

The Therapeutic Garden Program at the Rehabilitation Institute of Oregon

for CARF Review 4/17

We celebrate 20 years in the Stenzel Healing Garden 1997- 2017. Patients, families, employees and community members are invited to join us in the garden for celebration activities:

11:30 – 1:00 April 20, June 6, August 15
4:00 – 7:00 July 24
10:00 – 1:00 May 20, August 26

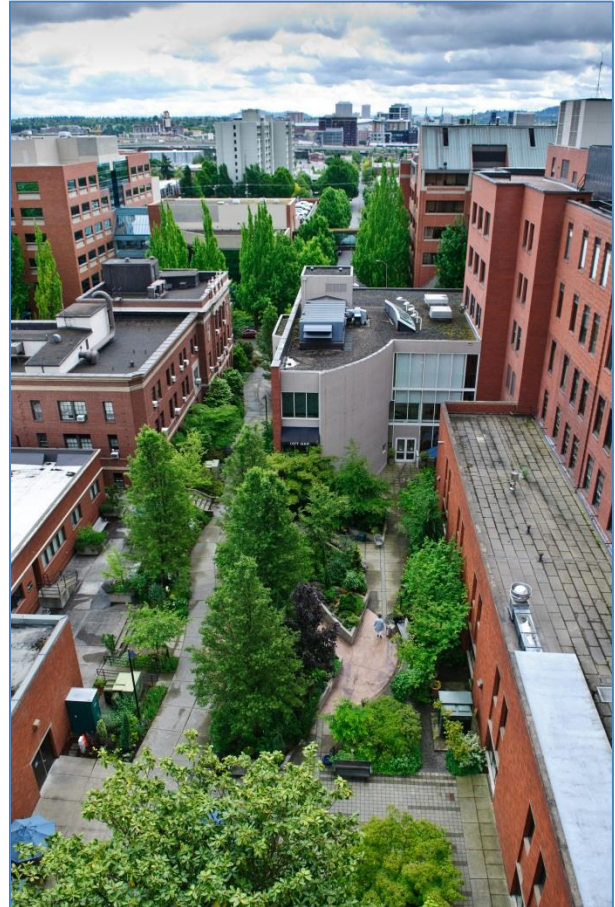
Horticultural therapy (HT) is the treatment of a patient by a trained professional (HTR) using plant materials to help meet patient clinical goals.

The therapeutic garden program at RIO includes HT, the indoor plant area in 537, and the Stenzel Healing Garden outdoors on first floor ground level.

Patient opportunities for engagement range from adaptive gardening group to individual treatments both indoors and outdoors.

Patients and families are encouraged to use the garden daily to meet a wide range of needs and interests around leisure, stress coping, nature time, gardening inspiration, container study, environmental education, and privacy. Outings and treatments in the garden are a first step in community reintegration.

The therapeutic garden program supports PT, OT, SLP, RT, Neuropsych and NSG goals. HT functions in the RT department. The HTR/Therapeutic Garden Coordinator position is in Rehab Administration.



Patient goal	Sample treatment activities
Increase LUE	Manage chips with LUE during wildflower bingo
Increase R scan	Receiving plant material from the right in the garden group circle
Increase strength and endurance to 60 min	Participate in a 60 min garden group in the activity room
Increase L scan	Wheel through garden attending to plant material on L and guided questions
Increase attention, following directions	Planting tuberous begonias after a demonstration of steps
Increase memory	After session on teepee trellis, describe the steps in setting up and planting the project
Increase standing balance	Stand at the houseplant counter to deadhead African violets and water plants with a 1 qt watering can
Increase problem solving	After session on teepee trellis, select green peas or sweet pea seed packet to take home, determine person who will be able to assist in getting supplies, plan placement—patio, deck, porch---and maintain the project
One handed problem solving	Problem solve one-handed strategies while doing a houseplant cuttings project with rabbit foot fern
Leisure choices	After leisure choice discussion, name one leisure activity each for cognitive, physical and social for immediately after discharge
Adaptive strategies	Explain benefits of table top gardening activities indoors, on patio or in garage
Year round leisure choices	Name a leisure choice for indoors and one for outdoors for spring, summer, fall and winter
Table top gardening	Participate in a session caring for RIO 537 houseplants at the tx table
Sit down gardening	Problem solve one spring container for the home patio

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Gardens for rehabilitation, recovery and restoration.