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

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



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Today's Presenters



Xuan (Jade) Wu, Ph.D., AIFD, CFD, EMC

*Assistant Professor & Extension Specialist
Family & Community Health
Texas A&M AgriLife Extension Service*

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

— Xuan (Jade) Wu, Ph.D., AIFD, CFD, EMC, CEJ —
*Assistant Professor & Extension Specialist
Texas A&M AgriLife Extension*



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Background



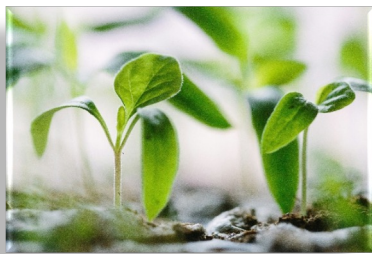
- Gardens designed to please the senses and enhance overall well-being trace back to ancient cultures.
- In the 19th century, Dr. Benjamin Rush, wrote that “digging in a garden” was what distinguished patients who recovered from mental illness from those who did not.
- Plant-based activities were introduced into veterans’ hospitals in the 1940s and 1950s. Working with plants and gardens has become an official therapeutic modality (horticultural therapy) since then.
- University-level training in horticultural therapy emerged in the 1970s, and such programs are increasing.

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Therapeutic Benefits of Gardens and Gardening



Physical Activity and Motor Skills Development



Emotional and Psychological Benefits



Cognitive and Educational Benefits



Social Interaction and Communication



Sensory Stimulation



Sense of Accomplishment and Purpose

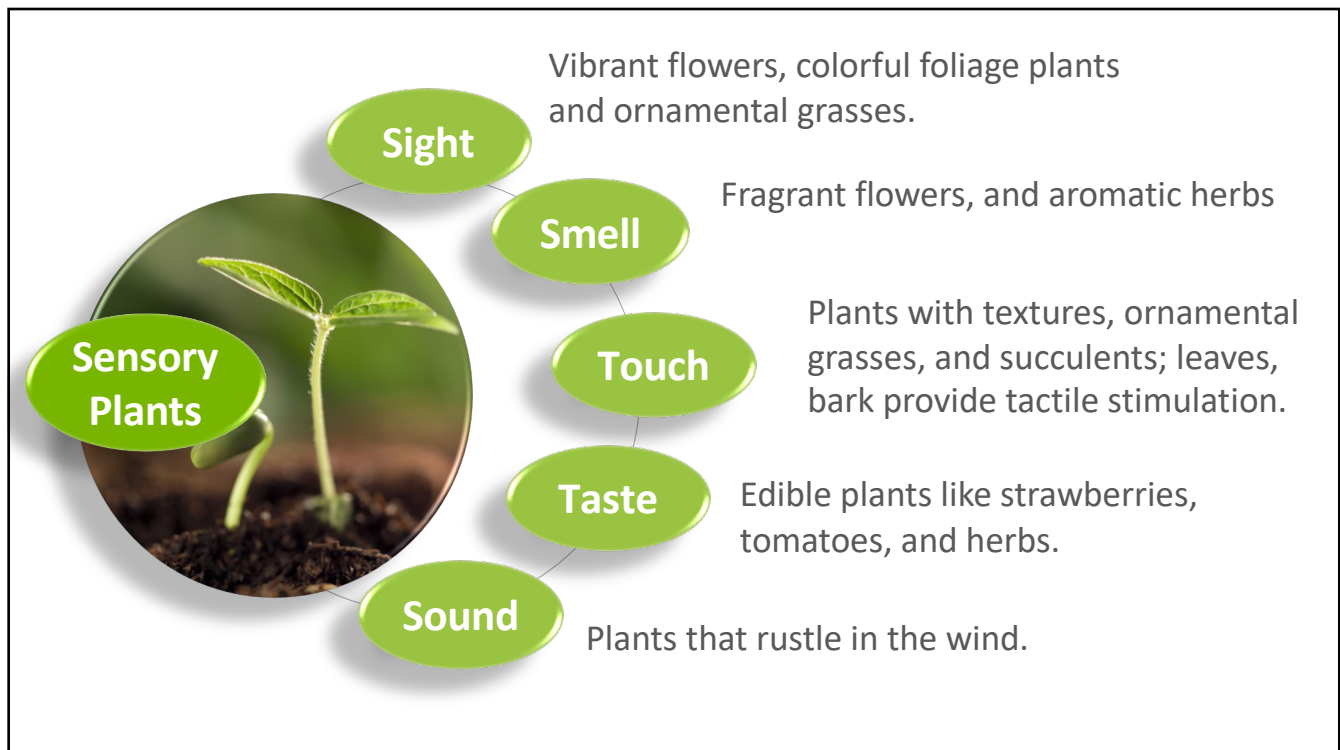
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Sensory Gardens

- Carefully designed outdoor spaces that engage and stimulate multiple senses.
- Provide therapeutic and enjoyable experiences, particularly beneficial for individuals with disabilities.
- Individuals can explore, engage, and connect with nature in a way that caters to their unique sensory needs.



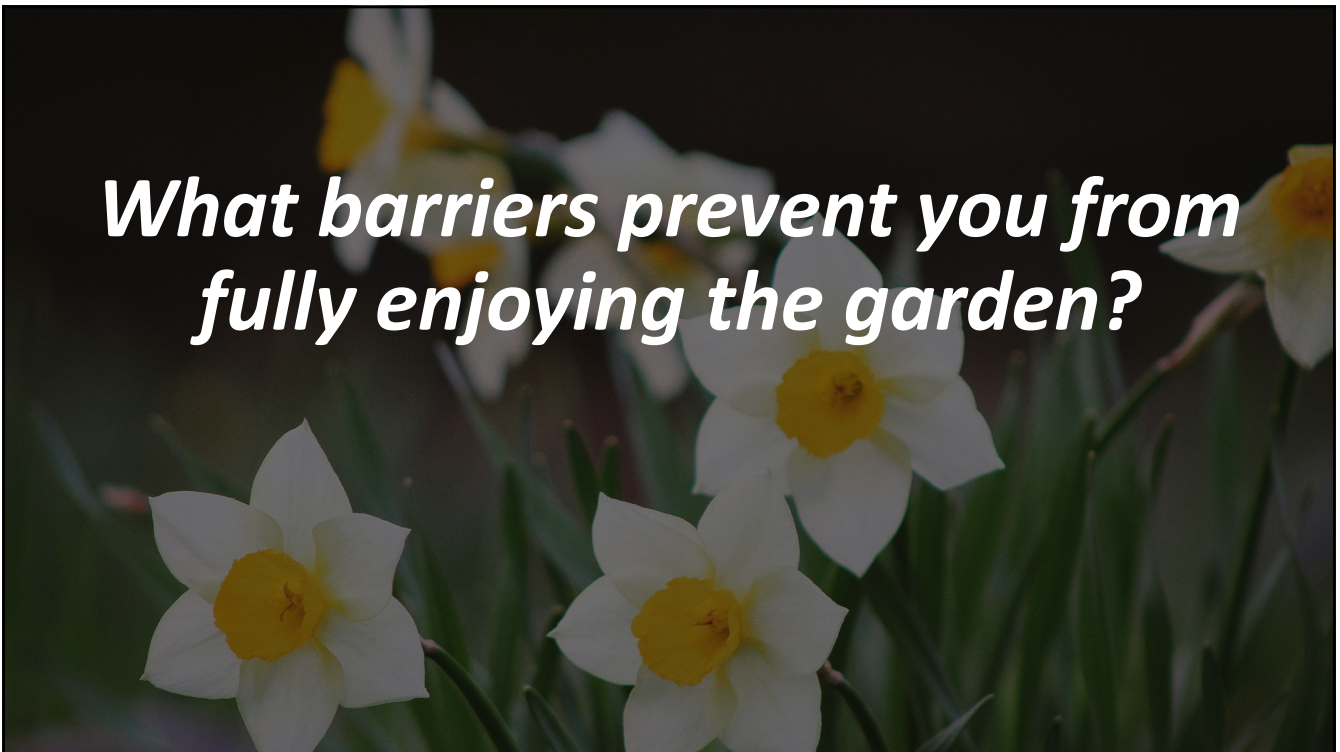
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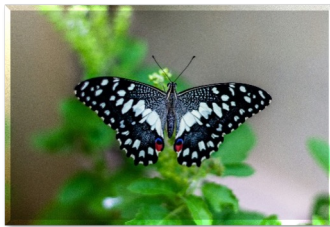
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Garden Design Considerations

Accessibility



Therapeutic Features



Safety and Welcoming Environment



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Accessibility

Pathways

- Free of obstacles.
- Accommodate wheelchairs and walkers.
- Non-slip surfaces and handrails.

Raised Beds

- Wheelchair-accessible heights.
- Design with easy access for activities.



Seating Areas

- Provide rest stops and spaces for reflection.
- Evenly distributed to accommodate varying mobility levels.

Shade and Shelter

- Protect individuals from harsh sun or inclement weather.

Adaptive Tools and Equipment

- Ergonomic designed tools to reduce strain on joints and muscles.
- Tools with padded grips, extended handles, and lightweight materials.

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Residents of Arden Courts in Richardson, Texas, use Corona extension rake with red handle and other adaptive tools while gardening. Photo: S. Morgan



Radius ergonomic hand tools

Photo: Radius Garden Tools



OXO watering can

Photo: OXO Good Grips



Texas Assistive Devices' prostheses compatible hoe
Photo: Texas Assistive Devices



Fiskars spring-loaded Softouch Micro-Tip Pruning Snip

Photo: Fiskars



Corona Clipper

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Checklist: Adaptive Gardening Tools

Watering Tools

- o Lightweight watering can
- o Hose with reel (self-winding option available)
- o Fireman's nozzle
- o Male and female hose quick (retractable) connectors
- o Watering wand
- o Water shut-off with lever handle

Cutting Tools

- o Ratchet driven pruners, snips, loppers
- o Spring-loaded pruners and snips
- o Self-opening scissors
- o Loppers with long handles

Reaching Tools

- o Telescoping handle on rake, hoe, pruners
- o Extended-handled cultivator/hoe/spade
- o Claw grabber pick-up tool
- o Plant row seeder or PVC pipe

Gripping Tools

- o Pistol grip tools (cultivator/hand hoe/spade)
- o Molded handles on tools
- o Large diameter handles on tools
- o Gloves

Carrying Tools

- o Carrying cart with tool bucket
- o Tool apron
- o Lap board attachment for wheelchairs
- o Bags for hanging on walker/wheelchairs

Assistive Tools

- o Supportive arm cuff with attached tool(s)
- o Knee pads
- o Seated stool on wheels
- o Kneeling pad with arms
- o Do Daddy back saver handle attachment

Fleming, L. (2013). Recent trends in adaptive gardening tool use in HT settings. *AHTA News Magazine* 41(1) 12-13.

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Warrior and Family Support Center Therapeutic Garden, Returning Heroes Home, San Antonio, Texas. Porches extend beyond the building as a shaded connection with the gardens. Photo by Naomi Sachs.

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Selecting Sensory Elements

Group fragrant plants to create scented zones. Consider wind patterns to ensure scents are carried through the space.

A diverse selection of plants. Place plants within easy reach along pathways and in raised beds.

Texture

Scent

Sound

Wind chimes, water features, or rustling grasses. Select sounds that are calming and not overly intrusive.

Sight



Taste

Use a variety of colors, shapes, and sizes in plant selections. Colorful man-made installations.

Include edible plants that individuals can sample. Ensure that any edible plants are clearly labeled.

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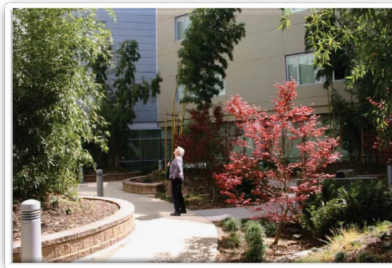
Catmint is fragrant when touched. At Legacy Health Good Samaritan Hospital, Portland, Oregon, this recreational therapist is encouraging her client to enjoy the smell.
Photo by Marni Barnes



Children love to run their hands through ornamental grasses.
Photo by Clare Cooper Marcus



The soft foliage of lamb's ears invites touch.
Photo by Clare Cooper Marcus



The eye of this visitor to the healing garden at Kaiser Permanente Medical Center in Antioch, California, is being drawn up out of the courtyard space by the tall bamboo and the birds living in the canopy.
Photo by Marni Barne



Anne's Garden at Northeast Georgia Medical Center, Gainesville, Georgia.
Designer: The Fockele Garden Company. Copyright The Fockele Garden Company

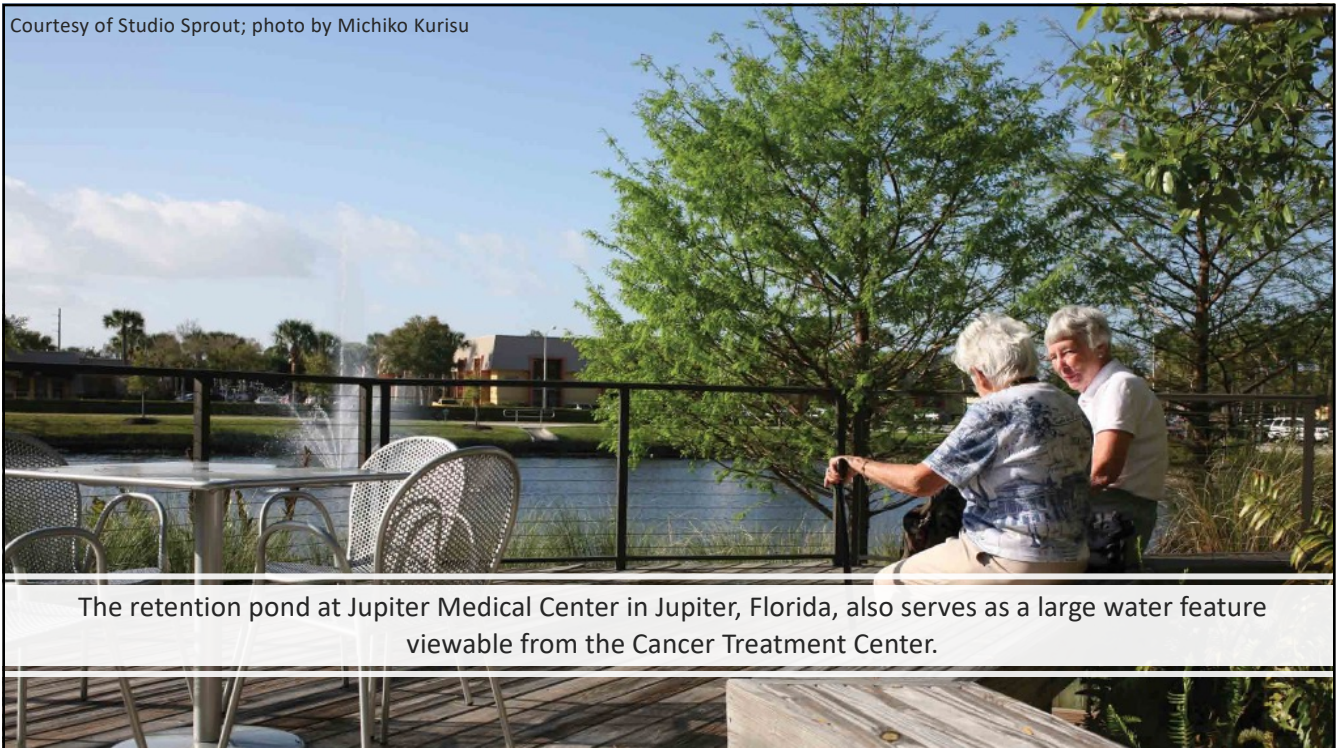
Water Features

- Water can generate rich sensory impacts from relaxing to stimulating.
- The play of sunshine, shade and reflections on moving or still water adds visual interest.
- Adding waterfalls and fountains can also enhance the sound quality of water.
- Water can help to reduce noise from surroundings, distract users to focus on the garden.
- Cooling effect in warm weather.
- Can also encourage wildlife visitors, who are an engaging sight and often create sound.



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Courtesy of Studio Sprout; photo by Michiko Kurisu



The retention pond at Jupiter Medical Center in Jupiter, Florida, also serves as a large water feature viewable from the Cancer Treatment Center.

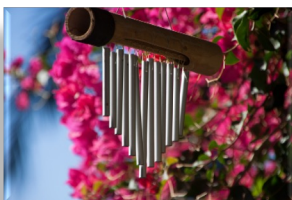
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The Combat Stress Garden for veterans undergoing rehabilitation, Leatherhead, UK. Photo by Dorinda Wolfe Murray.

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Capturing the Wind



- Wind-driven features will provide eye-catching movement and/or sound.
- Reflective materials are effective at capturing sunlight.
- Particularly valuable in winter, when there is less color and interest provided by plants and wildlife.
- Could be moved around the garden to vary users' views.

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Safety and Welcoming Environment



Safe & Security

Precautions against physical harm. Balance of open and enclosure.

Clear Signage

Use clear and accessible signage with tactile elements (such as Braille or raised letters) for individuals with visual impairments.

Lighting

Signage should provide information about the garden's layout and the types of sensory experiences available.

Ensure that the garden has adequate lighting for evening or nighttime use.

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Initiating and Managing Community Garden Projects

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Need Assessment



Identify community interest, available resources, and potential locations. Consider factors such as access to sunlight, water supply, soil quality, and proximity to residents.

Develop a comprehensive garden plan that outlines the goals, objectives, design layout, and anticipated benefits of the garden.

Engage community members, stakeholders, and local organizations in the planning process to ensure broad-based support and input.

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Securing Resources and Partnerships

Secure funding, grants, or donations to support the establishment and maintenance.

Seek partnerships with local businesses, government agencies, nonprofit organizations, and educational institutions to leverage resources and expertise.



Collaborate with community groups, neighborhood associations, and gardening clubs to recruit volunteers, gather supplies, and access additional support for the project.

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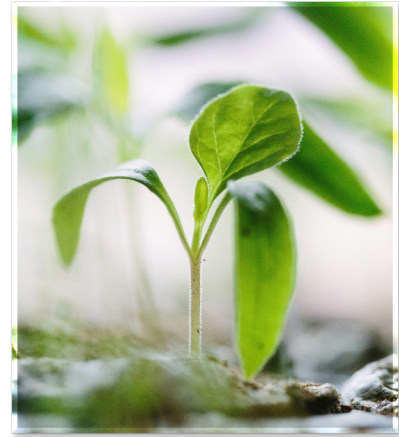


Staff at the Mount Hood Medical Center in Oregon were involved in the design and fund-raising for the new healing garden at that facility. Courtesy of Legacy Health

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Funding Sources

- **Government Grants:** Local, state, and federal government agencies (For example, the U.S. Department of Agriculture (USDA))
- **Non-Profit organizations:** Environmental, educational, and community development organizations (For therapeutic gardens, American Horticultural Therapy Association (AHTA), National Garden Bureau's Therapeutic Garden Grant, Garden Clubs of America)
- **Corporate sponsorships:** Businesses, especially those with a focus on community relations or sustainability (Big-box stores make grant contributions to a community)
- **Fundraising and Donations:** Foundations, philanthropic organizations and individual donors (e.g. Hospital Foundation)
- **Partnerships with educational institutions:** Schools and universities providing funding, land, and research support in exchange for educational opportunities



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Presentation of a check for \$50,000 from Wells Fargo Bank toward the upkeep of the National AIDS Memorial Grove in Golden Gate Park, San Francisco, CA, Photo by Clare Cooper Marcus

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The garden at Nikkei Manor—an assisted-living facility in Seattle, Washington—was designed and built by landscape architecture students at the University of Washington, saving the facility approximately two-thirds of what it would have cost had they not used student labor. Photo by Daniel Winterbottom

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An amusing hypothetical appeal for donations in a healthcare garden. Photo by Kirk Hines

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Site Preparation and Infrastructure Development



Clear vegetation, test soil quality, and install necessary infrastructure such as raised beds, compost bins, irrigation systems, and fencing.

Ensure the garden layout and design incorporate accessibility features (such as wheelchair-accessible pathways, raised beds, and seating areas) to accommodate individuals with disabilities and promote inclusivity.

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Garden Programming and Education



Develop a garden programming schedule that includes educational workshops, gardening classes, cooking demonstrations, and community events to engage participants and build gardening skills.

Provide ongoing support and training to community members, including guidance on garden maintenance, pest management, organic gardening practices, and sustainable gardening techniques.

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Community Engagement and Outreach



Implement a comprehensive outreach strategy to promote the community garden project and recruit participants from diverse backgrounds and demographics.

Utilize social media, community newsletters, flyers, and local media outlets to raise awareness and generate interest.

Organize community meetings, volunteer workdays, and outreach events to foster connections, build relationships with stakeholders and residents to create a sense of belonging.

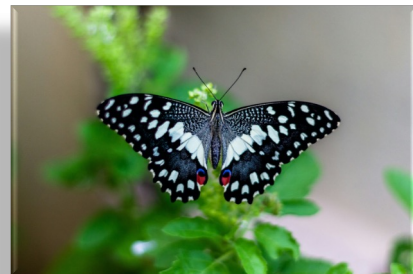
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Sustainability and Maintenance

A sustainability plan that outlines strategies for long-term maintenance, funding, and community involvement.

Establish a garden committee or steering group responsible for overseeing operations, making decisions, and addressing issues.

Implement sustainable gardening practices to minimize environmental impact and promote ecological stewardship.



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Evaluation and Reflection



Regularly evaluate the community garden project's progress, impact, and effectiveness.

Gather feedback from participants, volunteers, and stakeholders.

Use evaluation findings to identify strengths, challenges, and areas for improvement, and adjust project strategies and activities.

Celebrate successes and recognize contributions with the broader community.

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Thank You!

Xuan (Jade) Wu, Ph.D., AIFD, CFD, EMC, CEJ
Assistant Professor & Extension Specialist
 Texas A&M AgriLife Extension
Jade.wu@ag.tamu.edu



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- 1.0 CE from the **University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT)**.
- 1.0 CE from the **Commission for Case Manager Certification**.
- 1.0 CE from the **Patient Advocate Certification Board** to Board Certified Patient Advocates (BCPA).
- 1.0 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for **Certified in Family and Consumer Sciences (CFCS)**.
- 1.0 CE credits for **Certified Family Life Educators (CFLEs)**.
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Upcoming Webinar



Supporting Special Needs Families: Exploring Trusts & ABLE Accounts

June 26, 2024, 11 AM – 12:30 PM ET

This presentation will provide an overview of the different types of special needs trusts (first-party, third-party, and pooled trusts) and explain the value of these instruments for individuals with disabilities. The presenter will also explore the use of ABLE accounts as an alternative to special needs trusts, or as a tool to be used in conjunction with these trusts.



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