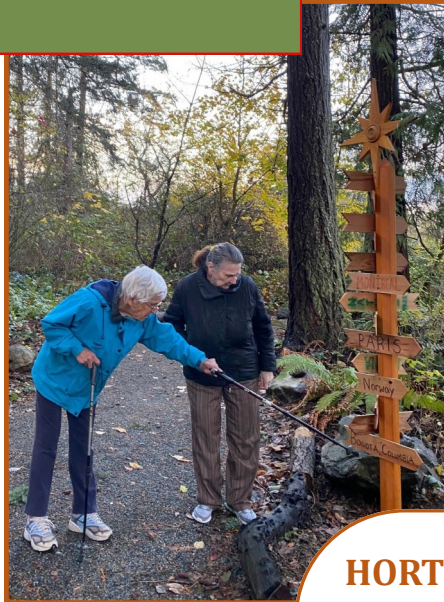
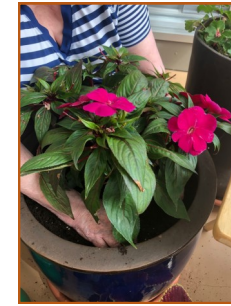


## WHAT SHOULD A RESIDENT EXPECT WHEN PARTICIPATING IN OUR HORTICULTURE PROGRAM

Residents can expect an activity that suits their interests and history, ranging from planting tasks to shared harvest and cooking projects to reminiscing about our previous garden spaces. The programs are Elder-centred, designed to support an Elder's strengths and to provide opportunities to feel joy and success. It is important that the Elder guides the program based on their interests, attention span, and pace, and that their independence is supported through the therapy.

## HOW YOU CAN SUPPORT A SAFE AND POSITIVE THERAPEUTIC EXPERIENCE

- If you have a green thumb yourself, help engage the Elders with the plant material around. Point out unique colours and shapes, or help an Elder fill a watering can and water some of the plants in the neighborhood.
- The smaller the group, the more opportunities to feel fully engaged and successful, as some Elders may require more support from the therapist. Please ask the therapist before bringing an Elder to join a session.
- If you see an opportunity to contribute to the therapy program, please engage with comments or inquiries directly related to the horticulture task, as the task at hand is intended to be meeting a goal.
- If you have a question or suggestion for the therapist that is not related to the Elder or program occurring, please wait until the session has finished.
- If care tasks can wait, please wait until the session has ended or gently speak with the Therapist about the need to pause the program.



## HORTICULTURE PROGRAM

BIANCA VAN DER STOEL, CTRS, HT INTERN

HORTICULTURAL THERAPIST



Horticulture Therapy is a targeted, intentional therapy meant to provide feelings of environmental control, sensory stimulation, self-worth, seasonal awareness, stress reduction, and socialization. Horticulture Therapy supports the Eden philosophy of reducing loneliness, boredom, and despair using the familiar tasks of gardening and engaging with nature. Horticulture Therapy can take place in a group format or one to one with an Elder, and ideally takes place in garden spaces such as the Solariums and Neighborhood Courtyards.