

Therapeutic Gardening by JCC/WBG Master Gardeners



THERAPEUTIC GARDENING PROGRAMMING 101

Charlie Clapper September 22, 2010

DEFINITIONS

HORTICULTURAL THERAPY

COMBINES GARDENING AND HORTICULTURAL ACTIVITIES WITH OTHER THERAPIES TO IMPROVE:

- PHYSICAL CONDITION AND PATIENT HEALTH MANAGEMENT
- MENTAL HEALTH AND SOCIAL ADJUSTMENT
- RECREATIONAL AND LEISURE OPTIONS
- EDUCATIONAL, TRAINING AND OCCUPATIONAL STATUS
- DONE BY PROFESSIONALS

THERAPEUTIC GARDENING

USES GARDENING AS THE THERAPY TO:

- STIMULATE THE SENSES BY USING NATURAL MATERIALS
- IMPROVE QUALITY OF LIFE
- MAINTAIN OR IMPROVE MENTAL AND PHYSICAL SKILLS
- PROVIDE CREATIVE OPPORTUNITIES BY WORKING WITH PLANTS
- OBSERVE NATURE AND STIMULATE A SENSE OF WONDER
- DONE BY MASTER GARDENERS

LOCATION, LOCATION, LOCATION

- AN ENTHUSIASTIC WELCOMING FACILITY
- AN ACTIVITIES DIRECTOR INTERESTED IN GARDENING
- INDOOR ACTIVITY SPACE – lots of light, a view of and easy access to the outdoors
- OUTDOOR SPACE – shade and sun, planting space, and paved area
- WATER FOR THE PLANTS!
- EQUIPMENT STORAGE
- STAFF SUPPORT



PROJECT AGREEMENT

DESCRIBES THE GOALS OF THERAPEUTIC GARDENING PROGRAM AND THE ROLES OF THE MG ASSOCIATION AND THE FACILITY

SAMPLE GOALS: INCREASE KNOWLEDGE OF PLANTS AND GARDENING.

INCREASE PHYSICAL AND MENTAL SKILLS OF CLIENTS.

THE MASTER GARDENERS ASSOCIATION :

- PLANS SESSIONS AND COORDINATES DATES WITH FACILITY
- DETERMINES COST OF PROGRAM AND SHARES COST WITH THE FACILITY
- PREPARES LESSON PLANS
- PREPARES RESOURCE MANUALS
- CONDUCTS EVALUATIONS
- CONSULTS WITH THE FACILITY AFTER PROGRAM ENDS

THE ASSISTED LIVING FACILITY :

- HELPS PREPARE LESSON PLANS AND ASSISTS WITH PROGRAM EVALUATION
- ASSISTS IN OBTAINING PLANTS AND OTHER MATERIALS
- OBTAINS PERMISSION FROM CLIENTS FOR USE OF PHOTOGRAPHY
- ASSIGNS STAFF TO WORK WITH MASTER GARDENERS
- ASSURES THAT STAFF IS PRESENT DURING SESSIONS TO ASSIST WITH THE PROGRAM
- PROVIDES REFRESHMENTS

WEEKLY PROGRAMS

- PLANTING FLOWER, VEGETABLE AND HERB SEEDS
- EARTH BOXES AND CONTAINERS
- HERB OF THE WEEK
- TRANSPLANTING SEEDLINGS
- CARING FOR THE GARDEN – WATERING
- GARDEN HATS
- STRAWBERRY JARS
- HERBAL CRAFTS – POTPOURRI, DECOUPAGE, TUSSIE MUSSIES
- BUTTERFLIES
- FALL PLANTING
- GARDEN PARTIES – LAPEL BOUQUETS
- COOKING AND EATING WHAT YOU GROW

A SAMPLE LESSON PLAN

SESSION – INTRODUCTION– PLANTING FLOWER SEEDLINGS

- PREPARE AHEAD OF SESSION: Release forms, name tags, evaluation forms, Gardening Journal, watering charts, glue sticks-on labels for flowers, cutouts of dianthus, ageratum, annual vinca, sweet alyssum, petunias (6 each), plant markers.
- BRING TO SESSION: Master Gardeners (one with camera), flower seedlings, list of residents, pencils, colored markers, glue sticks, scissors, extra plant stakes and markers, handi wipes.
- HAVE IN FACILITY STORAGE OR GARDEN BEFORE SESSION: Handi-planter and other planting container, compost, fertilizer, mulch, potting soil, plastic peanuts or sweet gum balls, watering cans, planting cloth, spades, gardening gloves. Prepare handi-planter and other containers for planting. Have fertilizer, compost, mulch, filled watering cans. Display gardening tools and gloves. Set plants, plant markers on or beside appropriate containers. Snack and Juice.

ESSENTIALS

- HANDIPLANTERS
- EARTHBOXES
- RAISED BEDS
- CONTAINERS
- TOOLS
- GLOVES
- HATS
- GARDENING SUPPLIES
- PLANT MATERIALS



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WHEN WORKING WITH CLIENTS,

- **REMEMBER THIS COULD BE YOU!**
- FACE THE CLIENT. LOOK DIRECTLY AT HIM OR HER
- USE THE CLIENTS NAME
- HAVE PATIENCE
- DON'T DO IT FOR HIM OR HER
- HELP HIM OR HER TO THE DEGREE NECESSARY
- MODEL BEHAVIOR
- BE ENCOURAGING
- REPEAT YOURSELF
- TRY TO SOLICIT MEMORIES FROM LAST SESSION OR THE CLIENT'S PAST
- BRING THE GARDEN TO THE CLIENT WHEN NECESSARY
- INCLUDE HUMOR AND PRAISE
- THE BUDDY SYSTEM

EVALUATIONS AND FOLLOWUP

- INDIVIDUAL EVALUATION FORMS
- PROGRAM EVALUATION FORMS
- FOLLOWUP

COORDINATION WITH OTHER TG PROGRAMS

- SHARING SUPPLIES
- EQUIPMENT
- BUDGET
- PEOPLE

REFERENCES



- American Horticultural Therapy Association – www.ahta.org
- American Society of Landscape Architects – www.asla.org
- Therapeutic Landscape Data Base – www.healinglandscapes.org
- James City County/ Williamsburg Master Gardeners Association – www.jccwmg.org



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