

The Garden Project

Adaptable – Accessible – Achievable

Overcoming Occupational Deprivation through Gardening

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BACKGROUND

Occupational therapists promote function, quality of life and the realisation of potential in people who are experiencing occupational deprivation, imbalance or alienation. (COT 2009 P 1)

Gardening is widely known for providing therapeutic benefits to health & wellbeing, under common themes such as increased social inclusion, physical exercise, self esteem and spiritual connection. (Sempik et al 2005)

The project is run in partnership with the Royal Caledonian Horticultural Society (RCHS) and offers a treatment programme to adults with learning disabilities and challenging behaviors, who are currently undergoing assessment & treatment in a restricted in-patient environment.



METHOD

Participate in 80 hours of structured seasonal gardening based activities
To include:

7 core garden based activities and 15 optional activities of choice.

Complete 3 personal goals in relation to improving health and wellbeing

Complete a participant's portfolio to record and monitor progress and evidence outcomes.

Use of photographic evidence of work completed for the RCHS to use for validation



AIMS OF THE PROJECT

Reduce challenging behaviors through engagement in meaningful activity.

Improve mental health through a sense of purpose and achievement.

Support skill acquisition in relation to gardening and enable satisfactory fulfillment of chosen life roles.

Create a balance between risk and engagement in a chosen occupation.

Support the development of positive pro social coping strategies.



Outcomes And Benefits

The Garden Project was facilitated and monitored by an Occupational Therapist. The award was validated by a member of the Royal Caledonian Horticultural Society.

Benefits to participants:

- People were able to relax in a less restricted environment.
- There was an increase in confidence and motivation.
- People were able to be more physically active.
- Social interaction and communication skills improved
- Transferable skills were identified.
- Recognised award for gardening



CONTACTS

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REFERENCES

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