Adults still playing in the dirt

Horticultural Therapy can be for residents in skilled care, assisted living, senior living communities and in own residences
Johnson Co.
K-State
Research &
Extension
Master
Gardeners

Providing
Horticultural
Therapy at

The Evergreen Community of Johnson County
Empathy, a desire to help, and willingness to listen are valuable in Horticultural therapy and in life.
Planting seeds using pvc pipe
Watering from a wheel chair is fun, and messy
Gardening provides a recreational pursuit and interaction with others, for all of us.
“In the garden I can control what I want to do, even when I want to just sit and enjoy the sun.”
Sometimes the most important thing is to just sit together.
Humans need to be involved and able to choose how to influence their environment.
Some residents watch us work, and that is fun too.
A little paradise on earth...

Enclosing walls for safety
Water and nature come together
Pond and berm readied for summer
A canopy tree and for us a gazebo with fan and treats
Working with our friends

Henry’s garden on the hill
overlooks ours

Henry visits us in the
community garden too
There is a wide path, with room for many
A place where nature abounds

Mallards Fred 1 and 2 return with Ethel each spring
Nature happens, babies follow

Oblivious to us, they grow, and learn to swim.
“It is in the relationship to nature that deepest memory seems to be most closely bonded.”
Prairie natives and annuals for the pollinators are the heavy work.

Spring planting of berm around the pond
Residents need and like to spend lots of time in nature
Breakout Discussions

1. Have you had similar experience working with others therapeutically in a garden? What has been your experience?

2. Can you see a way this information can be applied to something smaller than Evergreen’s large garden?

3. Might some aspects of this Horticultural Therapy work in a community garden? What ideas do you have?

4. Could it be done on an individual basis?
Contact with plants meets a basic human psychological need
Personal contact one on one
Residents and families join the fish and ducks by the pond
Preserving what health a resident has, and encouraging positive feelings
From their first days with us to their last, we love them
Experiencing the garden as a refuge

A Monarch in late summer

Monarch & Swallowtail caterpillars
From the tiny creatures of nature

Beginnings of a newly hatched egg. It will grow into a swallowtail caterpillar

Early fall, wooly bear caterpillar
Getting closer and closer to nature

Newly hatched Monarch  Babies growing and swimming
Praying Mantis

Remembrance Cherry Tree
Taking care of the little things

Planting a pot of garden memories upon the request of a bed bound resident

Getting flowers for bouquets
The Elegant Evening in September

Getting all fancied up is fun
200 + people: residents, families and staff

This is what a garden party is.  

Mother and daughter, what fun!
Lights twinkled, as the sun set

The gazebo at night

Ring around the Rosie on stepping stones
It was the most beautiful we had seen this garden look, full of people. It reminded us: life began in a garden.