



KEVIN HEINZE

Grow



GROW

**Gardening for Recreation,
Occupation and Well-being**

Social and Therapeutic Gardening

""I have, for some time, thought doctors should prescribe a course of gardening for people who come to them with depression or stroke”.

Gardening burns off calories; it makes joints supple and is fantastic exercise. Gardening as a physical activity has been shown to be helpful in the treatment of anxiety, depression and dementia."
(Sir Richard Thompson, President of the Royal College of Physicians, Thrive, 2012).

Benefits of a garden

The Lancet Neurology (2014) article, “Gardens that take care of us” said that gardening reduces social isolation, reduces self-harm, reduces stress, lowers the body mass index, provides low impact exercise, reduces negative thoughts and damaging behaviour, improves rehabilitation, is calming and is empowering for participants.

The therapy of natural environments

- *Why in a garden environment?*
- *Attention Restoration Theory*
- The effort to direct attention on a particular thought requires the energy to suppress and inhibit irrelevant information. This places pressure on the capacity to maintain direct attention leading to increased levels of mental fatigue.

- *Stress Reduction Theory*

Cities are not natural environments and in such an environment “man cannot trust his reflexes but must make use of logical thinking” and cannot naturally rest (Stigsdotter & Grahn, 2002).

- *Searles & Biopsychology*

“...the close relationship of family and friends demand more than unknown people, animals demanded less than humans while plants, rocks and water demand even less, they are familiar and they are there all of the time”.

Behavioural change occurs in natural environments - the stream
area at KH GROW
(Attention Restoration Theory)



The Design Element

Any therapeutic garden should be built on the expressed needs of people using that space. Their current and past experiences, culture, home and work make up the framework of a garden.

Kalkee before



Kalkee Belmont



Some Facts

- Plants reduce stress and increase productivity.
Ulrich. University of Texas 2002.
- Gardening reduces the onset of dementia by 36%
University of New South Wales , Dubbo Study, 2006.
- Plants in hospital wards reduce patient stress, reduce the need for analgesics and provide a higher level of well-being.
University of Kansas . Seong –Hyun Park 2006
- Contact with nature reduces mental fatigue, anger and violence.
Environment and Behaviour, vol.33 2001.

Sensory Gardens



Communication



Social Interaction



Emagination



Change of perspective



Teapot water feature Referencing



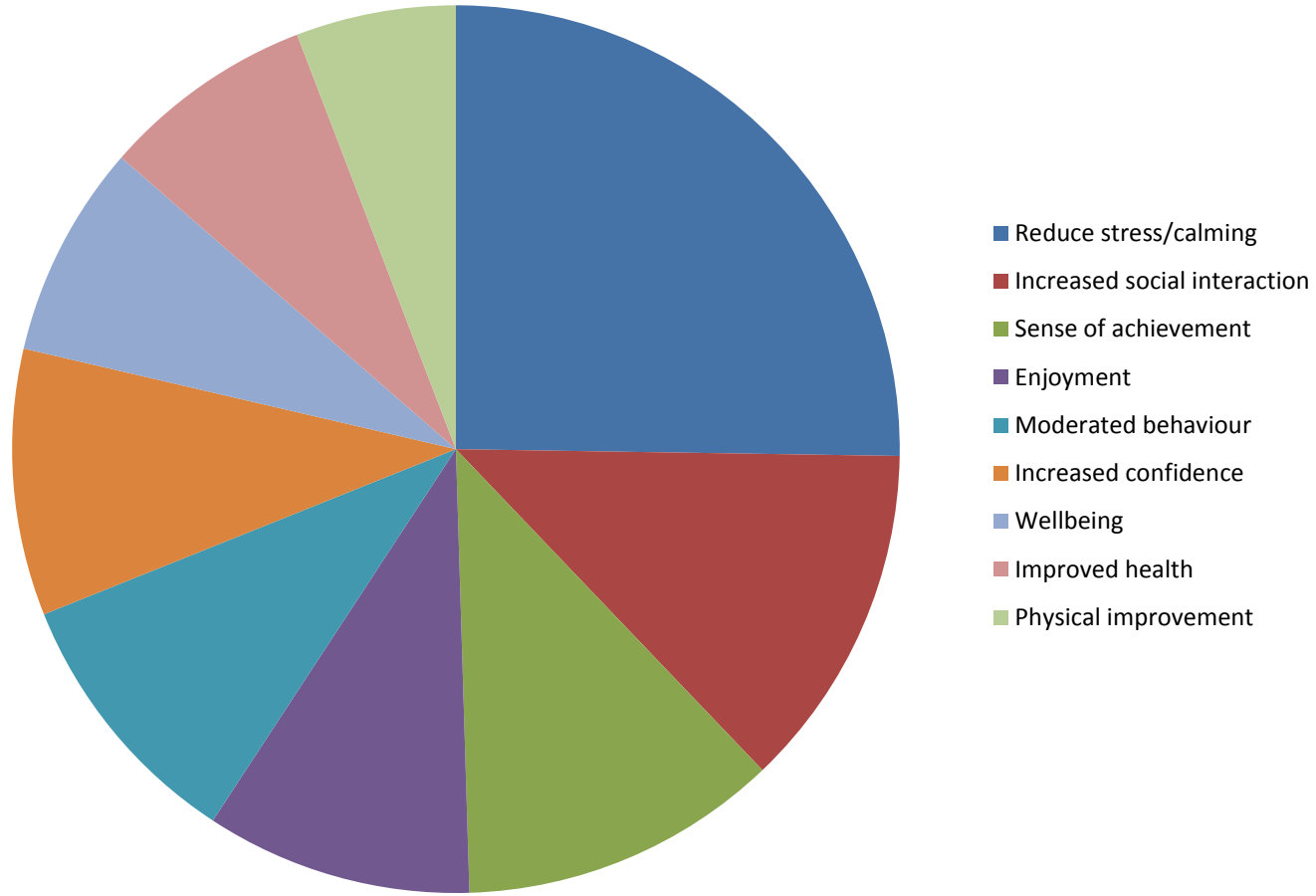
Including the kitchen sink Referencing



What else can occur in a therapeutic garden

- Engages the person in a natural “real world “environment
- Connects the person to other living things.
- Provides opportunities for social engagement and interaction.
- A positive way to build vocational skills through task based thinking.
- Provides opportunities for building cognitive capacity and cognitive rehabilitation – recall building through repetitive task association activities.
- Gives people and opportunity to nurture and grow things that are dependent on their care.
- Provides empowerment through a valued role as a producer of food, developer and carer of gardens or by improving the environment.

Chart 1. Frequencies of perceived benefits of garden based programs from the 2014 study .





The End

