



The benefits of gardening and gardening interventions



Growing for Health Conference

Liverpool

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Gardening for health a new idea?

- ***Ancient Egypt - royal physicians prescribed a spell in the palace gardens for those of troubled mind***
- ***St Dymphna – “...Geel Belgium and the use of horticulture for lunacy”***
- ***1856 Dorset County Asylum - “male patients shall be employed in gardening and husbandry... to promote cheerfulness and happiness”***
- ***1944 “Different gardening activities that may be used as occupational therapy”***

Thrive's 5 Benefits of Gardening

1. Physical
2. Psychological
3. Social
4. Learning
5. Access to Environment



Access to natural environment

- Biophilia (Wilson 1984)
- Landscapes for survival (Oriens 86 Balling and Falk 82)
- Restorative environment and attention restoration (Kaplin S and R 73, 84, 92)
- Less aggression against partners when trees are present in a community (Kuo and Sullivan 01)
- Natural views from hospital effect recovery of patients post surgery (Ulrich 84)

Nature, mental fatigue and recovery from stress

- Kaplin (95) – Time in nature reduces mental fatigue
- Properly conceived landscapes and their positive psychological response (Relf 98)
- Pretty et al (07) – Improved self esteem and mood from green exercise
- Barton et al (11) Green exercise improves self esteem and mood more than exercise in urban environment
- Brown et al (13) - Viewing nature scenes positively affects recovery of autonomic function following acute mental stress

STH in MH

- Recreation, education, vocational and Therapy (Shapiro and MJ Kaplin 94)
- Communication, Learning skills, teamwork... , self confidence and helps concentration (Seller, fieldhouse and Phelen 99)
- A positive effect on self esteem, well being and hence quality of life (Perrins-Margalis 99)
- Development of Work and social skills (Vaccaro, Cousino and Vatcher 92)

STH and LD Evidence

- Physical benefits including development of motor skills, strength, stamina and balance (Taylor 1990)
- Sharing values, norms and social preference (Lewis 1992)
- Increased self esteem (Catlin 1999)
- Social benefits (Sempik et al 2005)
- Vocational skills/hard outcomes (Catlin 99, Sempik 05)
- Feelings of Trust, empowerment, purpose, usefulness (Sempik et al 2005)

STH and Older people and their specific needs

- Maintains skills (Chambers 72)
- Provides Good cardiovascular exercise and maintains fitness for patients requiring exercise to prevent reoccurring illness (Hickey 78)
- Maintain gross and fine motor skills (Wichrowski 98)
- Promotes memory use (Hass et al 02)
- Share knowledge (Haller, Kramer 06)
- Reduces agitation (Detwiller et al 08)
- Alleviates expected deterioration of well being in YOD (Williams and Hussey 2011)

STH and ABI

- Improvements of Well being and Self confidence (Wichrowski et al 98)
- Occupation habits, life skills and self confidence (Staruss and Didonato 94)
- Spouses and careers observed those with aphasia seemingly spoke more (Sarno and Chambers 97)
- Provides early opportunities for early success as gardening is so adaptable (Strauss 98)
- “...a vital role not only in recovery but also in the life of a brain injury survivor” (Strauss 98)

What Clients think about STH

Outside, Nature, wildlife, peacefulness, working outdoors, fresh air, the exercise, its made me fitter, the people are good, Looked really beautiful, its alive, normal activities that normal people do, A very healing place, has become part of me, We've all had the same sort of experiences, Have a good laugh, friendship, companionship, having a chit chat, getting out and seeing people, no pressure, you can make mistakes, its work without managers, I'm a gardener,

Using photography to identify benefits suggested:

1. People
2. Plants (particularly those they nurture)
3. Tools and machinery

Health, Well-being

Rehabilitation, Acceptance,
Social Inclusion

Tranquillity, Peace,
Spirituality

Employment

Social Processes,
Interaction,
Esteem-Building

Food, Cultivation,
Consumption

Attention
Restoration,
Recovery from
Stress

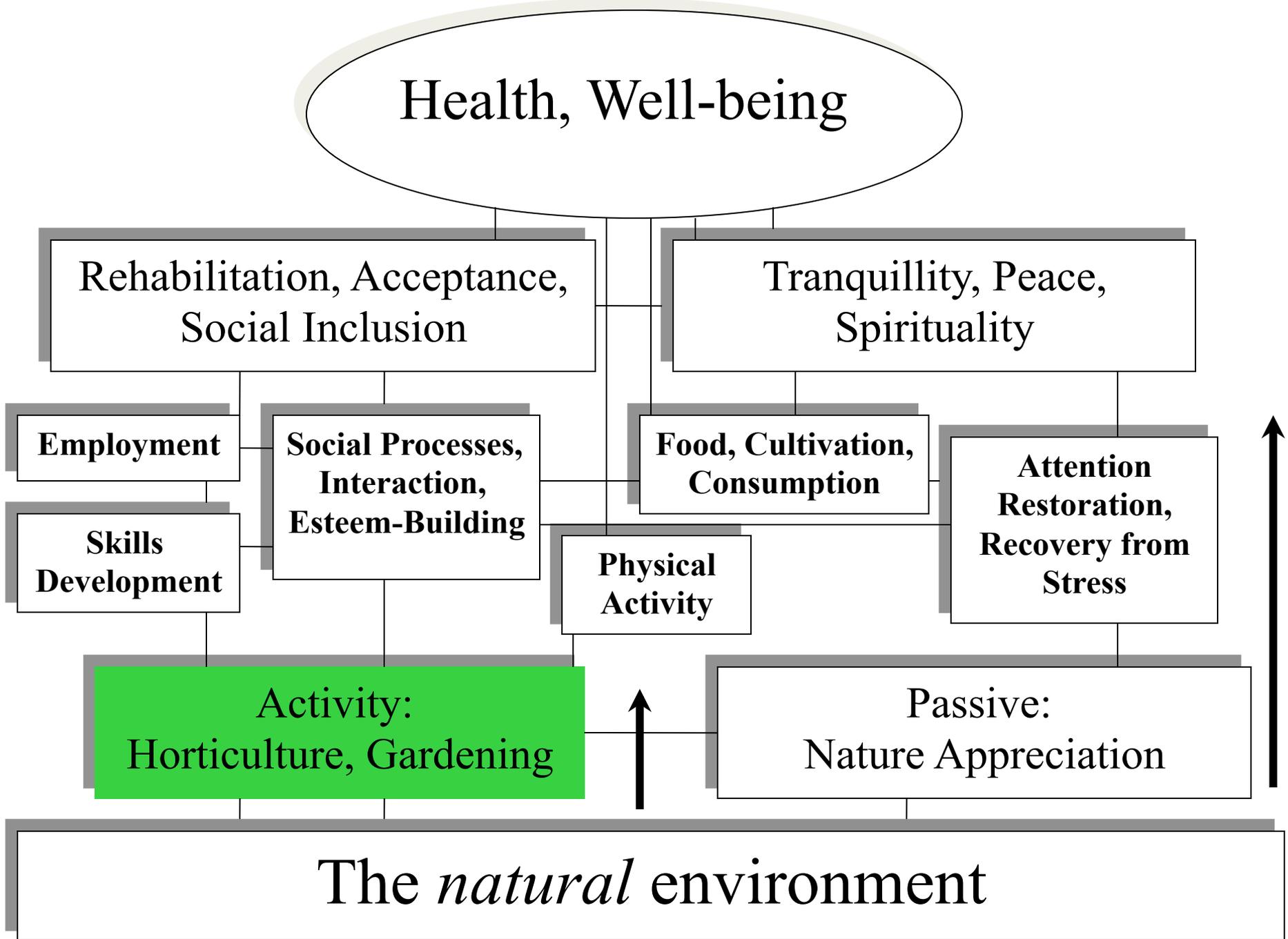
Skills
Development

Physical
Activity

Activity:
Horticulture, Gardening

Passive:
Nature Appreciation

The *natural* environment



A combination of valuable therapeutic opportunities



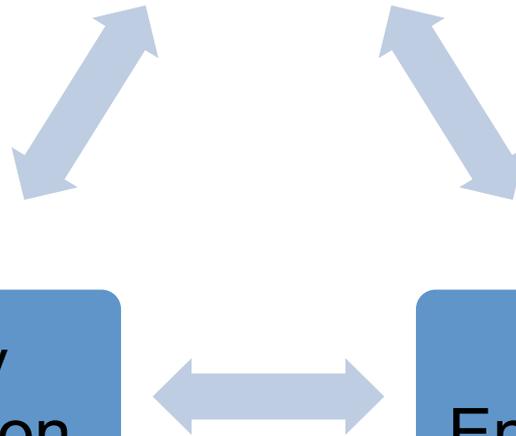
Natural Environment



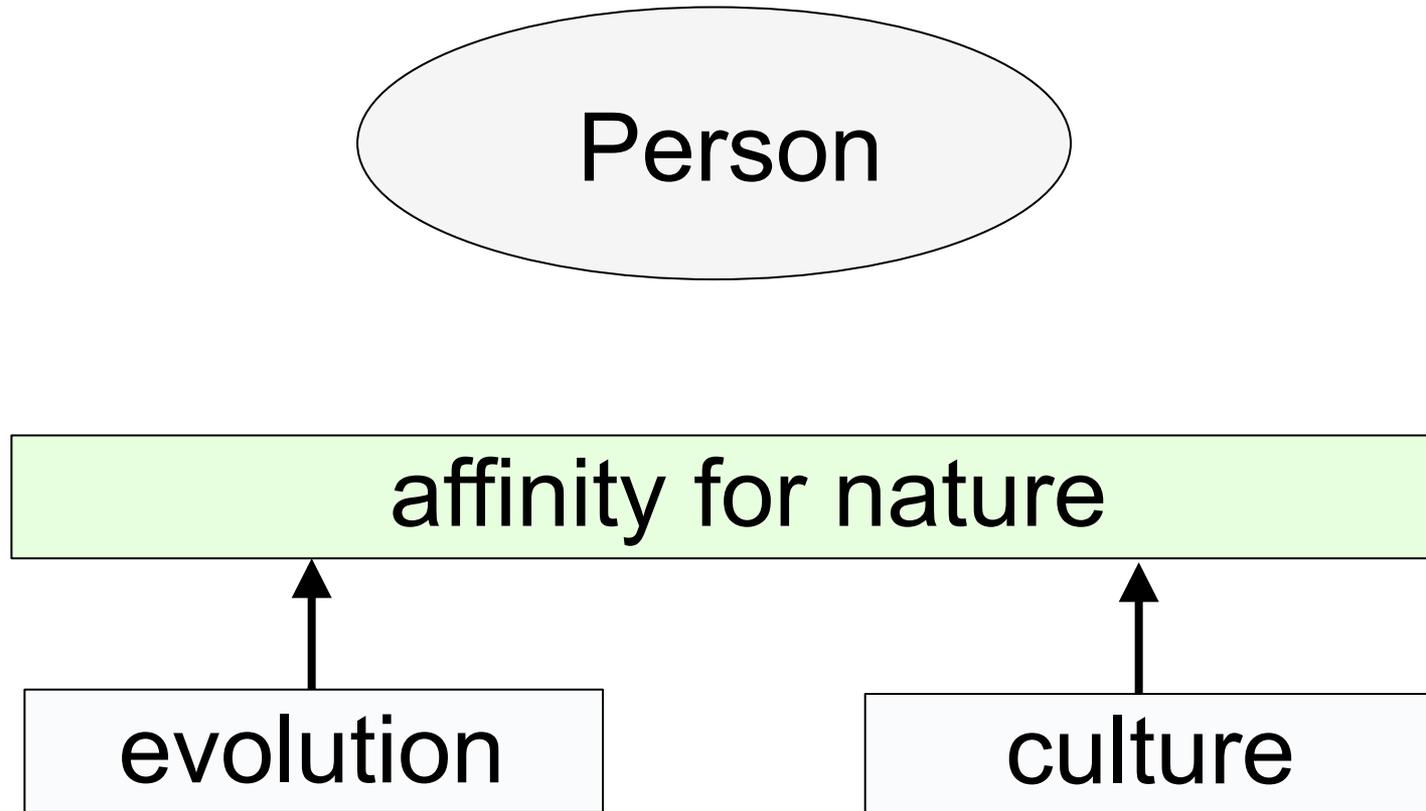
Activity Occupation



Social Environment



STH – a guided process



STH – a guided process

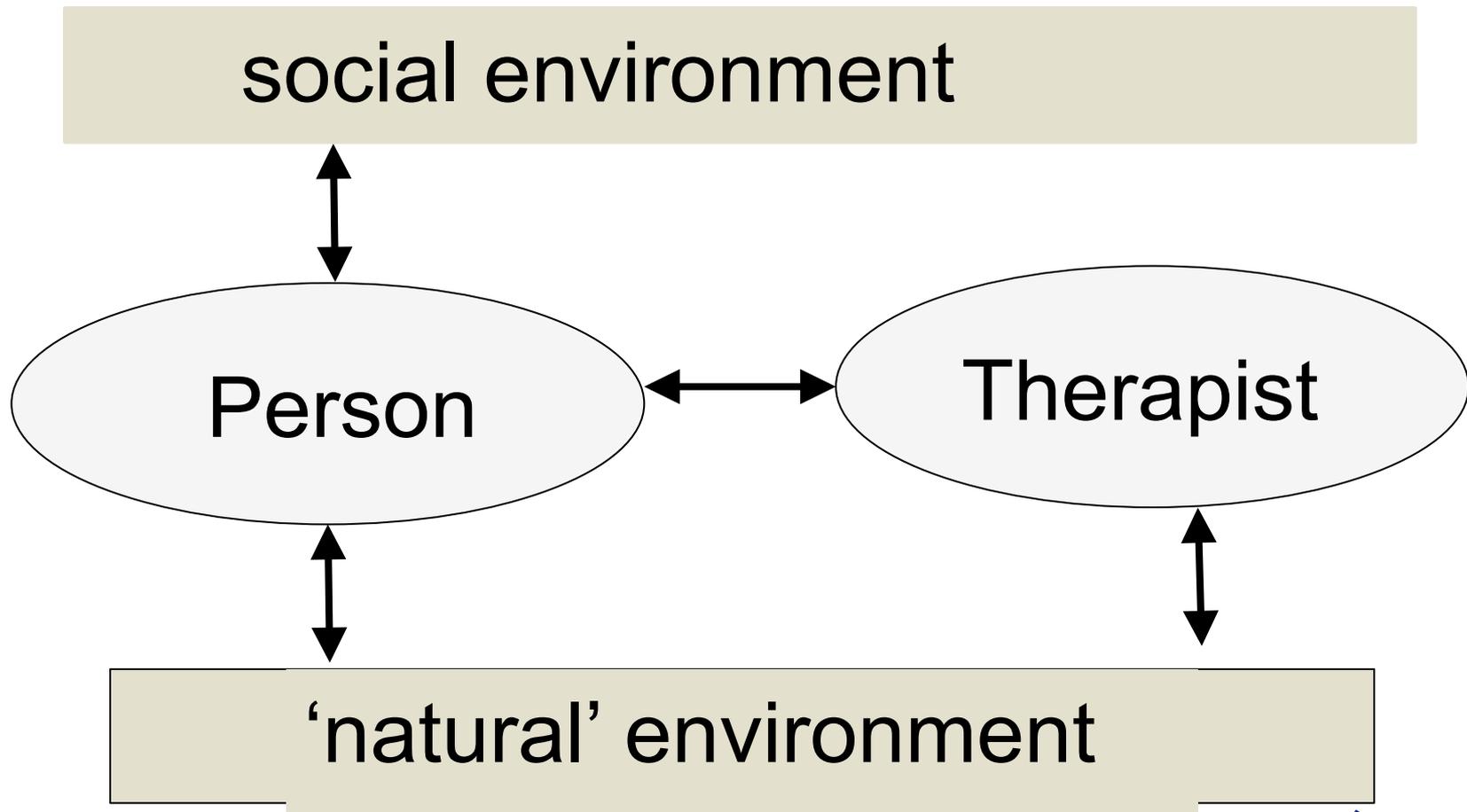
social environment

Person

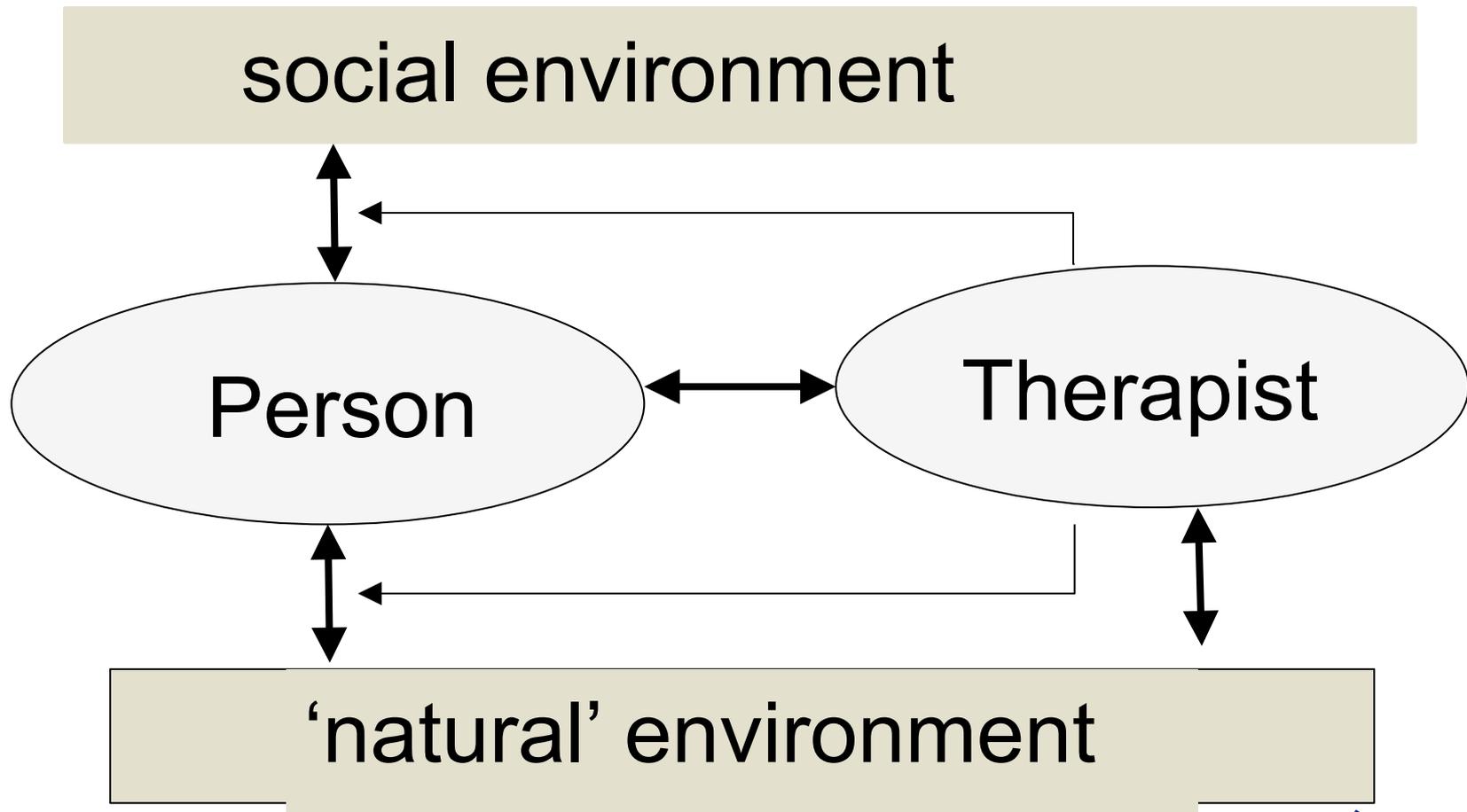
Therapist

‘natural’ environment

STH – a guided process

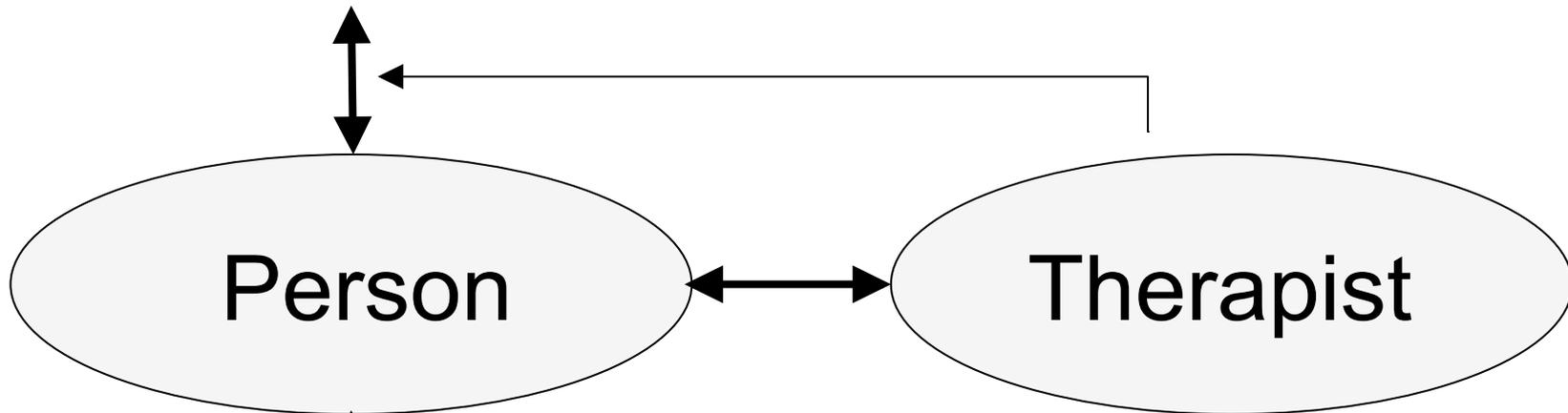


STH – a guided process



STH – a guided process

social environment



'natural' environment

outcomes

STH – measurable outcomes

- Improvement in symptoms
 - reduction of BDI depression scores of patients (Gonzalez, 2009)
- Improved affect (pleasure, anxiety interest)
 - e.g. people with dementia (Jarrott and Gigglioti, 2010, 2011)
- Increased social interaction
 - e.g. people with learning difficulties (Sempik et al, 2014)

5 Ways To Wellbeing

CONNECT

Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.

BE ACTIVE

Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. You will feel good when we you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun

GIVE

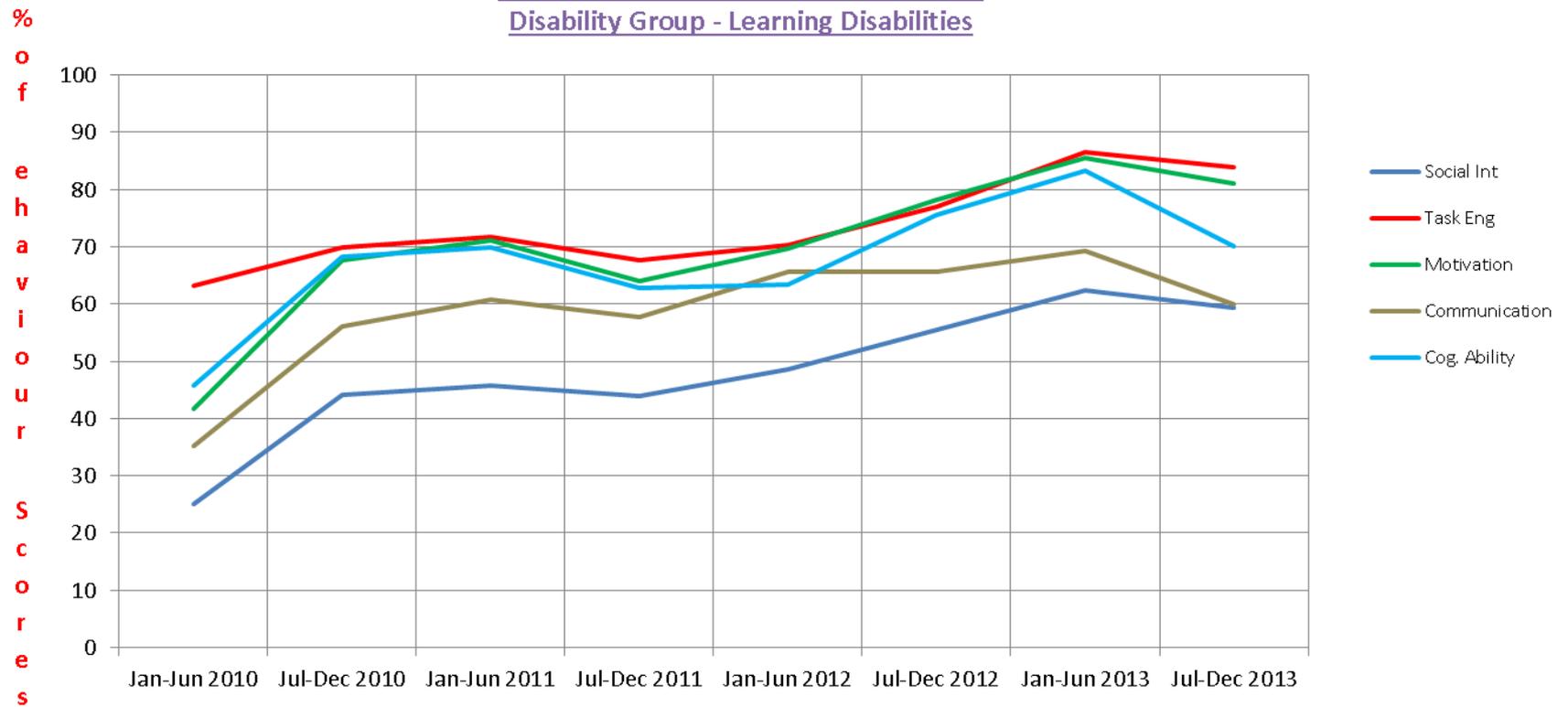
Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.

INSIGHT

Behaviours Progress Chart - Client A

Thrive Trunkwell Start date 08/01/1997

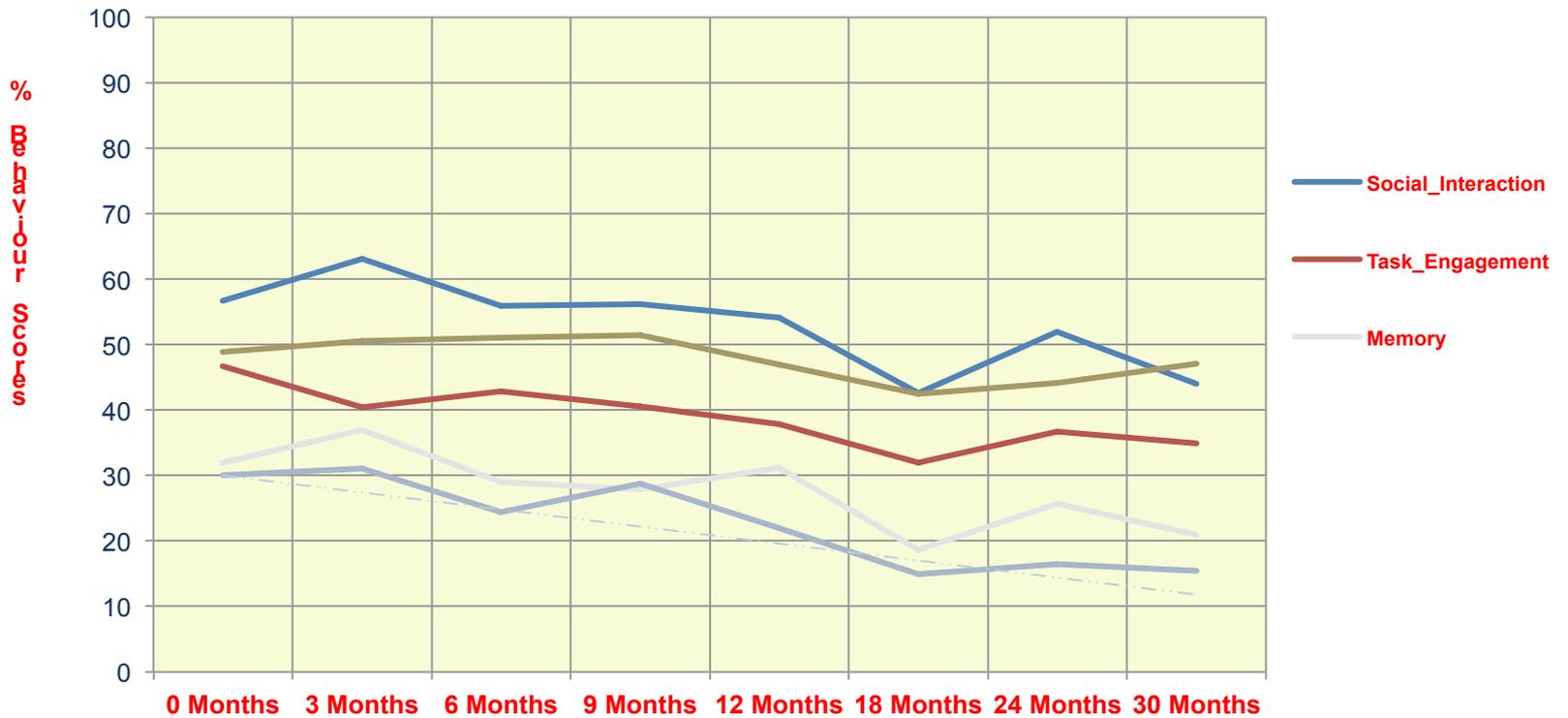
Disability Group - Learning Disabilities



6 Month Periods

INSIGHT

Dementia Group Average Behaviour Scores 2010 - 2012



Cognitive deterioration predicted at 48% over 2 years - Journal of Alzheimer's Diseases

Using gardening to change lives

Thank You

