## 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.

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

 Provides practice in eye hand coordination

 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

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

 Motivates us to use adaptive equipment as it is needed

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

- Teaches new skills & techniques in horticulture
  - Increases interest

- Stimulates understanding of abstract concepts
  - Time, growth, change & death

Increases awareness of the living world

 Exercises our minds in terms of memory & logic

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 selfconfidence

Satisfies our need to be nurturing and caring

## **Affective Benefits**

Opportunities to be creative and self expressive

Develops a sense of responsibility and accomplishment

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