proportion of women in the population aged 60 and over is higher than that of men, with a ratio of approximately 56:44.

As of August 2024, 55.8% of the population aged 60 and over were female and 44.2% were male. In all administrative districts, the proportion of women in the population aged 60 and over is higher than that of men.

2. Daan, Songshan, and Zhongzheng Districts have a larger elderly population, while Neihu District has a relatively younger population structure.

The population aged 60 and over in Daan, Songshan, and Zhongzheng Districts reaches 76.7% or more, and the population aged 85 and over accounts for 8.9% or more of the population in those districts, indicating a larger elderly population. In Neihu

District, 29.2% of the population is aged 60-64, indicating a relatively younger age structure.

3. 68% of the population aged 60 and over are married and living with their spouse, with men having a higher rate of marital continuation than women.

The current marital status of the population aged 60 and over is highest for "married and living with spouse" (68.2%), followed by "widowed" (17.2%). The proportion of men currently "married and living with spouse" is higher than that of women, while the proportion of women currently "widowed" is much higher than that of men. Men have a higher rate of marital continuation than women. Divorce and unmarried rates for both genders and for the 60-64 age group have shown an increasing trend compared to the previous survey.

4. Approximately 10% of the population aged 60 and over has caregiving responsibilities for grandchildren (both paternal and maternal).

90% of Taipei City residents aged 60 and over have children, with an average of approximately 2.2 children. 82.8% of the population aged 60-64 have children, and 93.0% of those aged 65 and over have children, slightly lower than the national average of 96.5% for those aged 65 and over. 60.8% have grandchildren (both paternal and maternal): 30.8% of those aged 60-64 have grandchildren, and 70.0% of those aged 65 and over have grandchildren (both paternal and maternal). Overall, 10.2% need to take on the responsibility of caring for grandchildren (both paternal and maternal), with daily care being the most frequent caregiving pattern.

5. Internet usage rate is nearly 94% for the population aged 60-64, and nearly 74% for those aged 65 and over.

78.7% of Taipei City residents aged 60 and over use the internet. The internet usage rate reaches 93.8% for those aged 60-64 and 73.7% for those aged 65 and over. In terms of usage frequency, 69.9% are heavy users who use the internet (regardless of device) every day or almost every day. The percentage of those who have never used the internet has decreased from 40.7% to 21.3%, a decrease of 19.4 percentage points. Among those aged 65 and over, the percentage of those who have "never used the internet" is 26.3%, which is lower than the national survey results of 49.64% for those aged 65 and over. The proportion of those who have never used the internet is higher among those aged 75 and over, those with an elementary school education or below, and those living in institutions.

(II) Family Structure and Living Arrangements

1. Family structures predominantly consist of two-generation households; elderly couples living together account for 24.7%; single elderly residents make up 9.8%, all showing increases from the previous survey.

Among Taipei City's population aged 60 and above, "two-generation households" constitute the majority (41.1%), followed by those living only with a spouse or partner (24.7%), and three-generation households (17.0%). Approximately 9.8% of elderly residents currently live alone. For those aged 60-64, over half (50.2%) live in two-generation households, significantly higher than the 38.1% for those aged 65 and above. Meanwhile, those aged 65 and above show higher rates of living exclusively with foreign caregivers (1.3%) and residing in institutions (1.2%) compared to the 60-64 age group.

2. There has been a slight increase in the proportion of elderly residents living in buildings with elevators, but 59.3% of the population aged 60 and over still live in apartments without elevators.

99.0% of Taipei City residents aged 60 and over live in general housing, while 1.0% live in institutions. Among those living in general housing, the primary housing type is apartments (61.4%), followed by buildings with elevators (32.7%). Compared with the results of the 2019 survey, the proportion of residents living in "buildings with elevators" increased from 27.7% to 32.7%, an increase of 5.0 percentage points. However, 59.3% still live in apartments without elevators. 16.0% of the population aged 60 and over living in general housing believe that their living environment needs improvement, with the main area cited for improvement being "difficulty going up and down stairs."

3. Over 90% own their homes, while 15.1% of non-homeowners have experienced difficulties in finding rental housing

Among residents aged 60 and above living in general housing in Taipei City, 90.0% reside in owned properties (including self-owned and family-owned), while 8.5% rent from private housing and 1.2% rent from government public housing or social housing. The rental rate for those aged 60-64 (14.2%) is higher than those aged 65 and above (8.2%). Compared to the 2019 survey, the home ownership rate (including self-owned and family-owned) has maintained at above 90%.

Among those without owned properties, 15.1% have encountered difficulties in their rental search process. The main challenges include "unaffordable rental costs," "inability to find properties in good condition," and "lease restrictions on applying for

rental subsidies." Notably, single residents face a significantly higher rate of "age discrimination" (6.6%) compared to those with other characteristics.

4. Nearly 50% of elderly residents are willing to enter long-term care facilities or nursing homes when they are no longer able to care for themselves.

Among Taipei City's population aged 60 and above, 17.9% express willingness to move into elderly care institutions, elderly apartments, or elderly residences while still being self-sufficient. When becoming dependent, 49.5% are willing to enter long-term care facilities or nursing homes. The willingness to enter such facilities is higher among those aged 60-64 compared to those aged 65 and above. The main reason for those unwilling to enter institutions is their desire to remain in familiar surroundings.

(III) Physical and Mental Health, Daily Living, and Healthcare Behaviors

1. Nearly 66% of the population aged 60 and over have chronic diseases, and 45.6% of the respondents who were personally assessed had at least one abnormal result on the ICOPE assessment.

65.8% of the population aged 60 and over have been diagnosed with a chronic disease by a physician. "Cardiovascular and circulatory diseases" have the highest prevalence (41.3%), followed by "endocrine and metabolic diseases" (20.5%). The prevalence of chronic diseases among those aged 65 and over is 71.7%, higher than the 47.9% for the population aged 60-64.

The "Integrated Care for Older People (ICOPE)" assessment was conducted on respondents who were able to answer the questions themselves. The results showed that 45.6% of the elderly had at least one abnormality in the five major areas of cognitive function, mobility, nutrition, vision, and hearing, while 54.4% were normal in all areas. The rate of at least one abnormality among those aged 65 and over was 50.9%, higher than the 30.6% for the population aged 60-64.

2. Nearly 15% of the population aged 60 and above have one frailty condition (pre-frailty)

Based on the principles of the three assessment items from the SOF Index, this study evaluated the self-reported frailty conditions among Taipei City residents aged 60 and above. Among this population, 14.6% reported having one frailty condition (pre-frailty), while 3.4% reported having two or more frailty conditions. The proportion of those reporting at least one frailty condition showed an increasing trend with age, with those aged 85 and above reaching a rate of 39.1% for having one frailty condition.

3. 7.7% of the population aged 60 and above show emotional symptoms, and 4.7% have tendencies toward loneliness

Among respondents who were able to answer the questions themselves regarding emotional and loneliness assessment items, 92.3% of Taipei City residents aged 60 and above reported their emotional state as "normal," experiencing less tension, anxiety, and other emotional symptoms. 5.9% reported "mild" symptoms, 1.3% "moderate" symptoms, and 0.6% "severe" symptoms. Regarding loneliness, 4.7% reported feeling "lonely," while 95.3% reported feeling "not lonely." Notably, higher age groups and those residing in institutional facilities showed higher rates of both emotional symptoms and feelings of loneliness.

4. Nearly 92% of Taipei City residents aged 60 and above perceive their health status as good, while 14.0% experienced falls in the past year

Among Taipei City residents aged 60 and above, 91.7% perceived their current health status as good, while 8.3% reported poor health conditions. There was no significant difference compared to the 2019 survey results. 9.8% of Taipei City residents aged 60 and above reported limitations in work or daily activities due to health issues, and 13.3% indicated that fear of falling restricted their activities.

13.8% of Taipei City residents aged 60 and above require assistive devices when going out alone. Among those aged 65 and above, 17.4% needed assistive devices, which is significantly higher than the 3.0% for those aged 60-64. The most commonly used assistive devices were "canes," "manual wheelchairs," and "walkers." Additionally, 1.5% reported using "other" items, with many using "umbrellas" as substitutes for canes.

14.0% experienced falls in the past year, with the most common location being "their regular residence," followed by "sidewalks/arcades" and "roadside areas." Residents in Nangang, Wanhua, Songshan, and Daan districts showed higher rates (over 30%) of falls on "sidewalks/arcades." Wenshan District had a relatively higher rate of falls (23.1%) occurring at "roadside areas" compared to other administrative districts.

5. 12.3% of Taipei City residents aged 60 and over have a disability in one or more Activities of Daily Living (ADLs) or Instrumental Activities of Daily Living (IADLs).

Individuals who reported "a little difficulty," "a lot of difficulty," or "completely unable to do" any of the activities in Activities of Daily Living (ADLs) or Instrumental Activities of Daily Living (IADLs) were considered unable to complete them independently. This represents the current level of self-care ability of Taipei City residents aged 60 and over, and can also be further regarded as the target population in

need of long-term care services. Among the overall Taipei City population aged 60 and over, 7.8% are "unable to independently complete both ADLs and IADLs," and 4.5% are "unable to independently complete only IADLs," indicating that approximately 12.3% require long-term care service support. The proportion of women requiring long-term care service support is higher than that of men. 15.1% of the population aged 65 and over require support, which is higher than the 4.0% for the population aged 60-64.

(IV) Lifestyle Arrangements, Habits, and Activity Patterns

1. 19.5% of Taipei City residents aged 60 and over spend eight or more hours per day in sedentary behavior on weekdays.

Due to aging, insufficient muscle strength training, and prolonged periods of sitting, the elderly are prone to muscle loss and reduced muscle endurance, which increases the risk of falls. Among Taipei City residents aged 60 and over, the proportion who sit for more than 8 hours on weekdays is 19.5%, with an average sitting time of 5.3 hours. On weekends, the proportion who sit for more than 8 hours is 17.0%, with an average sitting time of 5.1 hours. Overall, these figures have increased compared to the survey results in 2019. Average daily time spent outdoors decreases with increasing age, with an average of approximately 3.7 hours. The average time spent outdoors for the 60-64 age group is about 5.4 hours, higher than the 3.1 hours for those aged 65 and over.

2. 48% of those aged 60-64 are still working, while only 12.6% of those aged 65 and over are employed. Men have a higher employment rate than women.

21.4% of the population aged 60 and over are currently employed. The employment rate for those aged 60-64 is 48.0%, higher than the 12.6% for those aged 65 and over. Additionally, 85.1% of those aged 60-64 are employed full-time, compared to only 67.6% for those aged 65 and over. Overall, the employment rate for men is higher than that for women. The most common occupations for both the 60-64 and 65 and over age groups are "service and sales workers," "professionals," and "elementary skilled and manual laborers."

3. Nearly 16% of the population aged 60 and over find it difficult or have limitations in engaging in outdoor leisure activities, with older individuals experiencing greater difficulty.

Among the population aged 60 and over, the most important leisure activities in the past three months were "watching TV," "outdoor fitness and exercise," "watching online videos/music," and "chatting, having tea, and singing with friends and family." The top four activities are still predominantly sedentary, and the importance of sedentary leisure activities increases with age. 15.8% reported having difficulty or limitations in

engaging in outdoor leisure activities. The proportion reporting difficulty is much lower for those aged 60-64 (5.5%) than for those aged 65 and over (19.2%). Those aged 75 and over are mostly concerned about falling easily, while those aged 85 and over are mostly concerned about their vision, hearing, and joint problems, which limit their participation in leisure activities.

4. Only 8.9% of the population aged 65 and over have not used any city government-related services or benefits in the past year.

21.8% of the population aged 60 and over have not used any city government-related services or benefits in the past year. Because many services have age restrictions (applicable only to those aged 65 and over), the non-usage rate for those aged 60-64 (60.6%) is higher than that for those aged 65 and over (8.9%). Among those aged 65 and over, the service with the highest usage rate is transportation subsidies (89.5%), followed by riverside park spaces, trails, and facilities (22.6%), and then Taipei City's surrounding mountain trails (12.5%). The usage rate for other services is less than 10%.

5. 12% of the population aged 60 and over have family members who require long-term care.

12.4% of the population aged 60 and over have family members who require long-term care. The proportion of those aged 60-64 who have such needs (14.0%) is slightly higher than that of those aged 65 and over (11.9%). Overall, a slightly higher proportion of women aged 60 and over need to take on caregiving responsibilities than men. More than half of these caregivers need to provide care on a daily basis, making them the primary caregivers. The proportion of women undertaking primary caregiving responsibilities is higher than that of men.

(V) Economic Situation

1. Support from children and grandchildren is no longer the sole source of income.

The top three most relied upon sources of income for Taipei City residents aged 60 and over are "regularly received social insurance, retirement pensions, or allowances," "personal savings, interest, rent, investment income, or commercial insurance payments," and "income from their own work or business." The combined importance of support from children or grandchildren ranks fourth. Women are more reliant on support from children or grandchildren, while men are more reliant on self-sufficiency. Age 75 can be considered a turning point for economic self-sufficiency. Residents aged 65-74 rely more on "regularly received social insurance, retirement pensions, or allowances," while residents aged 75 and over rely more on "personal savings, interest,

rent, investment income, or commercial insurance payments" and "support from children or grandchildren."

2. One-fifth of the population aged 60 and over have relatively insufficient financial preparation.

78.9% of Taipei City residents aged 60 and over currently have savings or property. Conversely, one-fifth of the population aged 60 and over have relatively insufficient financial preparation. The proportion of those aged 80 and over, those with low education levels, and those without children who have savings or property is lower. 90.1% of the population aged 60 and over currently have no loans or debts, while 9.9% have loans or debts. The proportion of those aged 60-64 with savings or property, and loans or debts, is higher than that of those aged 65 and over.

(VI) Views and Expectations Regarding Taipei City's Elderly Welfare Policies

1. Awareness of the Senior EasyCard is 98.5% among those aged 60 and over, and 99.1% among those aged 65 and over. Taxis are the third most important tool used.

98.5% of Taipei City residents aged 60 and over are aware of the Senior EasyCard. Considering that the Senior EasyCard can only be applied for by those aged 65 and over, the overall awareness rate for those aged 65 and over is 99.1%. Among them, the awareness rate for those aged 85 and over is 96.4%, which is relatively lower than other age groups. The application rate for all age groups 65 and over is higher than 83%. City buses and the Taipei Metro are the two main tools used with the Senior EasyCard, with a usage rate of over 91%. Elderly people aged 85 and over are more likely to use the Senior EasyCard to take taxis than other age groups. The main reasons for not using the Senior EasyCard are "physical condition is not suitable for going out, no need to use it," "accustomed to using their own transportation," and "family members or friends provide transportation."

The Senior EasyCard policy has a high awareness rate and a high application rate in Taipei City. However, whether or not people use the card after applying is related to their transportation habits. Due to physical condition or family resources (having family members to drive them), some elderly people do not need to use the Senior EasyCard even if they have one. Elderly people in the early and middle stages, around 60 and 70 years old, still have the ability to travel independently and personal resources, owning their own means of transportation, so they do not need to use it.

2. Awareness of the Chongyang Festival cash gift is 98.4% among those aged 65 and over, and awareness of health insurance copayment subsidies is 50%.

96.5% of Taipei City residents aged 60 and over are aware of the Double Ninth Festival cash gift, and the claiming rate is 71.4%. Considering that only those aged 65 and over are eligible to receive the Double Ninth Festival cash gift, a further look shows that 98.4% of those aged 65 and over are aware of it, and the claiming rate reaches 95.0%. Regarding subsidies for health insurance copayments, 46.6% of Taipei City residents aged 60 and over indicated that they were aware of it, with the awareness rate among those aged 65 and over (50.5%) being higher than that of those aged 60-64 (35.0%).

3. 18.5% of the population aged 60 and over are aware of the "Emergency Response System," and the application rate is 1.0%.

The "Emergency Response System" provides 24-hour emergency response and notification support network for elderly people living alone. Only 18.5% of Taipei City residents aged 60 and over are aware of the "Emergency Response System," and the application rate is 1.0%. Among them, awareness is higher among women; those aged 65-69; those in Daan, Neihu, and Wenshan Districts; and those with higher education levels.

4. 21.5% of the population aged 60 and over are aware of "Taipei Support for the Elderly: A Dual Approach of Soft and Hard Measures," and the application rate is 2.2%.

21.5% of Taipei City residents aged 60 and over are aware of "Taipei Support for the Elderly: A Dual Approach of Soft and Hard Measures" (home repair subsidies for the elderly). Among them, the awareness rate for those aged 65 and over (21.2%) is slightly lower than that of those aged 60-64 (22.2%). The overall service application rate is 2.2%. Approximately 4.5% of the public currently needs the service, and 52.6% are willing to use it in the future. The main reasons for not being willing to use it are "unclear about the service content," "don't want to bother/rely on others," "need family decision," and "barrier-free environment improvements have already been completed."

5. 0.7% of the population aged 60 and over are currently not using daycare services but have a need for them.

62.8% of Taipei City residents aged 60 and over are aware of daycare services. Among them, the awareness rate for those aged 65 and over (61.8%) is lower than that of those aged 60-64 (66.0%). Looking at the usage rate, 1.3% have used the service, and 61.5% are aware of it but have not used it. 0.7% of the population aged 60 and over are currently not using the service but have a need for it. Looking more broadly at future willingness to use, it can be found that 42.1% of those aged 60 and over who

currently have no need for the service would consider using it if they needed it in the future. Overall, the main reasons for not being willing to use it are "prefer/acquainted to their own home (community) environment," "don't want to bother/rely on others," and "unclear about the service content."

6. Awareness of community care centers and elderly service centers is 46.2% among the population aged 60 and over, and 46.0% among those aged 65 and over.

Taipei City currently has 500 "Community Care Centers" and 14 "Elderly Service Centers." 46.2% of Taipei City residents aged 60 and over reported being aware of them. Among them, the awareness rate for those aged 65 and over (46.0%) is slightly lower than that of those aged 60-64 (46.8%). The overall usage rate is 4.3%. 1.7% of the population aged 60 and over are currently not using the service but have a need for it. Looking more broadly at future willingness to use, it can be found that 43.6% of those aged 60 and over who currently have no need for the service would consider using it if they needed it in the future. Overall, the main reasons for not being willing to use it are "already have arrangements for their elderly life/do not need to apply for services," "prefer/acquainted to their own home (community) environment," "no close friends to go with," and "unclear about the service content."

7. Awareness of long-term care transportation services (DA01) is 58.5% among the population aged 60 and over, and 58.1% among those aged 65 and over.

58.5% of Taipei City residents aged 60 and over are aware of "Long-Term Care Transportation Services (DA01)." Among them, the awareness rate for those aged 65 and over (58.1%) is slightly lower than that of those aged 60-64 (59.7%). The overall usage rate is 4.5%, and the majority of those who have used the service believe it has made their lives better. 1.8% of the population aged 60 and over are currently not using the service but have a need for it. Looking more broadly at future willingness to use, it can be found that 53.0% of those aged 60 and over who currently have no need for the service would consider using it if they needed it in the future. Overall, the main reasons for not being willing to use it are "have other alternatives," "unable to book a vehicle," and "cost issues."

8. 70% of Taipei City residents aged 60 and over, and 73.2% of those aged 65 and over, are satisfied with elderly welfare measures.

70.4% of Taipei City residents aged 60 and over are satisfied with elderly welfare measures, and 9.6% are dissatisfied, of which 1.8% are very dissatisfied. In addition, 19.9% expressed no opinion or found it difficult to say. Looking at age groups, 73.2%

of those aged 65 and over are satisfied, while the proportion of those aged 60-64 and 85 and over who expressed no opinion or found it difficult to say is relatively high, indicating that their perception of elderly welfare measures is lower than that of those aged 65-84.

(VII) Perceptions of Age-Friendliness and Views on Life in Old Age

1. 16% of the population aged 60 and over believe that sidewalks and covered walkways are not smooth.

Among Taipei City residents aged 60 and over, 16.0% believe that sidewalks and covered walkways are not smooth, and the proportion of those aged 75-84 who believe they are not smooth is even higher, at 17.9%. This indicates that there is still room for improvement in the friendliness of Taipei City's sidewalks and covered walkways for the very old.

2. 10% of the population aged 60 and over believe that pedestrian crossings (zebra crossings) are not convenient enough.

10.5% of Taipei City residents aged 60 and over believe that pedestrian crossings (zebra crossings) in Taipei City are not convenient enough. The older the age group, the higher the proportion who believe they are inconvenient. 23.7% of the population aged 60 and over living in Songshan District believe that zebra crossings are inconvenient, a higher proportion than in other administrative districts.

3. 8.4% of the population aged 60 and over believe that Taipei City buses or other public transit are not friendly enough, with " emergency stop/brake and start without positioning " being the main reason.

8.4% of Taipei City residents aged 60 and over believe that Taipei City buses or other public transit are not friendly enough, with a higher proportion of those aged 70-79 expressing this view. Among those who believe that buses and public transit are not friendly, 72.8% cite " emergency stop/brake and start without positioning " as the main reason for the unfriendliness of current buses and public transit.

4. 40% of the population aged 60 and over believe that products and services in society do not sufficiently consider the needs of the elderly.

Among Taipei City residents aged 60 and over, 15.3% believe that the general public is not respectful enough of the elderly, 14.0% believe that community activities do not sufficiently consider the needs of the elderly, and 40.0% believe that products and services in society do not sufficiently consider the needs of the elderly. Overall, at

least 15% of the population aged 60 and over believe that society's friendliness towards the elderly still needs improvement.

5. 88% of the population aged 60 and over are satisfied with their overall lives.

88.2% of Taipei City residents aged 60 and over are satisfied with their overall lives, while only 4.2% are dissatisfied. The proportion of those who are dissatisfied with life is relatively higher among those who are divorced or separated, unmarried; those without children; those living alone or in institutions; and those who need to take on caregiving responsibilities.

IV. Main Recommendations and Policy Implications

(I) Promote the Health and Autonomy of the Elderly

1. Promote moderately strenuous physical activity to delay the onset of frailty and disability due to sedentary behavior in the elderly.
2. Focus on promoting mental health in the elderly and preventing depression.
3. Create opportunities for the elderly to live independently

(II) Enhance Social Connections for the Elderly

1. Encourage the elderly to return to the workforce and re-utilize their skills, promoting active aging.
2. Advance age-friendly digital environment design to reduce the digital divide.

(III) Build an Age-Friendly and Safe Environment

1. Conduct in-depth investigations to facilitate the development of aging-in-place and rental housing policies.
2. Continuously build age-friendly living environments.
3. Strengthen accessible environments in age-friendly communities.
4. Focus on preparation for old age among the elderly.
5. Prevent fraud against the elderly and protect their property and safety.

(IV) Strengthen Sustainable Social Development

1. Focus on the care needs of elderly women.
2. Welfare policies rely on local networks for information dissemination; the 60-64 age group can make good use of online media.

(V) Recommendations for Future Research

1. Establishment of a public contact database.
2. Needs assessment and policy research recommendations can be handled separately.