

A top-down photograph of fresh celery stalks and several glass jars filled with vibrant green smoothies, set against a light-colored, textured background. The image is overlaid with a semi-transparent dark green filter. The text is centered in white, with a small teal arrow pointing to the left of the second line.

Gardening for Health & Wellness

▶ Training for Trainers



Agenda

- Increase understanding of horticultural therapy
- Explore therapeutic gardening programs and activities
- Provide tools for using gardening activities to improve health and wellness.



Kit of Materials

- Mixing Tub
- Organic Potting Mix
- Squirt Bottle
- Pot and Saucer
- Coffee Filter
- Plant tag
- Plant
- *Therapeutic Gardens* - reference book

Use this kit to provide a therapeutic experience for yourself and others.

Resources available:

- A lesson plan using these materials
- A pictorial walkthrough for download
- A video demonstration of the lesson plan

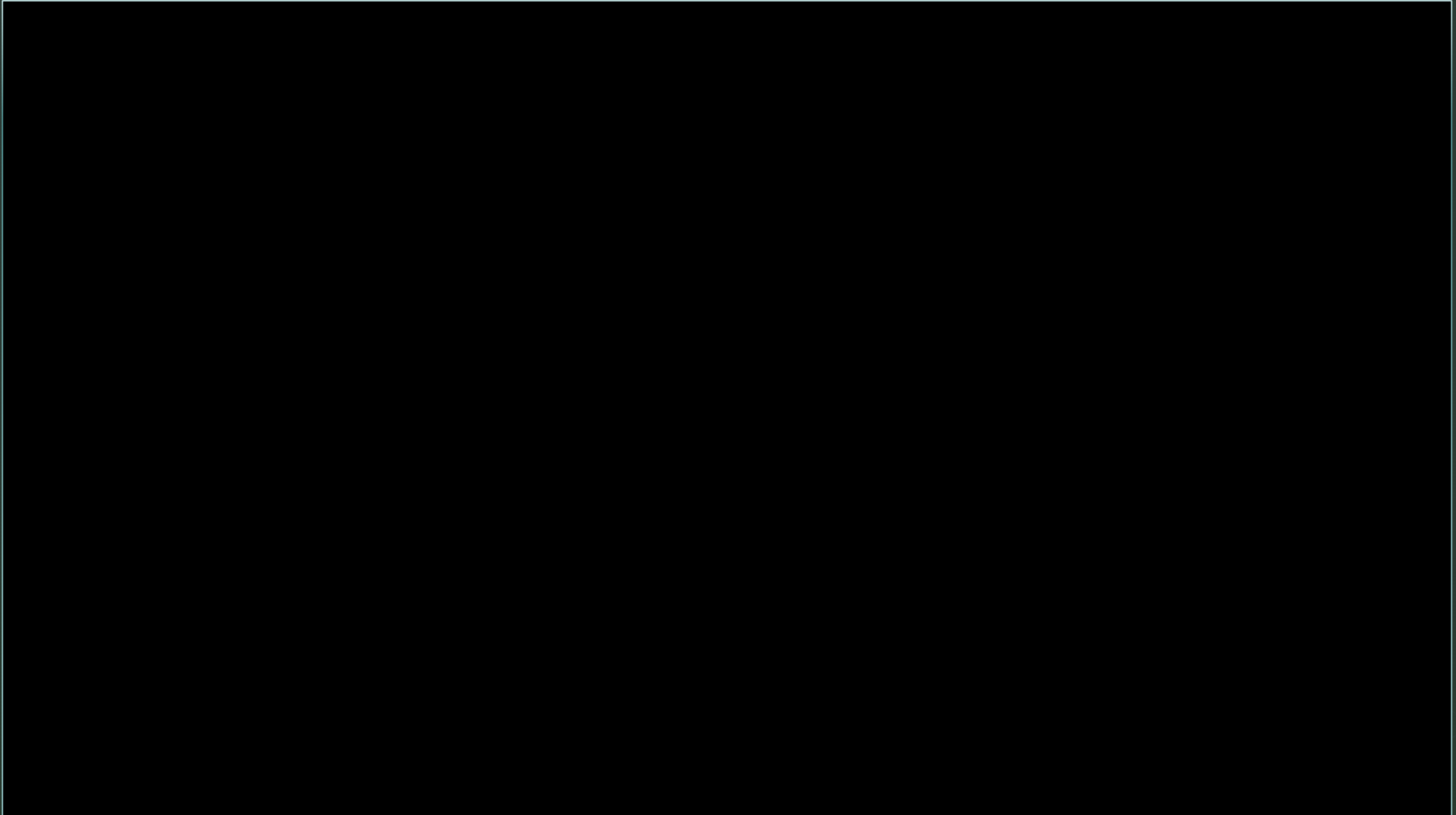
Coming into the Garden



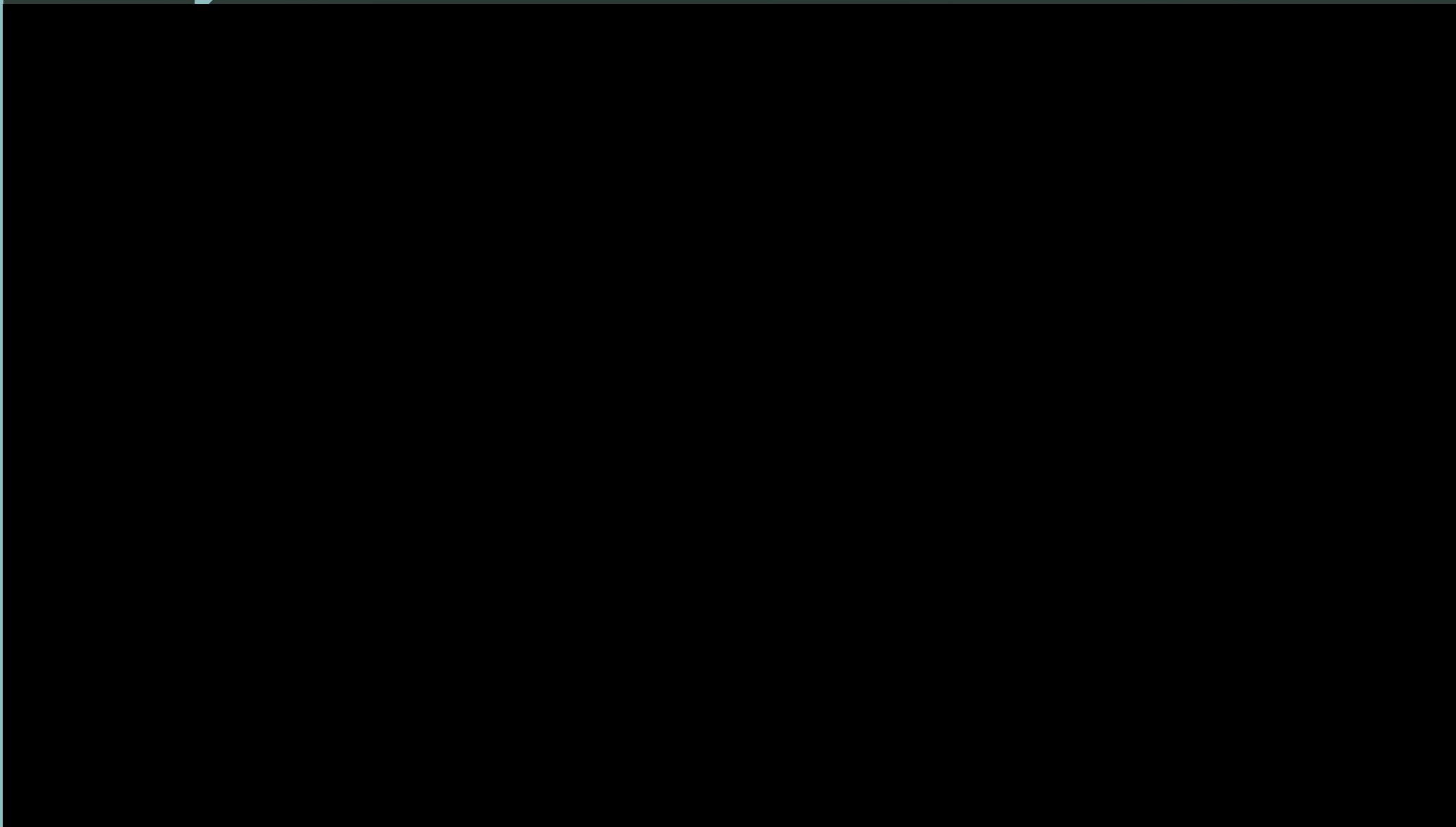
Why do you
garden?



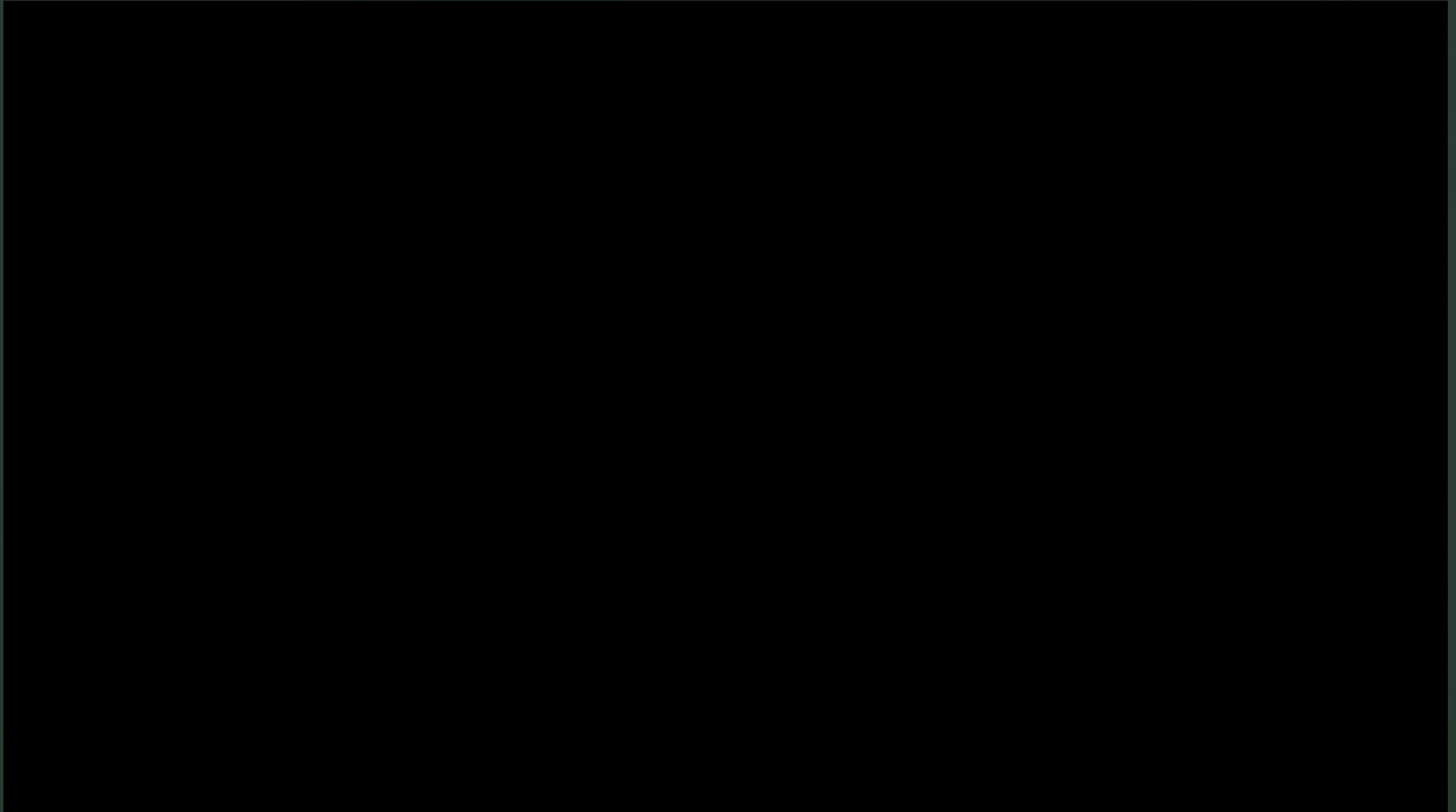
VIDEO



VIDEO

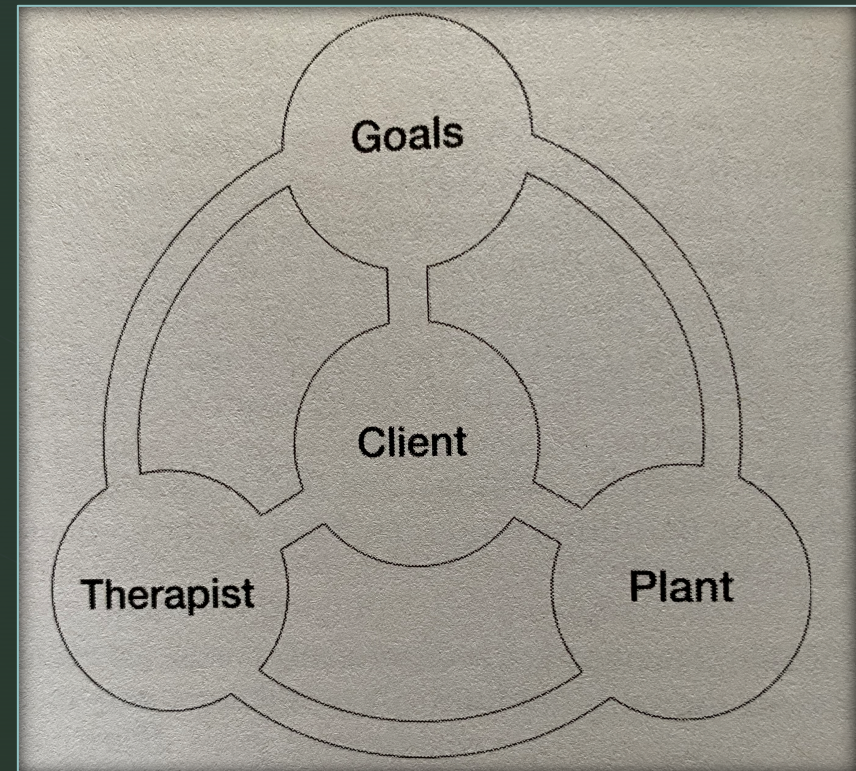


VIDEO



What is Horticultural Therapy?

- Horticultural therapy is a professionally conducted client-centered treatment modality that uses horticulture activities to meet specific therapeutic or rehabilitative goals of its participants. The focus is to maximize social, cognitive, physical, and/or psychological functioning, and/or to enhance general health and wellness.



Horticultural therapy is ...



- Hands on
- Sense stimulating
- Goal driven
- Person centered



Developing and facilitating an HT Program is a Team Effort

- Agency administrators
- Clients / participants
- Collaborators & funders
- Professionals (horticultural therapists, occupational therapists, physical therapists, social workers)
- Agency staff (activities directors, volunteer coordinators, teachers, supervisors)
- Volunteers (MGs, community members, parents, spouses, adult children)

San Diego MG Programs Using Therapeutic Horticulture Techniques



- Reminiscence Gardening
- Growing Opportunities
- FIG (Friendly Inclusive Gardening)

Research shows HT has many benefits, particularly for people with . . .

- Anxiety
- Arthritis
- Blindness or visual impairments
 - Cancer and other illnesses
 - Care-taking responsibilities
 - Cognitive impairments
 - Deafness
 - Dementia
 - Depression

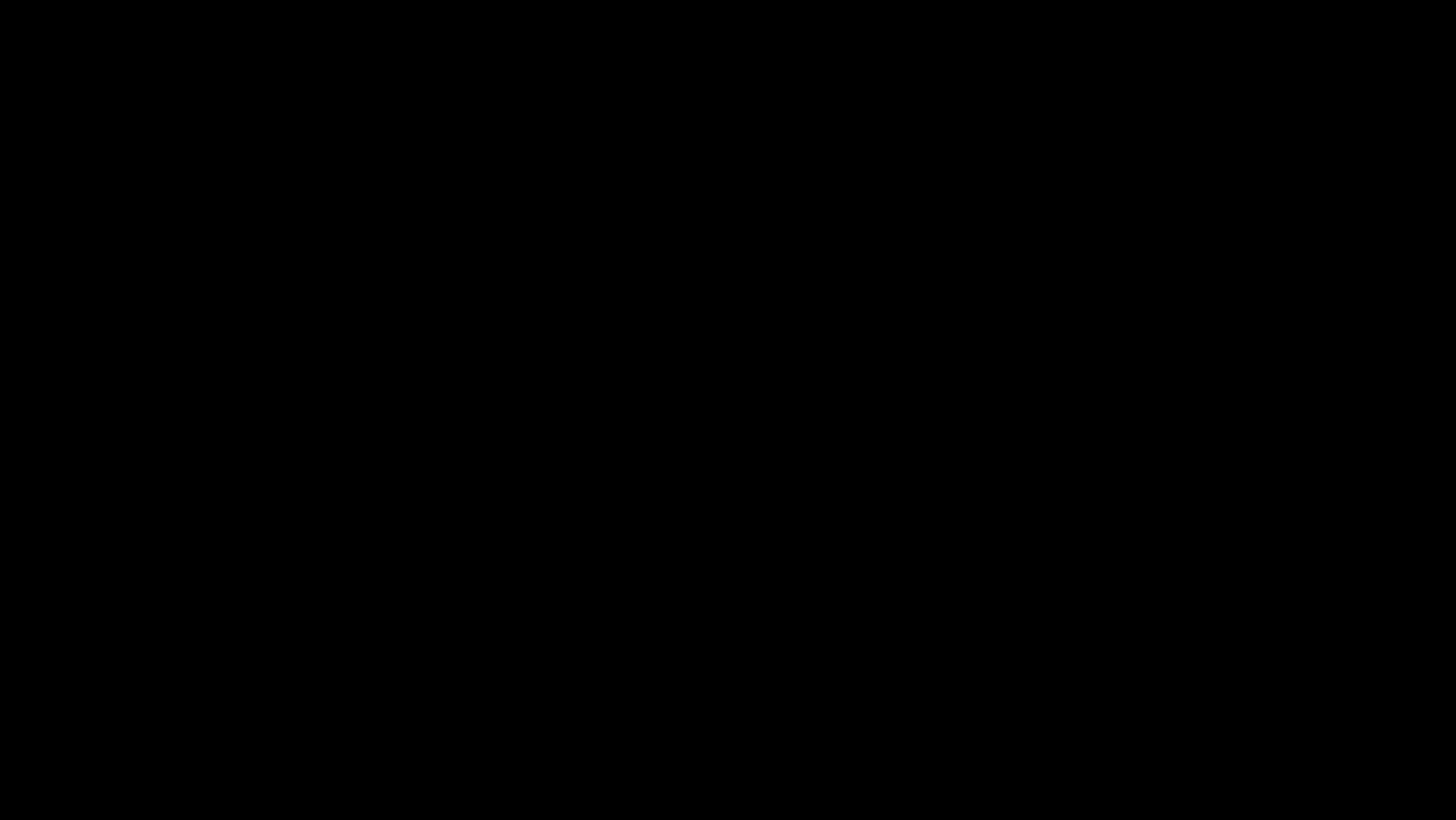


- Developmental disabilities
- Loneliness
- Memory loss
- Mental illness
- PTSD
- Spinal cord and other physical injuries
- Stressful lives
- Traumatic brain injury

Examples of gardening activities that can be used to reach therapeutic goals

Gardening activity	Therapeutic goals
Pot up herbs	Improve diet, reduce anxiety
Decorate pumpkins with succulents	Maintain social connections, collaborate with others
Plant seeds	Cultivate mindfulness, practice following directions, develop fine-motor skills
Dig up bulbs	Maintain strength, get exercise

VIDEO



A lesson plan...

- Guides the flow of the activity
- Keeps activity focused on goals
- Allows helpers to participate with minimal instruction
- Enables the activity to be replicated elsewhere

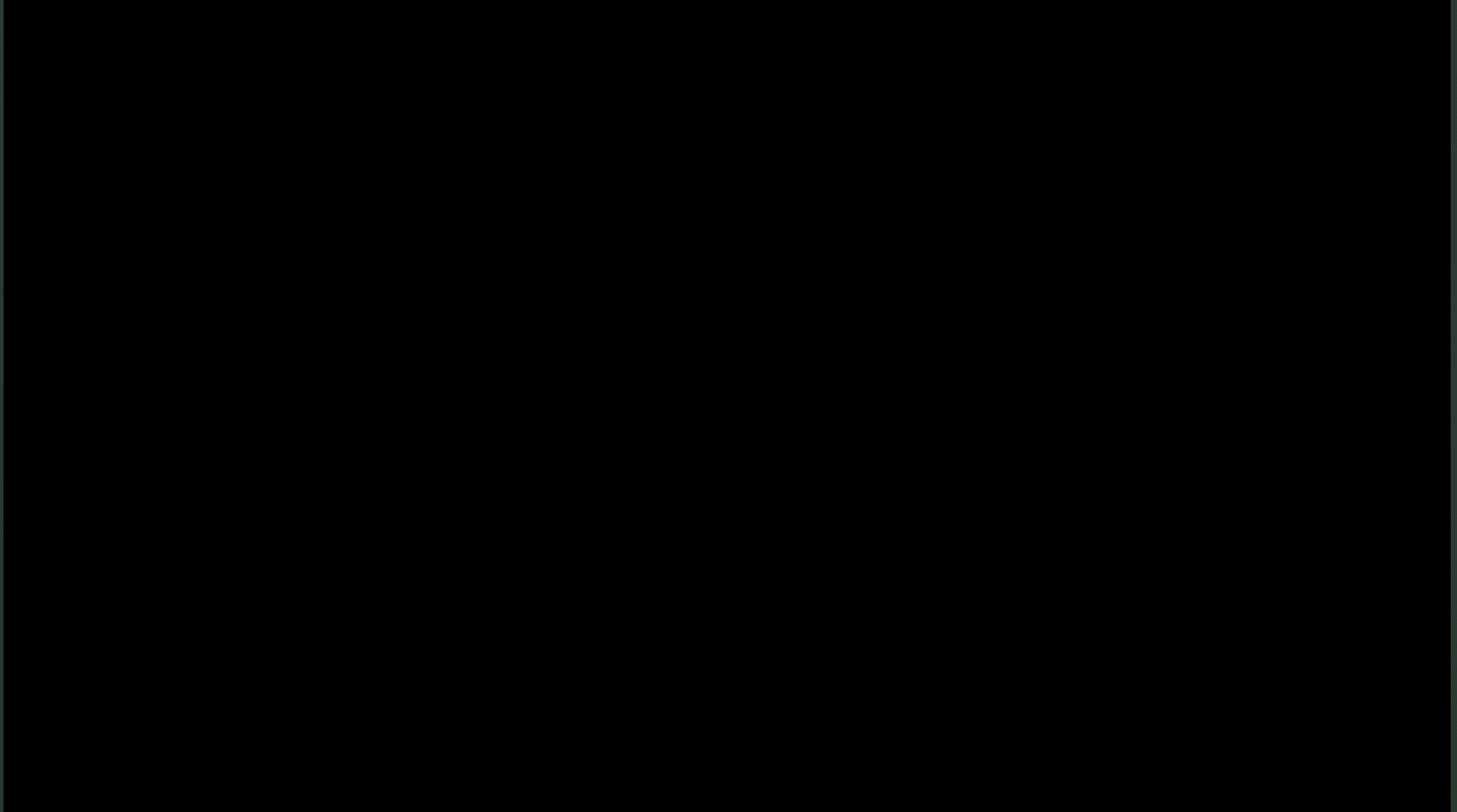


Considerations When Planning an Activity for a Specific Audience

- Needs and interests of participants, stakeholders, facilitators
- Complexity of activity
- Environmental conditions
- Funding
- Group size
- Pace
- Safety
- Timing
- Tools



VIDEOS



Resources Available To You

- MG website
- LWG website
- MG Committees and volunteer opportunities





THANK YOU!

- Contact me:
 - leataylor@ucanr.edu
 - 619-829-3753
- Websites:
 - Live Well in the Garden
 - [Ucanr.edu/sites/livewellinthegarden](https://ucanr.edu/sites/livewellinthegarden)
 - Master Gardener Association of San Diego County
 - [Mastergardenersd.org](https://mastergardenersd.org)