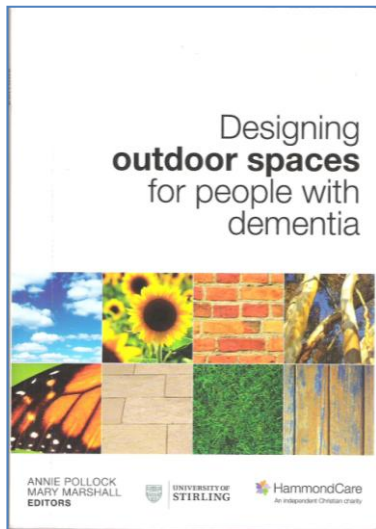




Healthcare Professionals,

Begin integrating ideas from this new book edited by Anne Pollock, landscape architect, and Mary Marshall, social worker, as you design and program nature settings for residents with dementia. Authors from around the world contributed chapters to assist administrators, caregivers and therapists create healing environments for seniors in their care.

Learn more about the book and how to order at the American Horticultural Therapy Association website <http://ahta.org/horticultural-therapy/suggested-readings>.

Chapter nine features “Activities and Outside Space” written by clinicians Mary McManus, OT, from Northern Ireland and Teresia Hazen, HTR, Legacy Health, Portland, Oregon.

Activities and Outside Space

Introduction

“Meaningful activities are recognized as a critical component of good quality dementia care (NICE 2008, NAPA/COT 2008). Getting outside and being outside are central to health and well-being, and it is important therefore to include the opportunity to do activities – to engage the person, to add pleasure and quality to the day by encouraging people to go outside and to stay out.

Activity is a critical means by which we as human beings express ourselves and interact with the world around us and as such, activities are essential to human existence, health and well-being.’ (COT/ NAPA 2007). Lack of activity and lack of pleasure in activity are associated with higher rates of mortality or depression, reduction in social functioning, physical well-being, increased isolation and loss of quality of life (Mozley et al 2004, Mor et al 1995, Alessi et al 1999 as cited by Alz. Society 2007).”

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