

Introduction to Horticultural Therapy

NEW YORK BOTANICAL
GARDEN

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2/27/2008




The People-Plant Connection





The People-Plant Connection

- Plants and gardening can be part of all programs that strive to improve the quality of life.
 - Plants provide appealing, adaptable ways to transform the environment that we live and work in.
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The People-Plant Connection

- Horticulture and gardening is a popular leisure activity that offers opportunities for socialization.
- Is an enjoyable experience that renews enthusiasm for living.



The People-Plant Connection

- A developed Horticultural Therapy program provides the tools for:
 - increased physical activity
 - increased social activity
 - increased cognitive functioning
 - increased relatedness to the Natural world



The People-Plant Connection

- Horticultural therapy activities enrich and expand life's experiences.
- Horticulture activities can facilitate **clinical** goals:
 - While adding to the individual's capacity for enjoyment.



The People-Plant Connection


- Research has shows that involvement in therapeutic horticulture programs maintains or improves life satisfaction or *the quality of life* of participants.
 - Kansas State University
 - Rusk Institute
 - Calvary Hospital
 - Palliative Care Institute

Benefits





Social Benefits



- Provides endless topics for discussion where opinions can be freely expressed
 - on an equal level, as one gardener to another
 - Motivates cooperation among groups
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Social Benefits






The Garden

- Accessible
 - Relaxing
 - Educational
 - Inviting
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Getting Around the Garden

- **Paths & surfaces: paved area must be smooth, level & firm**
 - **Provide good traction at all times**
 - **Ramps must not exceed 5% grade**
 - **Handrails may be needed**
 - **Proper width of paths**
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Getting Around

- **Provide direct routes through the garden**
- **Paths shall have a sharp contrast at the edge**
- **Provide a large gathering area**
- **Reduce glare and heat absorption**

Raised Beds



Enabling Garden Structures



Enabling Garden Structures



Enabling Garden Structures



Enabling Garden Structures



Enabling Garden Structures




Enabling Garden Structures



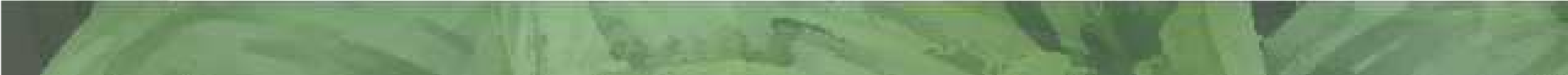


Garden Tools

- **Adapting tools**
 - **Lightweight**
 - **Longer handles**
 - **Smaller blades & tool heads**
 - **Tool handles & grips**
 - **Springs in tools for assistance**
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Garden Tools

- **Types of tools**
 - **Reaching aids**
 - **Gripping aids**
 - **Leverage aids**
 - **Cutting aids**
 - **Watering aids**
 - **General garden helpers**
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Garden Tools






Adapting the Plants

- **Emphasize plants with interesting color, scent, texture & form**
- **Choose plants based on amount of maintenance you can do**
- **Use plants with four-season interest**



Adapting the Plants


- **Use plants that attract birds, butterflies and other wildlife**
 - **Include edible landscaping**
 - **Use indigenous plants as much as possible**
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Adapting the Plants





Types of Plants

- **Vegetables**
 - **Bulbs**
 - **Annuals**
 - **Perennials**
 - **Ornamental grasses**
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Perennials



Perennials



Types of Plants



Vegetables




Ornamental Grasses






Types of Plants

- **Vines**
 - **Herbs**
 - **Shrubs**
 - **Trees**
 - **Fruit trees**
 - **Dwarf fruit trees**
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Five Steps to Garden Design

- **Base information: size, location, sun pattern etc.**
 - **Site analysis**
 - **Checklist of wants & needs (wish list)**
 - **Concept plans**
 - **Final design**
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Seed Starting Trays



Hebrew Hospital Home



Calvary Hospital



Calvary Hospital



Calvary Hospital



Calvary Hospital



Trumpet Vine & Butterfly Bush



Contemplation



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