Title:
Rehabilitation in the Garden: Developing the Garden as a Tool to Achieve Functional Therapeutic Outcomes

Marketing Statement:
Tour some urban healing gardens in healthcare and senior living environments and examine how they work and what changes might help improve outcomes. Learn how therapists and activity professionals work and about specific garden elements to support clinical applications and the intended therapeutic outcomes.

Summary:
Well-designed gardens provide functional, home-like settings for inpatient and outpatient therapies and resident activity programs. The relationship between the physical design of the therapeutic garden and the rehabilitation programming is critical. While designing the garden landscape architect’s need to understand the type of therapy/program goals. The elements included in the therapeutic garden can assist in achieving these therapy and activity goals. Landscape architects will be exposed to medical terminology and the roles of key healthcare personnel, to assist them in designing successful gardens. In addition, different rehabilitation treatments are supported by certain design characteristics and how they are applied in the garden is crucial. Whether a garden is providing and aiding the physical, cognitive or the emotional development, certain equipment, activities and spaces provide for that therapy. Garden elements and accessories needed for individual applications ranging from senior care to acute care will also be explored including convincing research studies. In addition to the clinical focus, the role of plant material with its seasonal changes in the garden and the relationship to the patient’s care will be discussed. How patients interact and are engaged in the outdoor setting can increase or decrease their therapy outcome. Plant material selection also provides areas for education, restoration and social exchange. A well-designed garden will promote four seasons of sensory stimulation. After reviewing and understanding the tools needed for a successful therapeutic garden, the participants will tour three outstanding facilities in the Chicago-land area. The tour will include a continuing care retirement community, a rehabilitation rooftop garden and a senior activity center.

Session Type:
Field Session

Learning Objectives:
1. Describe key garden elements and how they promote clinical programming applications for functional therapeutic outcomes in a variety of garden settings: senior living, rehabilitation units, acute care, etc.
2. Outline rehabilitation programming in the garden and aspects of design for four seasons.
3. Compare and contrast the work of PT, OT, SLP, SW, HT, and other therapies in the garden.
4. Identify and use appropriate medical terminology in design team collaboration.
5. Given program goals, evaluate three gardens for effective qualities, areas for improvement and missed opportunities.
Outline:
I. Benefits of Gardens in Rehabilitation Programs
   A. The environment of care and customer satisfaction
   B. Well designed gardens provide functional, home-like settings for inpatient and outpatient therapies and resident activity programs
   C. Gardens provide for movement, mild exercise and rehabilitation
   D. Provide for a wide range of independent activities for all users
   E. AHTA Therapeutic Garden Characteristics (TGC)
   F. TGC applied to Stenzel Healing Garden

II. Research studies to promote quality of life and rehabilitation in gardens
   A. Convincing evidence to help the designer educate the rehab team and administrators
   B. Research for senior living

III. Medical Terminology for the Designer
   A. Learn some of the more common medical and healthcare terms and abbreviations used in design team work
   B. Identify medical terminology used by therapists to describe their program for the garden

IV. Garden Elements and Functional Patient Activities to Achieve Rehab Goals
   A. The client
   B. The designer
   C. The design team: a collaborative, interdisciplinary approach for quality and effectiveness
   D. Examine key features in the garden and how they support the clinical teams’ work with patients
      Residential, homelike
      Plants, plants, and more plants
      Accessibility
      Raising some of the plant material
      Four seasons of sensory stimulation
      Balance deciduous, evergreen, hardscape and plant material
      Nodes, privacy, gathering
      Gathering place
      Ramps, stairs, walking rails, benches
      Walking surfaces
      View out the window

V. Role of the PT, OT, SLP, HT, RT, NSG in using the gardens for therapies
   A. The rehabilitation team
   B. Scope of goals for each therapy
   C. What are some of the activities that therapists use in the garden and why
   D. How the garden elements help the therapist/client reach intended outcomes

VII. Goals in Senior Living
   Quality of life
   Feeling of well-being
   Increase or maintain function: physical, cognitive, emotional
Lifestyle choices for independence
Adaptations for sensory deficits: visual, auditory, tactile, olfactory, gustatory
Reminiscence and life review activities

VII. Closing
A. Bibliography for Gardens in Rehabilitation
B. Evaluation tool for the field experience
C. Q&A

Field Experience Description:
Board bus to leave McCormick Place at 8:00 AM Arrive at Montgomery Place at
8:30 AM Educational session- Teresia Hazen 8:30 AM - 9:30AM Tour Montgomery Place from 9:30 - 10:30 AM. Montgomery Place is a Continuing Care Retirement Community that provides a high standard of living and included horticultural therapy as part of the ongoing care of residents.

Load bus and travel to Schwab Rehabilitation Hospital Arrive and Tour 11:00-11:45AM. Schwab Rehabilitation Hospital utilizes a rooftop garden to provide a unique location for a variety of therapies including horticultural, sensory, and ambulatory.

Box Lunch delivered- eat lunch 11:45 - 12:45 PM

Load bus and travel to the Levy Center, Evanston Arrive and Tour the Levy Center 1:45- 2:45PM. The Levy Center is home to the Hulda B. and Maurice L. Rothschild Enabling Garden which is used for therapy classes and special events.

Load buses at 3:00pm to return to McCormick Place by 4PM

Presenters:
Teresia M. Hazen, M.Ed., HTR, QMHP has been with Legacy Health since 1991. LHS is a not-for-profit integrated healthcare network including five hospitals and related services that promotes gardens in healthcare to create supportive environments of care for patients, families, visitors, staff and neighbors. It is the only health care system in the US to offer a horticultural therapy certificate program certified by the American Horticultural Therapy Association (AHTA). Teresia is responsible for pioneering the horticultural therapy program and therapeutic gardens for Legacy’s long-term care and SNF patients. Today, she oversees nine therapeutic gardens and horticultural therapy work through the Rehabilitation Institute of Oregon, Emanuel Children’s Hospital and the Oregon Burn Center. Her training in horticulture, special education, rehabilitation, addiction counseling and gerontology lend credibility to design team work for gardens to meet a wide range of user needs.

Brian M. Slovacek, is Principal, Healthcare Studio Leader and Project Leader for Hitchcock Design Group. Delivering quality design within challenging budgets, Brian is an outstanding advocate for clients’ land resources. This client-centric approach has helped Brian foster long-term relationships throughout his career. As a Project Leader, he has coordinated complex
consultant teams, been engaged throughout the design and management process from client contact to construction closeout. This involvement in the design process from concept through construction has made Brian a skilled landscape architect at both macro-level planning and site-specific scales. A strong believer in continuous education, Brian expanded his knowledge of therapeutic garden design by participating in an intense one-on-one workshop at the Rusk Institute at New York University Hospital.

Teresia Hazen, MEd, HTR, QMHP
Legacy Health
Registered Horticultural Therapist
Coordinator of Legacy Therapeutic Gardens & HT
1015 NW 22nd Ave. Suite 529
Portland, OR 97210
T 503.413.6507  thazen@lhs.org
www.legacyhealth.org  search “gardens”

Brian M. Slovacek
Landscape Architect
Principal, Healthcare Studio
Hitchcock Design Group
221 West Jefferson Avenue
Naperville, Illinois 60540
T 630.961.1787
bslovacek@hitchcockdesigngroup.com
www.hitchcockdesigngroup.com