

Horticultural Therapy and the Older Adult Population



Suzanne E. Wells, MS

Editor

*with American Horticultural Therapy Association
and Friends Organization*

Horticultural Therapy And The Older Adult Population

Michael Brown



Horticultural Therapy And The Older Adult Population:

Horticultural Therapy and the Older Adult Population Suzanne E. Wells, 1997 Describes garden designs to enhance the horticultural therapy experiences of older adults existing programs and new research evaluating the effectiveness of such therapy The 11 articles are also published as Activities Adaptations and Aging vol 22 nos 1 2 3 1997 Paper edition 0036 9 24 95 Annotation copyrighted by Book News Inc Portland OR

Horticultural Therapy and the Older Adult Population Suzanne Wells, 2014-02-04 Horticultural Therapy and the Older Adult Population is the guidebook you've been waiting for since the American Horticultural Therapy Association's AHTA 1981 publication With an updated collection of chapters in the area of horticultural therapy and older adults ranging from a review of relevant literature to descriptions of existing horticultural therapy programs this book will stimulate networking and information sharing among horticultural therapists and other professionals working with older adults spur new ideas and foster continuing research in the field The book's importance is recognized internationally and it is soon to be published in Japanese In Horticultural Therapy and the Older Adult Population you will find chapters on garden designs to enhance the horticultural therapy experience descriptions of existing horticultural therapy programs for older adults and new research to evaluate the effectiveness of horticultural therapy with this population Whether you're an established horticultural therapist a nursing home administrator or a gerontology educator this book will help you design gardens set up and evaluate programs and develop curriculum Horticultural Therapy and the Older Adult Population also includes the results of a survey sent to all registered members of AHTA who work with the older adult population The survey responses provide information about the institutions and the population served programming activities program staffing program evaluation and funding Another beneficial feature of the book is a resource packed bibliography Prepared as a service to horticultural therapists and others working with older adults it covers the most relevant publications giving you more places to find inspiration and ideas for improving care to the elderly through horticultural therapy

Complementary and Alternative Medicine for Older Adults Elizabeth R. Mackenzie, Birgit Rakel, 2006-02-22 The field of Complementary and Alternative Medicine CAM is expected to grow tremendously in the next few years In addition to an increase in the general population the baby boomer generation is quickly entering retirement and will likely take advantage of CAM increasingly as it ages Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging the United States population still continues to employ it For diagnoses that accompany aging such as cancer neurological diseases psychiatric disorders and physical disabilities CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment This new and up to the minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life Covering dietary means physical mental and spiritual methods of treatment and various types of therapies this handbook is the most comprehensive and up to

date resource on complementary and alternative medicine available today Each chapter or article includes Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to find further information Examples of therapies covered include Art Music Massage Acupuncture Meditation Homeopathy Ayurveda Aromatherapy

The Profession and Practice of Horticultural Therapy Rebecca L. Haller, Karen L. Kennedy, Christine L. Capra, 2019-01-15 The Profession and Practice of Horticultural Therapy is a comprehensive guide to the theories that horticultural therapists use as a foundation for their practice and provides wide ranging illustrative models of programming This book aims to enhance understanding and provide insight into the profession for both new and experienced practitioners It is directed to students in the field along with health care and human service professionals to successfully develop and manage horticultural therapy programming The book is organized into four sections an overview of the horticultural therapy profession theories supporting horticultural therapy use models for programs and tools for the therapist Areas of focus include Overview of the profession including the knowledge skills and abilities needed to practice Discussion of related people plant endeavors and theories supporting horticultural therapy Issues within the profession of horticultural therapy including employment models professionalism and ethics and credentials Characteristics and implementation of therapeutic vocational and wellness program models Accommodations and adaptive techniques to best serve the needs of all participants Strategies for assessment and documentation for horticultural therapy intervention Issues for managing programs including how horticultural therapy programs collaborate with other disciplines determining program costs and budget managing staff and growing spaces and conducting program evaluations Horticultural therapy serves the needs of the whole individual when practitioners have a broad and deep comprehension of the theories techniques and strategies for effective program development and management The Profession and Practice of Horticultural Therapy provides relevant and current information on the field with the intent to inspire best practices and creative effective programs

Therapeutic Landscapes Clare Cooper Marcus, Naomi A Sachs, 2013-09-20 This comprehensive and authoritative guide offers an evidence based overview of healing gardens and therapeutic landscapes from planning to post occupancy evaluation It provides general guidelines for designers and other stakeholders in a variety of projects as well as patient specific guidelines covering twelve categories ranging from burn patients psychiatric patients to hospice and Alzheimer s patients among others Sections on participatory design and funding offer valuable guidance to the entire team not just designers while a planting and maintenance chapter gives critical information to ensure that safety longevity and budgetary concerns are addressed

Horticultural Therapy Methods Rebecca L. Haller, Christine L. Capra, 2025-04-29 Horticultural Therapy Methods Connecting People and Plants in Health Care Human Services and Therapeutic Programs was the first text to describe the processes and techniques used to provide horticultural therapy interventions and the rationale for their use The first edition was written to positively impact the professional practice of horticultural therapy and provide

an array of strategies for horticultural therapy treatment Prior to its publication the topics had only been addressed by other allied professions but had not been specifically tailored for horticultural therapy The second edition updated the material added essential information on planning treatment sessions and provided techniques to address treatment issues for mental health physical health vocational skills and wellness This third edition revises all chapter content improves and expands appendices adds a chapter on building relationships provides new photos and includes additional case examples in addition to providing discussion questions references further reading and key concepts Horticultural Therapy Methods is a clear instructive manual that explains The process of treatment planning in horticultural therapy Session development including activity or task selections to meet treatment objectives Therapeutic use of self and relationship building Motivation and behavior management techniques Adaptations and modifications to enable and challenge program participants How to maximize active engagement in horticulture and cultivation of plants Treatment documentation guidelines Practical approaches for mental health and other areas of practice Horticultural Therapy Methods Connecting People and Plants in Health Care Human Services and Therapeutic Programs Third Edition is a reference and guide for students educators and those using horticulture for therapeutic purposes to help construct effective treatment programs Health care and human service professionals can use this reference in the therapy treatment and education of inmates residents patients trainees students and others The aim of this book is to guide novice and experienced horticultural therapists to use accepted human service practices that are aligned with allied professions

Occupational Therapy Meral Huri, 2018-11-21 Occupational therapy is a health care specialty with a deep focus on client centered and holistic rehabilitation to improve the individual's occupational performance quality of life and well being through participation in meaningful and purposeful activities This new book presents the importance of the therapeutic and creative use of activity in different populations which is one of the core components of occupational therapy Rehabilitation rehabilitation delivery and outcomes are affected by recent changes in the meaning of health and social values This resulted in an increasing necessity for therapeutic therapy as well as creative use of activity in occupational therapy This book focuses on recent advances in occupational therapy and reviews current practical guidelines It introduces updated knowledge and skills for children adults and the communities including physical mental social sensory behavioral environmental and community based interventions to prevent promote and improve activity use The book will be relevant to occupational therapists speech and language therapists physical therapists psychiatrists psychologists social workers and all the members of interdisciplinary rehabilitation team care workers

Horticulture as Therapy Sharon Simson, Martha Straus, 1997-11-03 Did you know that plants and plant products can be used to improve people's cognitive physical psychological and social functioning Well they can and Horticulture as Therapy is the book to show you how If you are already familiar with the healing potential of horticultural therapy or even practice horticultural therapy this book will help you enrich your knowledge and skills and revitalize your practice You will learn how horticultural

therapy can be used with different populations in a variety of settings what resources are available effective treatment strategies and the concepts behind horticultural treatment The first comprehensive text on the practice of horticulture as therapy this one of a kind book will enable the profession to educate future horticultural therapists with fundamental knowledge and skills as they embark on careers as practitioners researchers and educators You come to understand the relationship between people and plants more deeply as you learn about vocational social and therapeutic programs in horticulture special populations including children older adults those who exhibit criminal behavior and those with developmental disabilities physical disabilities mental health disorders or traumatic brain injury use of horticultural therapy in botanical gardening and community settings adaptive gardening techniques applied research documentation and assessment in horticultural practice Horticulture as Therapy establishes integrates and communicates a foundation of knowledge for horticultural therapists other therapists horticulturists students research scientists gardeners and others interested in this special and unique kind of therapy By reading Horticulture as Therapy you will see how you can make a difference in the health and well being of so many people today and tomorrow Preparing Participants for Intergenerational Interaction Melissa Hawkins, Kenneth Backman, Francis A Mcguire, 2013-04-03 Preparing Participants for Intergenerational Interaction Training for Success examines established intergenerational programs and provides the training methods necessary for activity directors or practitioners to start a similar program This book contains exercises that will help you train colleagues and volunteers for these specific programs and includes criteria for activity evaluations Preparing Participants for Intergenerational Interaction will help you implement programs that enable older adults to build friendships pass down their skills and knowledge to adolescents and provide youths with positive role models Discussing the factors that often limit the interaction of older adults with youths this text stresses the importance of conveying information and history to younger generations You will learn why the exchange between different generations is crucial to society and to the improvement of the community in which you live Preparing Participants for Intergenerational Interaction provides you with proven suggestions and methods that will make your program successful including examining Howe To Industries a program that teaches entrepreneurial skills to youths through older adults focusing on activities between older adults and youths that address aging sensitivity and racial and ethnic understanding defining the roles of a mentor including teacher trainer developer of talent and counselor increasing support and understanding in your community by defining target markets and selling the project to the public describing the aspects of group dynamics and how group decisionmaking methods are used to assess the success of the program and its volunteers understanding the community where participants live in order to address issues important to them such as poverty and other social problems Containing sample handouts self evaluations and detailed lessons for different types of programs this book offers you guidelines that apply to participants that have a variety of needs within different communities Preparing Participants for Intergenerational Interaction Training for

Success will enable you to help older adults remain an active and essential part of these communities by teaching youths valuable life skills they may not receive from anyone else

Green Gardens for the Golden Years Pasquale De Marco, 2025-04-11 As we age it is important to find ways to stay active engaged and connected to nature Gardening is a great way to do all three Horticultural therapy which uses plants and gardening activities to improve physical cognitive and emotional health can be especially beneficial for older adults This comprehensive guide provides everything you need to know about horticultural therapy for older adults including The history theory and practice of horticultural therapy The evidence for its effectiveness in improving physical cognitive and emotional health Case studies and examples of horticultural therapy programs in action How to start your own horticultural therapy program Tips for adapting gardening activities for older adults with different abilities Whether you are a healthcare professional social worker activity director family member of an older adult or simply an older adult interested in learning more about horticultural therapy this book is for you Benefits of Horticultural Therapy for Older Adults Reduced stress and anxiety Gardening can help to reduce stress and anxiety levels by providing a sense of peace and tranquility Improved mood Gardening can also improve mood by boosting serotonin and dopamine levels two neurotransmitters that are associated with happiness and well being Increased physical activity Gardening is a great way to get older adults moving It can help to improve strength flexibility and balance Improved cognitive function Gardening can also help to improve cognitive function by stimulating the brain and promoting memory and attention Social interaction Gardening can provide opportunities for older adults to socialize and interact with others This can help to reduce isolation and loneliness Horticultural Therapy Activities for Older Adults There are many different horticultural therapy activities that can be adapted for older adults including Container gardening Container gardening is a great option for older adults who have limited space or mobility Raised bed gardening Raised bed gardening is another good option for older adults who have difficulty bending or kneeling Indoor gardening Indoor gardening is a great way for older adults to enjoy gardening all year round Therapeutic gardening Therapeutic gardening is a type of gardening that is specifically designed to improve physical cognitive or emotional health No matter what your age or ability level there is a horticultural therapy activity that is right for you So get started today and experience the many benefits of gardening If you like this book write a review on google books

Complementary and Integrative Therapies for Mental Health and Aging Helen Lavretsky, Martha Sajatovic, Charles F. Reynolds (III), 2016 A comprehensive summary of the state of the art of the field in clinical practice and research in the second decade of the 21st century Features future directions for research and clinical practice in integrative medicine and aging

Proceedings of the VIIIth International People-Plant Symposium on Exploring Therapeutic Powers of Flowers, Greenery and Nature Eisuke Matsuo, Paula Diane Relf, Margaret Burchett, 2008

Practical Horticulture Laura Williams Rice, Robert P. Rice, 2003 For undergraduate survey non major courses in Horticulture Providing a scientifically based yet practical introduction to horticulture this text presents material

relevant to the way people encounter horticulture in everyday life landscapes houseplants vegetable gardens while introducing important aspects of horticultural science and commercial practices Weed Technology ,1997 **Ecotherapy** Linda Buzzell,Craig Chalquist,2009-05-12 Encompasses a broad range of nature based methods of psychological healing Leaders in the field contribute essays that take into account the latest scientific understandings and the deepest indigenous wisdom Other key thinkers explore the links among ecotherapy spiritual development and restoring community

Disability Studies Quarterly ,1999 *Growing with Care* Betsy Kreidler,2002 Based on the tenets of The Eden Alternative Growing with Care offers guidance to begin indoor and outdoor gardening activities and enhance established gardening programs This valuable easy to use reference will help Homes develop a program that creates a sense of ownership empowerment and companionship for residents and clients in long term care assisted living or day community environments *A Proceedings of the XXVI International Horticultural Congress, Toronto, Canada, 11-17 August, 2002* Diane Relf,B. H. Kwack,2004 **American Book Publishing Record** ,1997 The Cumulative Book Index ,1997 A world list of books in the English language

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