



Horticultural Therapy Workshop Worksheet

Instructions: After watching the video

(https://www.youtube.com/watch?v=t5Xl_ARzq5A&pp=ygUWSG9ydGljdWx0dXJhbCBUaGVyYXB5INIHCQIRCQGHKiGM7w%3D%3D) , write a brief summary (3-5 sentences) of the key points. Focus on how gardening is used as therapy for people with disabilities. Then, answer five following questions.

Summary:

Question 1: What are the primary benefits of gardening for individuals with disabilities according to the video?

Question 2: How can gardening activities be adapted to accommodate different physical limitations?

Question 3: What role does nature play in the mental health of the individuals featured in the video?



Question 4: What specific tools or equipment were mentioned or implied in the video that help make gardening more accessible?

Question 5: How does the environment of a garden contribute to the therapeutic process, both physically and mentally?

Planning Your Garden

Garden Layout:

- **Sketch your garden layout:** Include paths, raised beds, seating areas, and any other features that would make the garden accessible and enjoyable. Think about accessibility (e.g., wide paths for wheelchairs), the placement of beds and plants, and areas for specific activities.

Types of Plants:

- List the types of plants you would include in your garden. Consider plants that are easy to maintain, sensory-friendly (e.g., fragrant herbs, colorful flowers), and suitable for the local climate. List examples like herbs, flowers, vegetables, or shrubs.

Required Tools:

- List the gardening tools required for maintaining the garden. Consider tools that are ergonomic or specially adapted for individuals with disabilities (e.g., long-handled tools, lightweight spades). Include any specific adaptations that make these tools easier to use for individuals with physical limitations.

Hypothetical Example:



- Share a hypothetical example of how gardening in this garden could positively impact a client with whom you work. What changes would you expect to see in their physical, emotional, or mental well-being as a result of participating in the garden activities?

Discussion Questions:

- How did you decide on the layout and plant selection?
- What challenges might you encounter when implementing this garden, and how could you overcome them?
- How can you involve clients in the ongoing care and maintenance of the garden?