

## Horticultural Therapy And The Older Adult Population

In This Issue The Use of Sensory Perception of Plants in Horticultural Therapy of Alcohol Addiction Pétra Berger & Torsten W. Berger Benefit Nature, Benefit Self, and Benefit Others: Older Adults and Their Volunteer Experiences of Engagement in a Conservation Themed Urban Park Forest Mark Alan Christie MA Laughter Therapy and Horticultural Therapy: Cross Polination Lesley Fleming MA, HTR Raising the Awareness of Horticultural Therapy with the Seed of 'National Horticultural Therapy Week' and Roots of New Jersey Agriculture Laura DePrado BS, HTR Interdisciplinary Professional Development, CEUs and Horticultural Therapy: The Michigan Model Lesley Fleming MA, HTR, Kathy Carroll MS, HTR, Jodi Douglas BS, CTRS, CDP, Cathy Flinton BS, HTR

Clinicians who understand mental health care administration in addition to their clinical fields are likely to be valuable to the organizations in which they work. This handbook is an accessible source of information for professionals coming from either clinical or management backgrounds. Sections offer coverage in: mental health administrative principles, mental health care management, business, finance and funding of care, information technology, human resources and legal issues.

Ageing is not all grey. Elderly people are often portrayed in grim statistics as a faceless population. This book is not about arid facts but explores the mind of a generation who survived the Second World War and witnessed the dramatic rise of Singapore from third world to first. The 30 years of research on the mental health of the Singapore elderly is a tapestry of myriad colours of people from different ethnicities, cultures and social hierarchies. The book documents the social transformation of medical research, from epidemiological surveys to interventional studies of translational relevance, with the tagline 'preventive medicine in the community by the community for the community'. A distillate of five epidemiological studies, this book is written from a longitudinal perspective, viewed through the lens of time by a doctor who conducted the research with his team. It will interest not only health professionals and policy makers but also the elderly, family caregiver and young people – just about everyone!

Based on the authors' years of experience in working with older adults, this book describes how to create a successful senior community center. The chapters are chock-full of ideas, insights, and suggestions for activities applicable in a wide range of settings including assisted living facilities, adult day living centers, residential facilities, and recreational programs. The book features real-life vignettes that bring the text to life, providing readers with the opportunity to see how older adults benefit from senior centers.

This book combines in a single volume numerous studies concerning the use of arts and culture to enhance quality of life, health and wellbeing among older people, especially in Singapore. The bibliography covers not only research conducted in Singapore (both published and grey literature), but also a global body of work encompassing the Asia-Pacific region, Europe and North America. In addition to the annotated bibliography, the opening chapter introduces the current state of policy, practice and research on arts and culture for older people in Singapore. The book offers a valuable point of reference for all readers interested in the use of artistic and cultural development as creative and non-pharmacological approaches to providing support throughout the ageing process. It will be particularly useful for anyone interested in research advances in participatory arts therapies and recreational activities for older individuals.

This book's main goal is to examine the concept of residential care from a psychological perspective. The chapter authors espouse a psychological approach to long-term residential care and an effort is made throughout the text to present a model of care that encompasses the whole individual. Since psychologists are being increasingly asked to provide consultation to long-term residential care facilities, the need for psychologically-based care models has become apparent. This text offers assistance in developing and maintaining residential care environments that maximize quality of life and personal well-being in the presence of declining physical and emotional resources that are associated with the vicissitudes of living into advanced aging. Geriatric Residential Care is divided into four parts. Part I addresses psychological and social issues facing the frail elderly who are candidates for, or are living in residential care settings. Part II addresses issues in the assessment of individuals in residential care. Part III highlights the design and execution of intervention strategies in residential care. Part IV addresses how organizational aspects of residential care contexts can optimize the quality and meaningfulness of care. This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.

Widely accepted treatment methods using horticulture as a therapeutic modality Through the years, horticultural therapy (HT) has evolved from its use only by volunteer gardeners to become a recognized and respected therapeutic modality conducted by trained, registered professionals. Horticultural Therapy Methods: Making Connections in Health Care, Human Service, and Community Programs details the basics of the growing, time-proven practice of therapy through gardening. Experienced practitioners and educators discuss horticultural therapy theory, application, and the impressive positive impact it has on clients. Beginners are educated on key issues and given the tools needed to effectively treat clients. Horticultural therapy uses widely accepted treatment methods in a calming, creative program framework. Horticultural Therapy Methods challenges pre-conceived notions of the value of this treatment by describing the processes, techniques for practice, and the rationale for their use. This manual not only can be used as a reference and a guide for students but can also be used by educators and those conducting horticultural therapy to help construct effective treatment programs. Health care and human service professionals will find this resource a powerful ally in the therapy, treatment, and education of inmates, residents, patients, trainees, and students. Horticultural Therapy Methods is a clear helpful manual that explains: the types of programs, settings, and goals the process of treatment planning developing sessions—including activity or task selections to meet treatment objectives motivation and behavior management techniques documentation guidelines three types of HT programs resources for HT activity ideas practical approaches for mental health Horticultural Therapy Methods is a valuable addition to the literature and is crucial for all levels of horticultural therapists, occupational therapists, therapeutic recreational specialists, social workers, special educators, community horticulture leaders, horticulturists, mental health professionals of all types, and students.

The Role of the Outdoors in Residential Environments for Aging presents new insights on the positive role nature and the outdoors can play in the lives of older adults, whether they live in the community, in an assisted-living environment, or in a skilled nursing facility. Current research suggests that increased contact and activity levels with the outdoors can be an important therapeutic resource for the elderly, with significant mental and physical health benefits. This unique book examines how to make the most of outdoor spaces in residential settings, exploring attitudes and patterns of use, the effect of plants, the physical environment, and health-related outcomes from contact with nature and enhanced physical activity.



gerontology, environmental psychology, and horticulture therapy. The Role of the Outdoors in Residential Environments for Aging includes: interviews with residents living in three different long-term care facilities about the significance of outdoor green spaces in their environment reasons for underused spaces in housing projects and recommendations for site redesigns the features of outdoor environments that attract—and deter—usage specific recommendations for older adults of a particular culture the reasons older people engage in indoor and outdoor physical activities an environmental support model the effects of viewing natural landscapes on the blood pressures and heart rates of elderly women restorative experiences in natural and built environments design features, outdoor amenities, and green elements and much more The Role of the Outdoors in Residential Environments for Aging is an invaluable resource for long-term care providers, design practitioners, academics, and anyone else who provides mental and physical health care to older adults.

Over 400 entries of the most practical, up-to-date gardening information ever, collected from garden experts and writers nationwide! "Gardens are places to renew yourself in mind and body, to reawaken to the truth and beauty of the natural world, and to feel the life force inside and around you. And the organic way to garden is safer, cheaper, and more satisfying. Organic gardeners have shown that it's possible to have pleasant and productive gardens in every part of this country without using toxic chemicals. They make their home grounds an island of purity."--Robert Rodale

"Humans have long interacted with the nature world, from foraging and hunting for food to more recently, finding solace and peace in a beautiful vista. Our connection to nature runs deep in our DNA, yet our modern world has humans indoors almost 93% of the day. There is growing evidence that being in nature provides a healing elixir for physical and mental ailments. In fact, some physicians are "prescribing nature" for relief of patient's ailments. Ecotherapy, a growing but lesser known construct in mental health, describes the reciprocal relationship humans have with nature and the capacity of that relationship to build strength and provide healing. This book provides an overview of the theoretical constructs of Ecotherapy highlighting historical considerations and recent research within the discipline. Perspectives, examples and reflections are provided through the author's own experience as a former wilderness therapist and current Ecotherapist and counselor educator. Chapters include practical ways to incorporate Ecotherapy with children and adults, within schools settings, in group work and with veteran populations. Descriptions of other Ecotherapy modalities are also included, such as animal-assisted, equine-assisted, horticultural, forest bathing, green exercise and adventure based therapy. There is chapter devoted to designing an Ecotherapy course within a counseling program and finally, a chapter describing ways that a therapist can "become" an Ecotherapist. Case examples, techniques and practical and ethical considerations are provided throughout. To bring the content to life, several contributors offer stories, reflections and experiences with nature as a partner in the therapeutic relationship"--

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Bring a Sensory Garden to life in a structured therapeutic horticulture program! Intergenerational gardening programs bring the generations together. This book presents a tested, hands-on, easy-to-use activity plan that benefits the development of relationships between adults over 70 and school-age children. It shows how to limit frustration for both groups, how to plan activities that are functional and non-contrived, and how to assure that the interaction between elders and children is rewarding and pleasant for both. The activities rely on inexpensive, readily available tools and resources available throughout the growing season. While other books have discussed designing a Sensory Garden for people with disabilities, Generations Gardening Together applies the Sensory Garden design to a specific population, with a focus on the human senses that are stimulated by the garden. This unique sourcebook shows you, step-by-step, how a Sensory Garden can come alive in a structured therapeutic horticulture program. Generations Gardening Together shows how to create a Sensory Garden that will stimulate young and old gardeners alike. It outlines a six-week program curriculum that has been used and developed over ten years to use gardening as a program to bring generations together. You'll learn therapeutic techniques that benefit elders by promoting self-esteem, creating feelings of pride, competence, and satisfaction—both from creating a garden and through passing on their knowledge and wisdom to the younger generation, inspiring them to use both their long-term and short-term memory skills, increasing physical stimulation, and providing the comfort of familiar plants and their aromas, which can trigger memories of people, places, and vocations. The activities in the book also benefit children through the establishment of a safe environment where people of all ages, backgrounds, and abilities can come together—an ideal social situation in which youth can seek the wisdom of elders. Children learn important lessons about accountability, nurturing, and responsibility, for working in a garden teaches youth about life, death, hope, patience, and beauty. Each activity session described in Generations Gardening Together includes the following information: title—describes the content of the program general statement of purpose—identifies the intent of the program goal(s)—outlines the expected outcome(s) of the activity program procedures—provides a detailed description of each step and the order of the program's activities evaluation—includes what and how therapeutic program goals are to be measured and recorded materials and equipment—identifies all the necessary equipment and supplies needed to facilitate the program activity This important resource shows how to provide appropriate (separate) orientation to seniors and children, what to emphasize and what to avoid in creating a program in your community, how to create garden themes that reflect the interests of the participants (ethnic foods, bird and butterfly gardens, planting to attract wildlife, etc.), how to decide what activities are appropriate for the developmental level of the participants, and much more. Generations Gardening Together is an essential resource for therapeutic recreation specialists, occupational therapists, therapeutic horticulture professionals, activity coordinators, master gardeners, and anyone working in an environment where elders and children come together.

Preparing Participants for Intergenerational Interaction: Training for Success examines established intergenerational programs and provides the training methods necessary for activity directors or practitioners to start a similar program. This book contains exercises that will help you train colleagues and volunteers for these specific programs and includes criteria for activity evaluations. Preparing Participants for Intergenerational Interaction will help you implement programs that enable older adults to build friendships,

pass down their skills and knowledge to adolescents, and provide youths with positive role models. Discussing the factors that often limit the interaction of older adults with youths, this text stresses the importance of conveying information and history to younger generations. You will learn why the exchange between different generations is crucial to society and to the improvement of the community in which you live. *Preparing Participants for Intergenerational Interaction* provides you with proven suggestions and methods that will make your program successful, including: examining Howe-To Industries, a program that teaches entrepreneurial skills to youths through older adults focusing on activities between older adults and youths that address aging sensitivity and racial and ethnic understanding defining the roles of a mentor, including teacher, trainer, developer of talent, and counselor increasing support and understanding in your community by defining target markets and selling the project to the public describing the aspects of group dynamics and how group decisionmaking methods are used to assess the success of the program and its volunteers understanding the community where participants live in order to address issues important to them, such as poverty and other social problems Containing sample handouts, self-evaluations, and detailed lessons for different types of programs, this book offers you guidelines that apply to participants that have a variety of needs within different communities. *Preparing Participants for Intergenerational Interaction: Training for Success* will enable you to help older adults remain an active and essential part of these communities by teaching youths valuable life skills they may not receive from anyone else.

A practical introduction into the use of horticultural therapy for older adults with dementia.

Occupational therapy is a health care specialty with a deep focus on client-centered and holistic rehabilitation to improve the individual's occupational performance, quality of life and well-being through participation in meaningful and purposeful activities. This new book presents the importance of the therapeutic and creative use of activity in different populations, which is one of the core components of occupational therapy. Rehabilitation, rehabilitation delivery and outcomes are affected by recent changes in the meaning of health and social values. This resulted in an increasing necessity for therapeutic therapy, as well as creative use of activity in occupational therapy. This book focuses on recent advances in occupational therapy and reviews current practical guidelines. It introduces updated knowledge and skills for children, adults and the communities, including physical, mental, social, sensory, behavioral, environmental and community-based interventions to prevent, promote and improve activity use. The book will be relevant to occupational therapists, speech and language therapists, physical therapists, psychiatrists, psychologists, social workers and all the members of interdisciplinary rehabilitation team care workers.

Did you know that plants and plant products can be used to improve people's cognitive, physical, psychological, and social functioning? Well, they can, and *Horticulture as Therapy* is the book to show you how! If you are already familiar with the healing potential of horticultural therapy, or even practice horticultural therapy, this book will help you enrich your knowledge and skills and revitalize your practice. You will learn how horticultural therapy can be used with different populations in a variety of settings, what resources are available, effective treatment strategies, and the concepts behind horticultural treatment. The first comprehensive text on the practice of horticulture as therapy, this one-of-a-kind book will enable the profession to educate future horticultural therapists with fundamental knowledge and skills as they embark on careers as practitioners, researchers, and educators. You come to understand the relationship between people and plants more deeply as you learn about: vocational, social, and therapeutic programs in horticulture special populations including children, older adults, those who exhibit criminal behavior, and those with developmental disabilities, physical disabilities, mental health disorders, or traumatic brain injury use of horticultural therapy in botanical gardening and community settings adaptive gardening techniques applied research documentation and assessment in horticultural practice *Horticulture as Therapy* establishes, integrates, and communicates a foundation of knowledge for horticultural therapists, other therapists, horticulturists, students, research scientists, gardeners, and others interested in this special and unique kind of therapy. By reading *Horticulture as Therapy*, you will see how you can make a difference in the health and well-being of so many people, today and tomorrow.

Learn how gardens and parks can be beneficial to residents Mounting evidence reveals that nature and outdoor environments provide individuals with dementia greater enjoyment in life, lower stress levels, and positive changes to physical well-being. *Outdoor Environments for People with Dementia* explores how fulfilling the fundamental genetically based need of human relationships with nature can improve the health and well-being of people with dementia. Top experts analyze current research and comprehensively examine how the design processes of gardens and parks can be closely connected to effective interventions. Evaluation tools for those with dementia are discussed, including studies of the impact of plants and outdoor activities on this population. *Outdoor Environments for People with Dementia* discusses in detail practical approaches that can significantly improve the quality of life for dementia victims. Research is discussed revealing important aspects and issues needing to be addressed when creating better outdoor environments that are effective in helping residents of long term care facilities and residential care homes. The text is extensively referenced and provides several tables, figures, and photographs to clearly illustrate concepts. Topics discussed in *Outdoor Environments for People with Dementia* include: the impact of outdoor wandering parks and therapeutic gardens on people with dementia empirical studies on how access to and participation in nature-related activities can benefit people with dementia interventions to restore people with dementia having directed-attention fatigue evaluation tools for gardens for people with dementia research-based design recommendations for future gardens theories and empirical studies about healing gardens training staff to increase their knowledge about horticulture and encouraging them to involve residents in outdoor activities general guidelines for developing an outdoor space examination of the attributes for the superior outdoor space found in Grand Rapids,

