



BENEFITS OF GARDENS IN HEALTH FACILITIES

1. Gardens provide functional, home-like settings for inpatient and outpatient PT, OT, SLP, RT, HT, NSG, mental health therapies, spiritual care and patient/client/resident activity programs.
2. Gardens provide a wide range of independent activity for all.
3. Provide opportunities for increased social support among families, patients and staff.
4. Encourage movement, mild exercise and rehabilitation for patients, families, visitors and staff.
5. Offer a wide range of choices thus increasing the locus of control.
6. The nature experience provides a wide range of benefits. Clients can relate to gardens, nature and horticulture.
7. Increase treatment diversity for patients and therapists.
8. Help to meet individual treatment goals and improved clinical outcomes.
9. Help reduce staff burn-out with new collaborations.
10. Support stress reduction activities by providing restorative places for patients, visitors and staff.
11. Help meet physical, cognitive, social, psychological and spiritual needs of various user groups.
12. Create a sense of sanctuary and privacy for individuals and groups.
13. Improve the quality of air space.
14. Promote green initiatives, organic gardening and care of the environment and environmental safety.
This is the first and real green in healthcare!
15. Beautification of the healthcare environment and the larger community.
16. Provide marketing and public relations benefits for a range of facility goals and programs.
17. Increase client, visitor, staff and community environmental and horticulture knowledge and skills.

Inquire regarding workshops, trainings and consultations at your site.

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See the gardens at <http://www.legacyhealth.org/gardens>