



Horticultural Therapy Association of Victoria

PUBLICATIONS

Horticultural Therapy

This booklet contains a personal account of Norm Allan's experiences working with Horticultural Therapy at the Transport and Accident Commission Rehabilitation Centre at Glen Waverley.

Raised Garden Beds

Raised beds are built to provide easier access for gardening. Raised garden beds can be designed to meet the needs of the elderly, frail or people with a disability to make gardening more accessible and enjoyable for them. There are also suggestions on height and design.

Sensory Gardens

A sensory garden is one that stimulates the use of the five senses. Most gardens are sensory, having fragrant plants, interesting surfaces to touch, a variety of visual stimuli, herbs, vegetables and fruit to taste and the gentle rustle of leaves. This booklet contains ideas and suggestions on how to create your own sensory garden.

Starting a Horticultural Therapy Program

Outlines approaches to starting a horticultural therapy program with emphasis on outdoor activities. It examines key issues to be aware of and offers suggestions for establishing your garden.

ORDER FORM

Books cost \$9.50 each (\$7.50 for members) or \$35 for the set (\$25 for members) plus \$1.00 postage and handling per booklet (within Australia). No GST charged

Horticultural Therapy

Raised Garden Beds

Sensory Gardens

Starting a Horticultural Therapy Program

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