

Rooted in Resilience: Cultivating Well-Being in Individuals with Disabilities



ABOUT THIS WEBINAR

This webinar explores the transformative power of gardens and gardening in enhancing the lives of individuals facing diverse disabilities. Discover how gardens, thoughtfully designed and inclusive spaces, can serve as therapeutic havens, promoting physical, emotional, cognitive and social well-being. Learn about the wide-ranging benefits of gardening, from sensory stimulation to stress reduction, and explore practical insights on creating accessible, sensory-rich gardens that cater to varying abilities. The presenter will delve into the therapeutic benefits of gardens and gardening, the principles of garden design for accessibility, and the importance of creating safe and welcoming environments for all. Gain valuable guidance on initiating and managing community garden projects, securing funding, and garnering support within military installations and communities. Whether you're a military service provider, a family support professional, or simply passionate about enhancing the well-being of individuals with disabilities, this webinar will equip you with the knowledge and tools to make a meaningful impact. Uncover the potential for growth, healing, and connection that lies within the world of therapeutic horticulture. Join us for "Rooted in Resilience" and be inspired to create inclusive, nurturing environments where individuals with disabilities can thrive and flourish. Together, we'll sow the seeds of well-being, resilience, and unity.

Learning Objectives

By the end of this webinar, participants will be able to:

- Explain the physical, emotional, cognitive and social benefits of gardening for individuals with disabilities.
- Explore strategies for selecting sensory elements, plants, and design features that cater to specific disabilities.
- Identify key principles and design elements that make gardens accessible and welcoming for individuals with varying abilities.
- Recognize the significance of creating garden spaces that are safe, non-toxic, and inviting for individuals with disabilities.

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<https://oneop.org/learn/160037/>

CONTINUING EDUCATION

- **Social Work, LPC, LMFT:** Programming approval for 1.0 CE credit will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- **Case Manager:** This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hour.
- **Board Certified Patient Advocates (BCPA):** This program has been pre-approved by the Patient Advocate Certification Board for a total of 1.0 CE contact hour, of which 0.0 are in the area of Ethics for BCPA.
- **Certified in Family & Consumer Sciences (CFCS):** This program is currently seeking approval of 1.0 CE credit from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- **Certified Family Life Educators (CFLE):** This program has been submitted for 1.0 contact hour for CFLEs by the National Council on Family Relations (NCFR).
- **Certificates of Attendance** are available for providers interested in documenting their training activities.

PRESENTER

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