Summer Edition

Yet another year has passed and we look forward to a big year ahead. HTAV was involved in many projects in 2013 which have been summarized in this issue.

Horticultural Therapy Awareness Week is coming up in March (17
th - 23
rd March, 2014) and the International Horticultural Congress will be held in Brisbane from 17
th - 22
nd August, 2014.

The therapeutic plant described in this issue is the Hydrangea, an attractive and reminiscent plant for aged-care gardens.

Wishing everyone a very happy and safe 2014.
Good reading and best wishes,

Paul de la Motte
Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Name: Hydrangea

Botanical Name: Hydrangea macrophylla
Many cultivars

Other names: Big Leaf Hydrangea
Lacecap Hydrangea

Family: Hydrangeaceae

The hydrangea is a semi deciduous shrub that grows to 1.5m high and 1.5m wide. Broad, shiny and fleshy leaves makes them a very attractive ornamental plant.

Hydrangeas originated from high rainfall areas of Japan.

Care needs to be taken when conditioning the soil as pH affects the flowers’ colour. Acid soil produces blue flowers and alkaline produces pink, although white flowers remain white.

Hydrangeas prefer full sun to part shade and are intolerant of very dry conditions. In Australia, they grow in most areas and are noted for their large corymb shaped flower displays that are predominantly pink, blue, white and purple. They flower from late spring through summer.

There are many shades in between and even a yellow variety. Many cultivars include “Lacecap” varieties which display insignificant central flowers edged by large petalled flowers.

The Hydrangea is a significant traditional ornamental plant that saw its popularity peak in the 1930s to 1960s. For this reason, it is successfully used therapeutically as a reminiscence plant in Aged care settings, in particular for clients with dementia.

The hydrangea needs to be pruned after flowering to maintain good shape and consistent flowering. Hydrangeas make an excellent cut flower and can be propagated from cuttings in winter.
**2012 / 2013 Annual General Meeting**

HTAV’s Annual General Meeting was held on November 20\(^{th}\) at the Box Hill Art and Community Centre. It was good to catch up with friends and members.

Apart from the formal proceedings and delivery of the Annual Report, there was also a short presentation made by Paul de la Motte describing the benefits of horticultural therapy and some of the projects that HTAV had participated in throughout the year.

Paul described the concepts and principles incorporated into the garden design and development of the GEM (Geriatric Evaluation and Management) garden at the Sunshine Hospital and the involvement of various organisations including Holmesglen Institute and the HTAV in the project. The presentation also outlined HTAV’s input into the garden at the Peter James Rehabilitation Centre.

![Sunshine Hospital GEM garden](image1)

![Box Hill Community Centre /Alkira Garden Bed](image2)

Giving advice and distributing information are a large component of the role of the HTAV. Consequently there were visits to organisations to assist with problems encountered in the running or setting up therapeutic gardens.

![Activity programs at aged-care centres](image3)

![Strathdon Aged care Centre](image4)
HTAV was also involved in establishing and supporting garden programs at various aged-care, disability and rehabilitation centres.

There were numerous visits to Community Gardens around Melbourne and a strengthening of our relationship with Cultivating Community.

HTAV further extended relationships with overseas horticultural therapy bodies including the Asia Pacific Association of Therapeutic Horticulture which entailed hosting two visits from horticultural therapists from Korea.
HTAV - HACC Newsletter

To assist in acknowledging our significant HACC*(Home and Community Care) funding, HTAV now produces a HTAV - HACC Newsletter aimed at HACC funded agencies. The newsletter is similar to our regular one but is especially of interest to PAGs (Planned Activity Groups) or any organisation setting up or running a garden program. The newsletter reinforces the Active Service Model (ASM) which is designed to give HACC clients more independence and autonomy in their lives.

Feedback suggests that it is widely read and of interest to many HACC groups.

*The HACC Program provides services that support older people to stay at home and be more independent within the community.

Horticultural Therapy Awareness Week

17 - 23 March, 2014

Celebrate Horticultural Therapy Awareness Week

Participate in a gardening activity

or have a garden party.

Enjoy the beauty and tranquillity of being in a garden
Edible Garden Project with City of Whittlesea Council

The HTAV has also been involved with a series of workshops and demonstrations on Edible Gardening for CRU’s (Community Residential Units) in the Whittlesea City region.

The objective of the program was to instruct staff and residents how to grow their own food to help provide a happier and healthier lifestyle.

Initially workshops were conducted for house leaders. These were later followed up by workshops at individual CRUs.

The sessions at the CRUs provided a hands-on experience in setting up a garden and maintaining it. The participants included staff and residents. The sessions were enthusiastically received. Some staff commented that keeping their clients focused for two hours straight was rare. Most of the residents were actively involved in the processes being demonstrated.

Overall the project was successful. The evaluations from the CRUs that participated, indicated that residents had an increased interest in the garden afterwards, which provided a positive social environment and improved their level of physical activity.

Outstanding HTAV Membership Renewals

Can you please follow up payment of your membership if it is overdue.

Payments can be made via cheque, credit card or direct deposit into the HTAV Bank Account (which saves credit card charges).

If you currently receive your Newsletter by post, please advise us if you would be agreeable to receiving the Newsletter electronically in the future.
Health considerations for older people in the garden

Some physical, mental and age-related conditions must be considered when older people work in the garden, but they should not prevent people from enjoying the garden. These include:

- Fragile thin skin makes older people more susceptible to bumps, bruises and sunburn.
- Increased susceptibility to temperature changes.
- Increased tendency to dehydrate or suffer from heat exhaustion.
- Falls are more common because balance is often not as good.

Tips to ensure gardening remains a safe and enjoyable activity

- Ensure that paths and walkways are flat and non-slip.
- Wear protective shoes and gardening gloves to minimise injuries.
- Encourage frequent breaks during gardening sessions.
- Wear a hat and lightweight comfortable clothes that cover exposed skin.
- If skin is exposed, apply sunscreen.
- Drink plenty of water.
- Prevent sun exposure by working in the garden early in the morning or late in the day.

Gardening can be an enjoyable and healthy pastime for older people, but care needs to be taken to prevent mishaps.

HTAV is looking for new premises

The Horticultural Therapy Association will be looking for a new address shortly as our current leasing arrangement will end in March 2014. If anyone knows of a facility, preferably with garden access to conduct workshops, that they feel may be appropriate please let us know.
In Memoriam - David Aldous  by Paul de la Motte

It is with great sadness that we heard our good friend and supporter David Aldous, passed away suddenly last November after returning from a Horticulture Conference in Canada.

David was not only a great advocate and supporter of Horticultural therapy, but a world renowned academic on Urban Horticulture, Parks and Recreation and Turf-grass management. He was a prominent lecturer at the University of Melbourne and more recently the University of Queensland.

David was heavily involved with the International Society for Horticultural Science and was on the organizing Committee for the World Horticultural Congress scheduled for Brisbane this August.

I was co-authoring a paper on Horticultural Therapy in Australia with David for the conference and will now present it in his honour.

Although David moved to Queensland a number of years ago, it was at the Burnley Horticultural College in Melbourne (now part of the University of Melbourne) where he achieved much in his work. Included in this was the pioneering work on developing a Horticultural Therapy elective. David was the key-note speaker at the 2012 HTAV Conference at Glen Waverley.

Our thoughts are with his wife Kaye and family.

David will be sorely missed.

Therapeutic Gardening Short Courses in 2014

Sat 8th - Sun 9th February, 2014 9.00am - 2.30pm
Sat 15th - Sun 16th March, 2014 9.00am - 2.30pm

Holmesglen Institute, 595 Waverley Rd, Glen Waverley
Registration: (03) 9564 1546
Website: //www.holmesglen.edu.au/programs/short_courses/house_and_garden/therapeutic_gardening

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