

Horticulture Therapy

Wellness in the Garden

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- I. Horticulture Therapy, Wellness in the Garden. Wellness Garden at Rotary Botanical Gardens (RBG), Janesville, WI
- II. The Healing Garden
 - a. What is a “Healing” or “Wellness” garden?
 - b. The definition is reliant on an understanding of the intended use of the space
 - c. Not limited to a clinical setting!
 - d. Primary goal is to provide a beautiful and restive space with both passive and active opportunities for engagement with horticulture
 - e. Secondary goals
- III. Benefits of a Healing Garden
 - a. Healing gardens are designed in evidence-informed ways to reduce stress, improve satisfaction and clinical outcomes and enhance sustainability
 - b. These spaces strive to support the health and well-being of patients, staff and visitors
 - c. The garden provides a multitude of simultaneous, positive, sensory experiences
 - d. Reduced patient stress and pain
 - e. Reduced depression
 - f. Reduced length of stay
 - g. Increased patient satisfaction
 - h. Decreased staff stress
- IV. Examples
 - a. Legacy Health (Portland, OR)
 - b. RBG – Wellness Garden
 - i. Background
 - ii. “Designed to maximize engagement of the senses, provide special programming and promote healthy living...all while providing maximum accessibility”
 - iii. Plant examples
- V. The Labyrinth
 - a. Examples
 - b. A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. It represents a journey to our own center and back again out into the world
 - c. Popular both inside and outside (4,000 year history!)

- VI. Healing Garden Examples
 - a. SSM Health – St. Mary’s Hospital (Madison, WI)
 - b. SSM Health – St. Mary’s Hospital (Janesville, WI)
 - c. Edgerton Hospital (Edgerton, WI)
 - d. Virtua Memorial Hospital (Mount Holly, NJ)
 - e. Seidman Cancer Center (Cleveland, OH) – photo from internet
 - f. Chadwick Arboretum – OSU (Columbus, OH)

- VII. A Word About Shade
 - a. Shady respites are vital in garden settings
 - b. Larger areas of shade are more effective in certain instances than “dappled” or intermittent shadowing when vision is a concern

- VIII. Variable Audience

- IX. Therapeutic Horticulture
 - a. The use of horticulture for physical, emotional, cognitive and social benefits
 - b. Gardening activities are developed to achieve rehabilitation goals based on the needs, interests, abilities and desired outcomes for each patient
 - c. Examples

- X. Physical Benefits
 - a. Increased coordination, strength and stamina
 - b. Visual – Improved spatial relationships
 - c. Mobility – Walk, stoop, bend, reach and balance
 - d. Sensory engagement
 - e. Examples

- XI. Cognitive Benefits
 - a. Orientation
 - b. Attention span
 - c. Memory, logic, safety judgment
 - d. New skills and techniques
 - e. Stimulates understanding of time, growth, death, change
 - f. Examples

- XII. Psychological Benefits
 - a. Rebuild self-esteem
 - b. Relief of tension, frustration & aggression
 - c. Creativity and self-expression
 - d. Promotion of enthusiasm
 - e. Enhanced skills for greater independence
 - f. Examples

- XIII. Social Benefits
 - a. Interaction through a common interest
 - b. Increased social skills, self-esteem and confidence
 - c. More effective work attitudes and behaviors
 - d. Working cooperatively
 - e. Examples

- XIV. Plant Considerations
 - a. Plants, while being selected for certain sensory features, may also have other considerations in relation to intended use in programming or “outcome achievements.”
 - b. The “Sensory” Experience
 - c. Multi-sensory stimulation in the garden has become emphasized as a therapeutic strategy using light, color, movement, sound and fragrance.
 - d. All gardens are sensory!

- XV. Emphasis on Sight
 - a. Consider mobility in the garden first
 - b. Color, visual texture, form, movement, light and shadow stimulate the sense of sight
 - c. Use bright, vivid colors and group plants

- XVI. Auditory Elements
 - a. Can be plant materials
 - b. Can be water features, wind chimes or other non-living elements
 - c. Can help define a space in the garden as an “auditory cue”

- XVII. Sense of Touch in the Garden
 - a. Textures might include rough, smooth, ridged, furry, bumpy, soft and slimy
 - b. Interactive water features can also be of importance

- XVIII. Fragrance in the Garden
 - a. Scent is subjective
 - b. Scent “intensity” differs as the day progresses and air humidity and temperatures change
 - c. Scent is typically “over-dramatized” in plant descriptions
 - d. “Delivery methods”
 - e. Examples, popcorn plant (*Cassia didymobotrya*)
 - f. Smelly Garden (RBG)

- XIX. Taste in the Garden
 - a. Avoid pesticides and other chemical usage
 - b. Consider organic gardening methods
 - c. Use brightly colored vegetables
 - d. Consider raised beds
 - e. Know your plants!
 - f. Caution!

- XX. The Value of Water
 - a. Examples
 - b. Discussion

- XXI. Buehler Enabling Garden – Chicago Botanic Garden
 - a. Examples
 - b. Features

- XXII. Accessibility
 - a. Examples
 - b. Bed Heights
 - c. “Belly Button Gardening”
 - d. Raised/modified containers
 - e. Containers
 - i. Proper selection and preparation is vital
 - ii. Consider features relative to the potential user group(s)
 - iii. Planting, maintenance and care needs to be considered
 - f. Appropriate Tools
 - i. Tool selection and modification should take in to account the user group(s) and the potential target programs and activities
 - ii. Ergonomic tools should be considered
 - iii. Safety issues!
 - iv. Examples

- XXIII. Edgerton Hospital and Health Services Healing Garden
 - a. Come Visit!
 - b. Educational Opportunities
 - c. Allium Sale (9/27-10/4, 9 am – 5 pm daily)

- XXIV. Thank You!