



What is therapeutic horticulture?

A MEANS OF CONNECTING WITH NATURE AND OTHERS THROUGH CULTIVATED LANDSCAPES TO IMPROVE GENERAL HEALTH AND WELLBEING



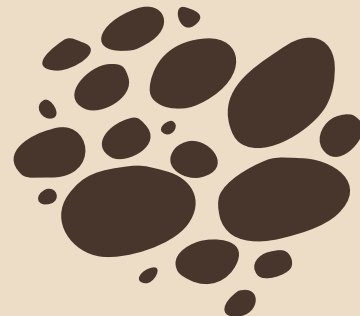
Individual benefits

Physical and mental wellbeing
- including improved concentration, motor skills, nutrition and increased physical activity



Social benefits

Improved interpersonal relationships with others where power is shared and all feel cared for, respected and valued.



Societal benefits

Through horticulture we can demonstrate the capacity of people with disability to make a meaningful contribution to their own lives, those around them and society more broadly. Our world benefits when we all contribute to it.



Access

- having access to the site
- ensuring activities in the garden are accessible
- making gardening knowledge accessible

Inclusion

- occurs when a person has a sense of purpose, can meaningfully contribute to the space and that contribution is valued

Belonging

- collectiveness
- congregation
- contribution
- cohesion
- purpose
- stewardship
- connection

Visibility

- means people are seen in the space as active and meaningful participants
- opportunities are taken to promote the valuable contributions made



What disability services say about therapeutic horticulture

Gives a voice to people with disability regarding their own lives, their community and their world

Influences how the community views people with a disability.

An opportunity to explore alternative therapies and innovative service provision

Supports residents and staff to be healthy and safe.

