

Horticulture Therapy II

Gardening strategies for everyone
A continued study of gardening with disabilities

Event Statistics

Number attending:
96 individuals
(71 surveys returned)

Gender:
Male: 16
Female: 55

Race:
Black: 1
Other race: 2
White: 66
n/a: 2

Age:
18-34: 1
35-49: 14
50-64: 34
65+: 22

Ethnicity:
Not Hispanic: 55
n/a: 16

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As a state-wide effort, county UW-Extension horticulture educators hosted a pair of workshops in order to address the emerging field of Horticulture Therapy (HT) and its applications to the volunteer service of the Master Gardener Volunteers. On January 31, Racine County UW-Extension hosted the first of the workshops. This workshop explained the differences between horticulture therapy and therapeutic horticulture, and how they are being used today. The research supporting these processes and programs is substantial, and the impacts are phenomenal, both on an individual as well as community basis. The second workshop was hosted by Rock County UW-Extension on October 17, and emphasized the applied aspects of HT.

“There are a lot of ways to do the same thing. If your physical ability changes it doesn’t mean you have to stop gardening or doing the things you love.” Participant comment

The day’s program included:

“The Enabling Garden: Strategies for Comfortable Lifelong Gardening”, Gene Rothert, Manager, Buehler Enabling Garden and Horticultural Therapy Services, Chicago Botanic Garden.

Throughout his more than 25-year career in public horticulture, Rothert has been committed to the belief that human interactions with plants, gardening and nature have many positive physical, social, intellectual and spiritual influences on people and their communities. During this workshop, he presented to MGVs various strategies and concepts to aid gardeners with visual limitations and ambulatory disabilities.

Activity Session: Navigating the Gardens while experiencing a limitation

- Loss of mobility
- Arthritis
- Loss of dominant hand
- Communication
- Blindness
- Deafness

“Gardening is for Everyone,” segments from WPT’s Wisconsin Gardener

- A Garden for the Elderly, (program #1003)
- Gardening From a Wheelchair: An Enabled Garden, (program #803)
- Gardening in the Dark, (program #1202)



“Plants for the Senses”, Mark Dwyer, Director of Horticulture, Rotary Gardens

As people age or encounter disabilities, we may encounter a need to utilize the senses beyond sight and choose plant materials that incorporate touch, sound, smell and taste! As the Director of Horticulture, Dwyer shared with MGVs the plant materials that offer greatest impact when gardening for the senses.



Evaluations:

	Yes / Strongly Agree	No			Strongly Disagree	N/A
Will you be able to share the information you learned today with others?	55	0				19
Rothert's presentation was informative	54	15	4	0	0	1
Information in Rothert's presentation will help me in developing my own accessible garden.	45	14	6	2	0	7
I will be able to make suggestions or help others improve their garden space from Rothert's presentation	53	15	4	0	0	2
The activity session increased my awareness of the problems persons with disabilities face when working in the garden	43	20	6	0	0	5
The video segments from "Wisconsin Gardener" were interesting and informative	49	14	6	0	0	5
I learned about plant choices to increase us of all the senses	48	8	5	1	0	12
I will use this information in my own garden	46	13	8	1	0	9
I will use information learned in education and volunteer activities	43	13	8	1	0	9

“Kudos to Rock County UW Extension, Gene Rothert and Rotary Gardens! High quality educational program.” Participant comment



“...[there is a] need to educate the public on how beneficial horticulture therapy can be!” Participant comment

Community partners:

- K&W Greenery
- Fiskars
- Wisconsin School of the Blind and Visually Handicapped
- Rock Haven