

Home in Nature

Nature Based Therapy (NBT)

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Nature Based Therapy

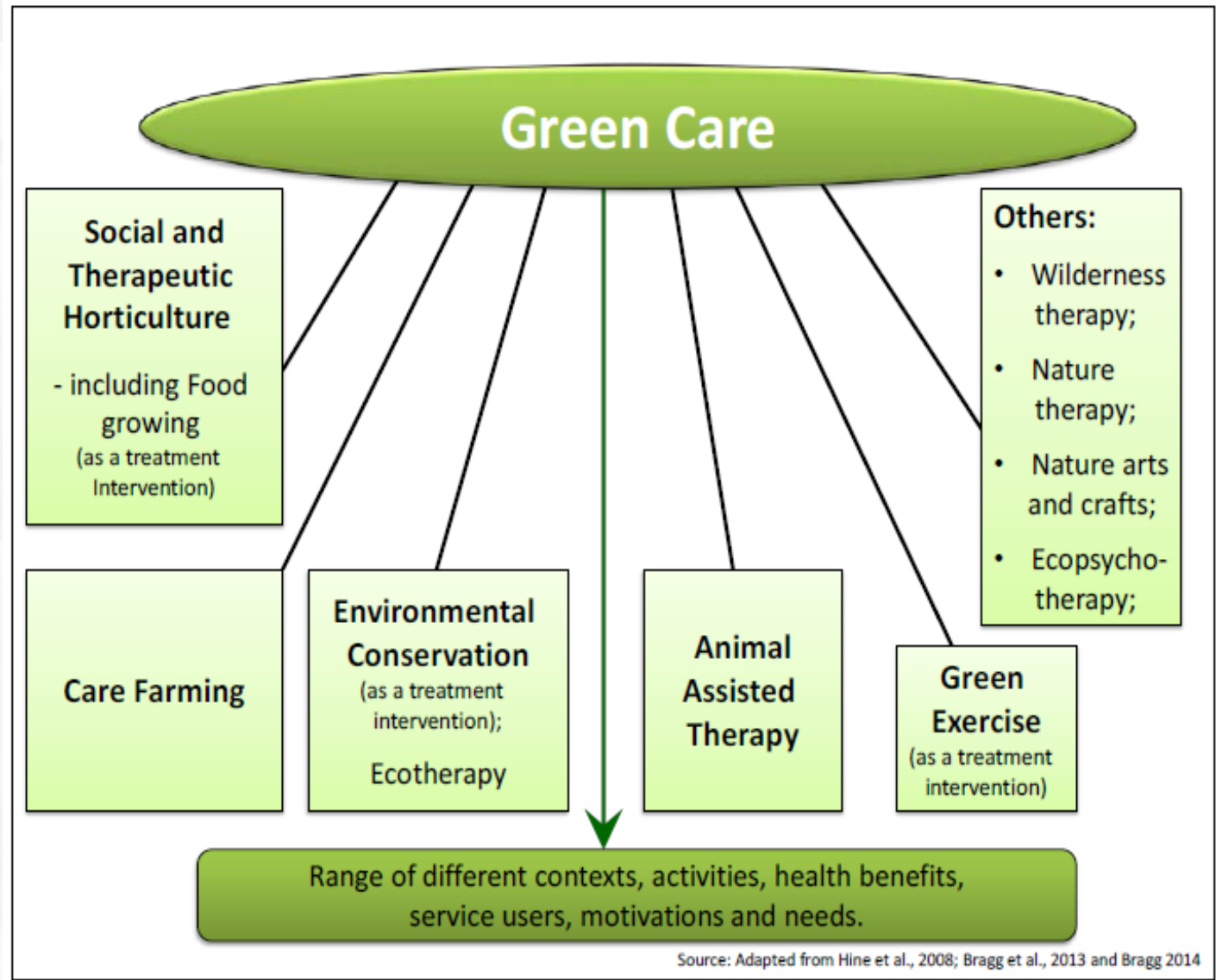
- ▶ Nature Based Therapy(NBT) is a client centred approach to develop wellbeing and treatment using horticulture activities.
- ▶ Uses plants and gardening in a structured way.
- ▶ Often referred to as ‘therapeutic horticulture’ or ‘horticultural therapy.’ (Haller and Kramer, 2007, Sempik et al 2003:313)

Nature Based Therapy

- ▶ Under the umbrella of Green Care
- ▶ Actives are delivered in nature to promote client wellbeing
- ▶ Interventions varies in their approach depending on the client group or method of delivery.

(Bragg and Atkins 2016: 12, 18)

Nature Based Therapy





Nature Based Therapy & Green Care

- ▶ Nature is seen to be the co-therapist and holds a vital role in the process by allowing therapeutic work to occur and healing. In using nature therapy, this process impacts both client and therapist. (Jordan, 2015)
- ▶ Carl Jung (1960) perceived that the human soul was like nature. The life cycle of humans and plants are parallel, from birth, growth to death and rebirth.

Statistics

- ▶ People living with dementia in Ireland is expected to more than double over the next 20 years, from 55,000 today to 113,000 in 2036.
- ▶ Every 3 seconds, someone in the world develops dementia
- ▶ It is estimated 46.8 million people worldwide living with dementia in 2015
- ▶ 63% of people living with dementia live at home in the community.



Research and NBT for people living with Dementia

- ▶ Knowing of a person's story is beneficial when using NBT in order to develop a suitable programme. Some people can be active in nature while some passive.
- ▶ NBT may meet their identity needs.
- ▶ It can be refreshing, particularly if the person spends most of their day in their home or in a long-term care facility (Mitchell and Agnelli 2015)



What research indicates for people living with Dementia

- ▶ People living with dementia are often less able to access outdoor spaces (Duggan et al 2008).
- ▶ Reduction in freedom, alongside restricted physical activity, may lead to increased levels of distress (Scherder et al 2010).
- ▶ Benefits of appropriately designed outdoor spaces has a positive impact on mood, reduced episodes of distress, reduced cognitive decline and a reduced risk of depression (Connell et al 2007, Pollock 2012).

Meeting the needs of a person living with dementia

- ▶ Confidence responsibility and ownership of a project replaces loss
- ▶ Physical strength can decrease rapidly and skills can be lost if the person ceases to continue living life as before
- ▶ Muscle strength and fine motor skills will improve with garden activities
- ▶ The person gains a sense of self and builds friendships by working together to achieve a certain result
- ▶ Achievement provides confidence pleasure, hope and encourages further interests for next season

NBT: Case Study

- ▶ Improving wellbeing through the different stages of dementia

Case study-Mary Make-believe

- ▶ This woman has been diagnosed with Vascular Dementia, and has difficulties with short term memory and balance.
- ▶ Mary needs assistance with all her ADLs, and is gentle and easy to explain things to.
- ▶ She has high energy early in the day and enjoys occupation
- ▶ Mary loves cooking and gardening, especially with vegetables, herbs and fruit

Case study-Mary Make-believe

- ▶ Background Information
- ▶ Irish Elderly woman from Cork, who had a great love of gardening and cooking, now 78 living with Vascular Dementia, now living in a care home
- ▶ Referred by her daughter and G.P. (needs 24 hr care, has excellent sight and hearing.
- ▶ Has visitors almost everyday and is very sociable

Current Objective

- ▶ Mary needs to settle into her new environment, and feel at home
- ▶ Mary needs a purpose, and specific tasks set up for her offering support.
- ▶ Maintaining her fine motor skills and her mobility is important to her, she wants to be 'useful'.
- ▶ To encourage Mary to socialize in the garden with other presidents when she chooses, and make friends

Interventions

- ▶ Providing a structure to Mary for activities of her choice, providing gloves apron and suitable bowl oasis and flowers and foliage for floral arrangement.
- ▶ To aid the forming of friendships by setting up a green finger club, and notices on wall.
- ▶ To have routines e.g. teatime, and photo sessions, etc. which she will look forward to
- ▶ To have Onions, garlic and lettuce growing in the garden in the raised bed sown by Mary
- ▶ To feature cooking and art activities around gardening

Outcome

- ▶ Mary will feel calm and at home, and this will cut down on her confusion and prevent distress.
- ▶ She will feel appreciated for who she is , identified as a talented and important person.
- ▶ Her flexibility and motor skills will improve and allow her to get around, her balance should improve or stay stable.
- ▶ She will benefit in confidence by making new friends and will enjoy her photos and plants and flowers
- ▶ She will retain her ability to read labels and recipes.

Benefits of NBT

- ▶ Physical fitness and flexibility
- ▶ Enhance and maintain skills
- ▶ Improve identity integration & occupation
- ▶ Goal setting & solving problems
- ▶ Supports other therapies
- ▶ Social interaction & spiritual renewal



NBT:

Health and safety considerations:

- ▶ Great care must be taken to avoid danger from trips and falls in the garden
- ▶ Sharp objects including thorns must be avoided
- ▶ Chemicals and plants with corrosive sap
- ▶ Any objects which might cause choking
- ▶ Allergic compounds insects and sunburn

MASTER LIST of NATURE-RELATED ACTIVITIES – All either happen outdoors or nature is the stimulation

ART (with natural materials, can be done indoors)

1. Painting
2. Drawing
3. Holding materials
4. Watching/commenting on art happening

FLOWER PICKING

15. Picking or cutting
16. Bringing indoors
17. Putting into water
18. Using to decorate

MEALS & REFRESHMENTS

30. Drink
31. Snack
32. Meal

WILDLIFE

44. Filling bird feeder
45. Throwing bread to ducks, birds
46. Filling bird bath with fresh water
47. Making food for birds (suet blocks, popcorn and cranberry necklaces...)

CRAFT (with natural materials, can be done indoors)

5. Making a craft using fruit, flowers, seeds, nuts, conkers, etc.
6. Holding/touching these things

GARDENING (can be indoors)

19. Planting seeds, bulbs or plants
20. Watering
21. Weeding or dead-heading
22. Sweeping or raking
23. Mowing grass or snow removal
24. Helping or watching somebody else gardening

SPORTS & RECREATION

33. Ball games (bow, throw or catch)
34. Using a racket (badminton, etc.)
35. Darts (using a target)
36. Games (dominoes, bingo, etc.)
37. Card games
38. Playing in the snow, snowmen, etc.

TOOL USE

48. Using hand tools (trowel, etc)
49. Digging with a spade, fork...
50. Building, making, sanding
51. Painting, staining

DOMESTIC ANIMALS

7. Feeding or watering
8. Cleaning out
9. Holding or stroking
10. Taking for a walk

HARVESTING or COOKING

25. Harvesting or gathering
26. Cooking or preparing
27. Eating homegrown fruit or vegetables grown here at Springhill

SITTING

39. Sitting alone (quietly, reading...)
40. Sitting with others (socialising)

VEHICLE TRAVEL

52. Out with staff
53. Out with family
54. Being transported (GP appointment, hospital)

EXERCISE

11. Jogging or running
12. Movement to music
13. Dancing
14. Yoga or stretching

LAUNDRY

28. Hanging it out to dry
29. Using clothes pegs/pins

WALKING

41. Pleasure, purpose, pram
42. Sensory stroll (touching & smelling fragrant plants)
43. Going onto the balcony

OTHER

55. _____
56. _____
57. _____

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“Beannacht” Blessing

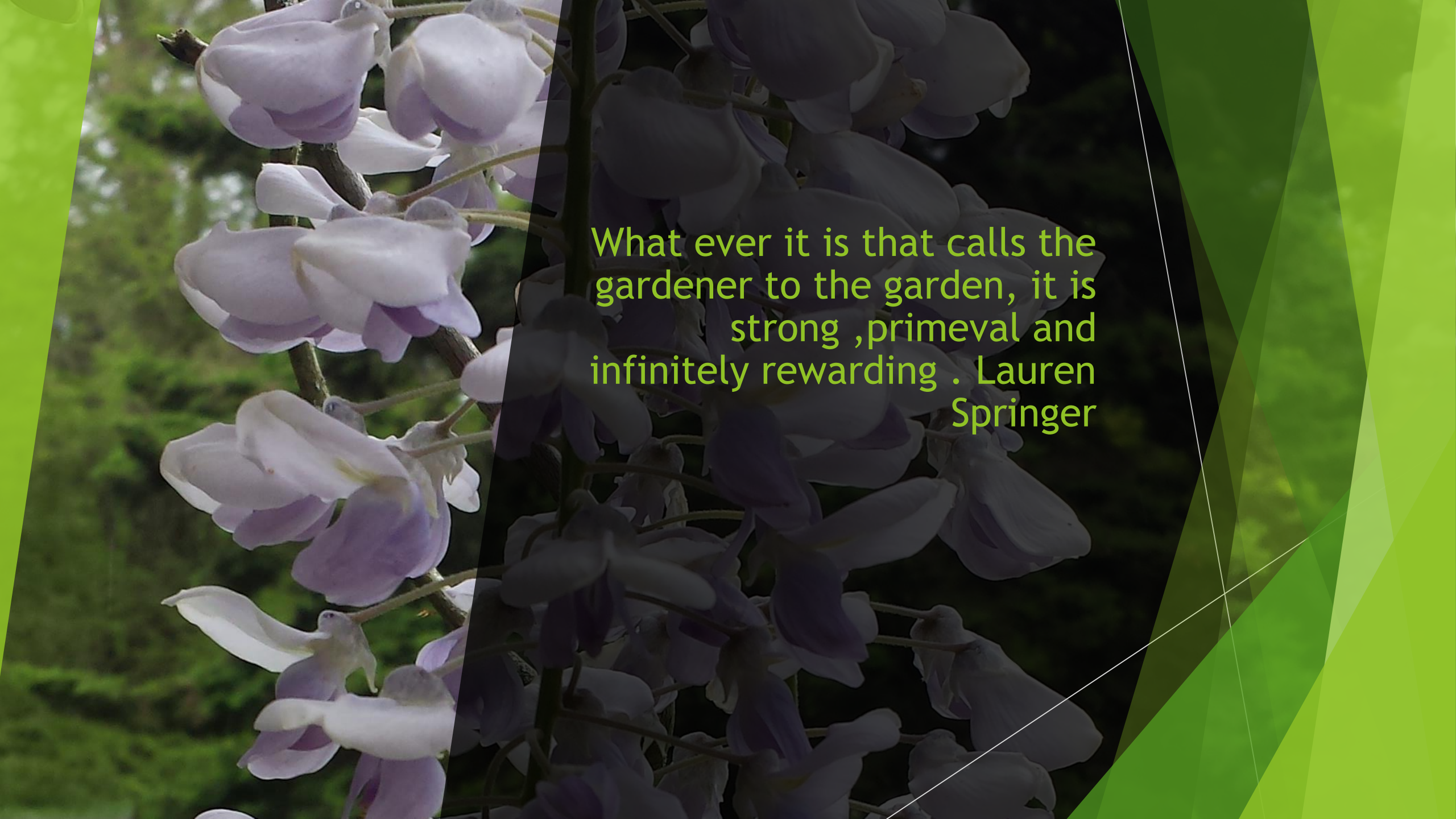
“May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.”

(O’Donohue 1998)



Thank You Siobhán & Joyce



What ever it is that calls the
gardener to the garden, it is
strong ,primeval and
infinitely rewarding . Lauren
Springer

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