**Conducting a Senior Group Garden Club Session and 1:1's**
**Legacy Health Therapeutic Horticulture**

Four hour shift each week in a senior living facility. Write a senior session plan weekly and turn in to 529 or 3015. Start date for writing sessions:

**Purpose of the Activity:** Provide therapeutic horticulture, nature-based activity as a part of the activity program in assisted living/senior living with Garden Clubs and 1:1 sessions indoors and outdoors year-round.

**Preparation**

- ❑ Leave valuables locked in your car or locker in the volunteer office. Leave coats in vol or staff areas.
- ❑ Session planning and problem solving a minimum of three weeks in advance.
- ❑ Task analyzed and practiced two weeks in advance.
- ❑ Write a session plan for each week.
- ❑ Turn in the session plan, to 3015 or 529, with evaluation typed after each session.
- ❑ Bring a session plan to each Practicum meeting and copies to share.
- ❑ The activity is safe and appropriate. Write down all safety precautions on your session plan.
- ❑ All supplies are prepared in advance.
- ❑ Prepare some of the projects with a variety of steps completed to meet the wide range of needs of these clients.
- ❑ Simple is better.

**Conducting the Session:**

- ❑ Arrive at facility one hour before session is scheduled to begin; unload, remind clients, prepare area, get calm.
- ❑ Wash your hands before beginning.
- ❑ Present as calm, quiet, positive, and organized.
- ❑ Start on time.
- ❑ Always attend to safety precautions.
- ❑ Horticulture/plant material is prominent in your session. Plan for active engagement and hands on.
- ❑ Plan for less paper and more horticulture.
- ❑ Universal Precautions: Keep your hands away from face. Use wet wipes during the session as needed. Sneeze into shoulder. Wash hands after using Kleenex.
- ❑ Use appropriate sanitation cleaner to clean all shared materials.
- ❑ Use quiet ways. Make eye contact.

- ❑ Seated at client level as much as possible.
- ❑ Open posture to welcome participants.
- ❑ Gently encourage and let people know what will happen. "We have a great Garden Club planned for today. Thank you for coming."
- ❑ Introductions
- ❑ Demonstrate steps for success. Showing-demo- telling together works best.
- ❑ We honor and acknowledge participation. No prizes or gifts for winning.
- ❑ Acknowledge the effort or project instead of evaluating the person. "That is very colorful. Blue must be one of your favorite colors?" **Not----** "Boy, are you a terrific artist!" "You are so great" "You always do wonderful work"
- ❑ Always maintain confidentiality.
- ❑ Take pictures of the grp room and outdoor settings before and after your work. Take client pics during session when you have permission. Hands and materials are perfect.
- ❑ Anticipate adaptations to help the client engage.
- ❑ Call people by name. (Not Cutie, sweetie, dearie, little darling, granny) My name is Rosa. What is your name? Fred, thank you for participating. Lily, thank you for helping. Iris, thank you for joining in. Mrs. Brown, thank you for placing the flowers in the vase.
- ❑ How are you engaging clients in hands-on horticulture?
- ❑ Be aware of what is working well. Take note of what needs to be adjusted. Correct in flight if you can.
- ❑ Clean-up.
- ❑ Wash your hands.
- ❑ Rest. It takes some time to relax after conducting a session and especially when it is a new experience.
- ❑ Write the session evaluation on the form and put session plan in your senior facility planning notebook.
- ❑ Print your own documentation format. Make progress notes on each client at each session.
- ❑ Check out from the Facility Vol Office
- ❑

Student _____ Date _____

Supervisor _____

9/22