Goals

• To create an environment conducive to social interaction and increased life satisfaction.

• To foster a beneficial relationship between the participants and the community
  – Leading to a better understanding of social/cultural and leisure needs of any particular group.
Goals

• To provide the opportunity for engaging in a new or previously acquired hobby or interest adapted to the limitations of the participant.

• To maintain or improve the physical health of the participants.
Goals

• To encourage social interaction through participation.

• To provide opportunities that allow for individual self expression.
Benefits

• Exercises the eyes through visual scanning, seeing near & far, and improves seeing spatial relationships

• Provides practice in eye hand coordination
Benefits

• Learn to see differences in size, color, shapes & textures

• Exercises hands, fingers, arms, and upper body

• Fosters involvement in physical activity when nothing else will
Benefits

• Pleasure is derived from our senses
  – seeing smelling, feeling and tasting

• Motivates us to use adaptive equipment as it is needed
Benefits

• Provides pleasurable physical activity to those with physical disabilities or sensory impairments who may wish to enjoy gardening
Intellectual Benefits

• Teaches new skills & techniques in horticulture
  – Increases interest

• Stimulates understanding of abstract concepts
  – Time, growth, change & death
Intellectual Benefits

• Increases awareness of the living world

• Exercises our minds in terms of memory & logic
Intellectual Benefits

• Gives us practice in following directions

• Improves attention span

• Learn about needs for life:
  – Requirements, interdependence, energy,
  – Diversity, population, species
Affective Benefits

- Increases self esteem and self-confidence
- Satisfies our need to be nurturing and caring
Affective Benefits

- Opportunities to be creative and self expressive
- Develops a sense of responsibility and accomplishment
Intellectual Benefits

• Promotes a “can-do” attitude

• Leads toward anticipation of future events

• Lifts the spirit of those who have lost a sense of purpose or hope and provides an element of control
Social Benefits

• Improves social skills, self esteem, and confidence

• Promotes interaction by developing a common interest that presents challenges that can be shared
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
Social Benefits

• Promotes healthy interdependence

• Increases leadership possibilities
Financial Benefits

• Employment possibility

• Learn skills for full/part-time work in business or sheltered workshop

• Development of skills in sales and finances
Financial Benefits

• Increased time management skills

• Opportunities for clients to meet the public

• Budget & planning
Financial Benefits

• Low cost food/decorations/gifts

• Can be a partially self supporting program