



Horticultural Therapy Association of Victoria Inc

Newsletter – Winter 2017



Aged Care Garden

The cold of winter brings a different kind of landscape to Victoria. Although it has been very cold, it is still good to try to get out in the garden rather than being enclosed indoors.

This is also the time to get some long overdue jobs around the garden finished before spring arrives. Jonquils are out and daffodils are not far behind. There are also some varieties of lavenders that have been flowering throughout the cold months – adding colour to the wintry landscape. Bare rooted roses and fruit trees are available for planting whilst the weather is cold.

This issue has some news about projects that HTAV has been involved with recently and has an article on therapy garden research in Scandinavia.

Good reading.

Paul de la Motte

Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

Common Name: Clivia
Kaffir Lily
Fire Lily

Botanical Name: *Clivia miniata*
(Cultivars)

Family: Amaryllidaceae

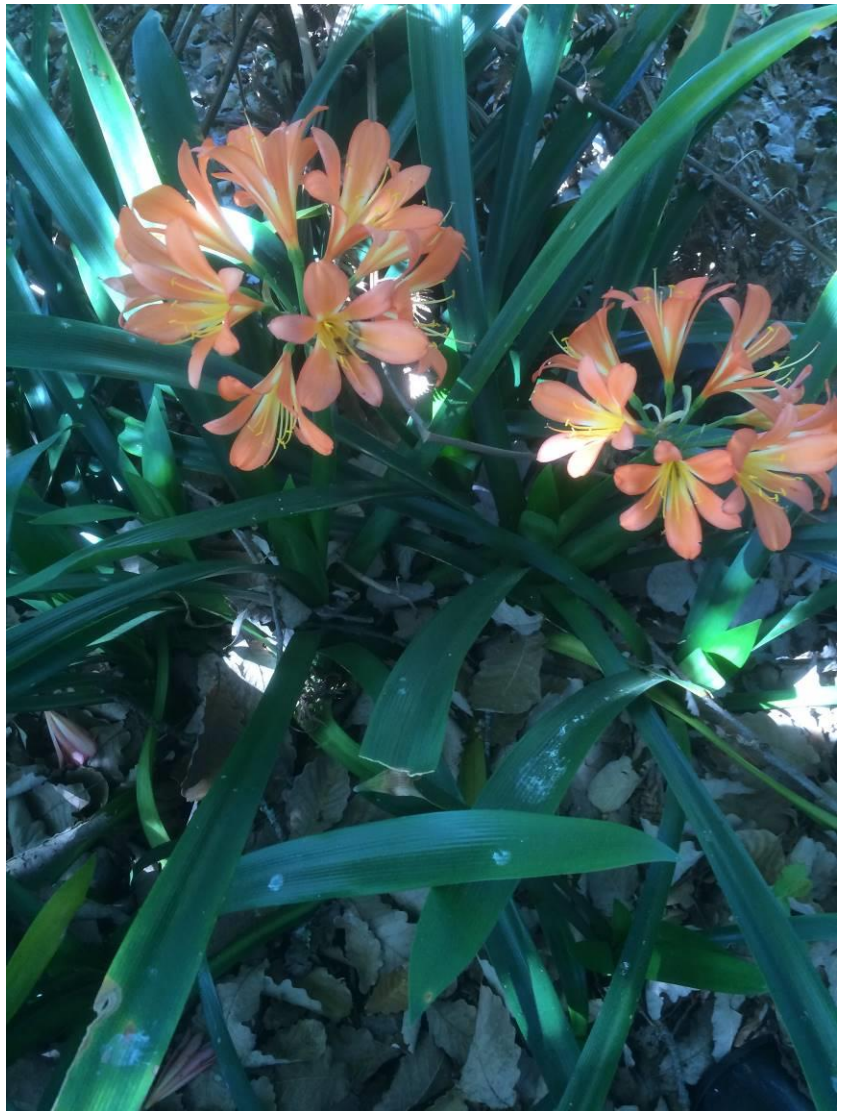
The clivia is a hardy clumping perennial that comes from a large family of plants that includes daffodils, nerines and many more.

The most common species in the genus is the *Clivia miniata* which grows to around 1 metre wide and a little over half a metre high.

Clivias get their name from the granddaughter of Robert Clive of India, even though they are native to Southern Africa.

Clivias have long broad deep green leaves and striking flowers that bloom from late winter to spring. The most common flower colour ranges from apricot to bright orange.

However new hybrids have become available with pale, almost white flowers to cream and yellow varieties. There is also a cultivar 'Flame' which has almost red flowers.



Clivia miniata

The clivia is well suited to Australian gardens as they are one of a few plants that are shade tolerant with dynamic flowers and are also drought tolerant. It is this characteristic that allows them to be placed in shady meditative areas that require very little maintenance. After flowering they have red berries that appear which lengthens interest even further.

Clivias can grow in the sun but will scorch in hot weather and lose their characteristic deep green foliage.

Overall clivias are a great addition to any therapeutic or sensory garden.

Total Aged Services Conference – Caulfield Racecourse

The HTAV attended the combined Aged Care Nurse Managers Conference, Dementia and Community Care Conference and Facilities Management in Aged Care Conference held at Caulfield (Melb) on 10 -11 May 2017.

HTAV represented as part of a “Meet the Experts” representative on therapeutic gardens and gardening.

Whilst there we were approached by many delegates regarding a wide range of enquiries. The most common were “what type of activities can we get our clients to do”?

Other participants wanted advice on making their garden areas more accessible for elderly clients.

As there were three conferences in one, there were enquiries from doctors, nurses, occupational therapists, social workers, carers, facilities’ managers, business managers and many more.

Conference presentations included information on clinical aspects of management of the aged care sector, the challenges of maintaining infrastructure that benefits clients and other dementia and aged care related issues.

One of the advantages of attending was also to renew relationships with other exhibitors and to strike up new ones. We had lengthy discussions with Alzheimers Australia and the Independent Living Centre.

The Independent Living Centre (ILC) provides information, advice and trial of independence equipment for people with disabilities or age related difficulties. It is staffed by Occupational Therapists and Physiotherapists.

There are two ILC equipment displays with one in the east (Blackburn) and one in the west (Braybrook) of Melbourne. The service to view the equipment is free and is available at both centres. Clients need to ring and book a time to view the Blackburn centre, but can drop in at Braybrook during the opening hours (9.00am to 4.30pm Monday to Friday).



Independent Living Centre Building - Braybrook

2020 Initiative – Centre for Green Cities Which Plant Where Project

HTAV recently participated in a stakeholder engagement workshop related to the “Which Plant Where Project”.

The workshop is part of a five year project bringing together researchers, government agencies and industry partners to increase the diversity of plant species used in urban areas of Australia.

Workshops were held all over Australia. The Victorian workshop was held on 31 March, 2017 in Melbourne and was attended by nurseries, growers, educators, landscape designers, the Nursery and Garden Industry Victoria (NGIV) and government agencies.

Topics included favourite species, attributes of species, resources available and value to the urban landscape.

There was a great deal of discussion on the value of green spaces to urban communities and it was an opportunity to explain HTAV’s role in promoting those benefits within Victoria.



The new cityscape of Box Hill Victoria with Kingsley Gardens in the foreground

Blairlogie Living and Learning Centre – Cranbourne South

Blairlogie is a non-profit community service organisation, governed by a voluntary Board of Management. They have been providing support to adults with a disability since 1987 and are a registered Disability Service Provider.

Blairlogie’s vision is to offer quality services that are client-focused while at the same time offering a valuable resource and facility to the local community.

Their Mission:

“To enhance each person’s opportunities for continuing education, social integration and employment.”

Blairlogie has a beautiful six acre property that has an abundance of native bushland, established gardens and architect-designed buildings, producing an environment that is both peaceful and inspiring to work in.

All activities provided on site are designed to provide opportunities for people to gain and use new skills, while developing and pursuing new or existing interests. These include nursery, computers, drama and music, garden maintenance, cooking, woodwork, art & craft, independent living skills, literacy and numeracy and many others.

They have a men’s shed and recently installed a small sensory garden.



Blairlogie Living and Learning Centre Sensory garden – Cranbourne South

Research Article

Design of evidence-based gardens and garden therapy for neurodisability in Scandinavia

The following is the findings of a Research study by Josephine Anne Spring. It was published in April 2016 in the Neurodegenerative Disease Management Journal and can be found on the futuremedicine.com website.

The study involved visits to 14 Scandinavian therapy gardens, where data was collected on plantings, therapeutic activities and assessment of the effectiveness of therapy gardens. Data was gathered by questionnaire and by interviewing staff in Sweden, Denmark and Norway

Half the gardens were enclosed with sensory plants and 85% were adapted for wheelchairs.

A total of 57% of gardens visited had simple designs with flowers, shrubs, lawns and trees. A social centre was important especially for dementia clients.

Potted plants were used in 79% of gardens.

The effectiveness of therapy gardens was assessed at 71% of sites.



Garden of the Senses - Stockholm

Some findings

- The most popular cultivated plants were flowers followed by vegetables and fruit.
- The more popular garden related activities included art 39%, cookery 30%, computing 13%, music 9% and ceramics 9%.
- Wheelchair access was a design consideration and provided in 85% of gardens.

- Gardens in Scandinavia were simple in design and less built than those described in the USA and Canada.
- Contact between clients and the therapy staff from a wide range of disciplines happens in the garden and there was often a mix of therapists present.
- The majority of Scandinavian gardens contained lawns, soil level beds, trees for shade (57%) as well as practical raised beds which facilitated wheelchair-based clients gardening.
- Some preliminary research findings in Goteborg, Sweden illustrates how gardens, nature and therapy can rehabilitate staff and gardens may reduce stress in staff and family members.

Conclusions

Gardens provide a sensory and creative environment for therapy. The gardens were compact, simple and flexible in design. The majority had lawns, trees for shade and a social center.

Gardens were not cluttered with built features

This model facilitated therapy, encouraged socialization and activity as well as restoration and relaxation.

Gardening is used to promote physical movement, present cognitive challenges and provide opportunities for social participation as well as with staff.

Indoor plants and the view from windows of plantings were also therapeutic in a passive way and should be considered when new facilities are planned.

Some of the gardens visited were:

- Garden of Senses – Stockholm, Sweden
- Uppsala Botanical Gardens – Sweden
- Grona Rehab, Goteborg Botanical gardens – Sweden
- Tangkaer HD (Huntingtons Disease) Unit, Orsted – Denmark
- Bjorkas nursing home – Oppegard – Norway
- Sunaas Rehabilitation Hospital , Near Oslo – Norway
- St Olav’s Hospital Neurological Centre, Trondheim – Norway

Some characteristics of a healing garden

Serene	A peaceful, silent and caring area
Wild	An area facilitating fascination with nature
Rich in species	An area offering a variety of species and plants
Space	An area facilitating a restful feeling of entering another world
The common	A green open place allowing vistas and visits.
Pleasure garden	An enclosed, safe and secluded space
Festive	A meeting place for festivity and pleasure
Culture/history	A historical place facilitating fascination with the course of time



Botanical Garden - Scandinavia

Therapeutic Gardening Short Courses

Therapeutic Gardening (One Day)

Saturday 18 November, 2017 9.00am – 4.30pm

Advanced Therapeutic Gardening (One Day)

Saturday 25 November, 2017 9.00am – 4.30pm

Therapeutic Gardening Basic and Advanced Combined (Two Days)

Saturday 18 November and 25 November 2017 9.00am – 4.30pm

Holmesglen Institute, 595 Waverley Rd, Glen Waverley Registration: (03) 9564 1546
<http://www.holmesglen.edu.au> Short Courses, House and Garden.

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