




**International Association of Home
& Services for the Ageing (IAHSA)**

7th International Conference – Malta
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Horticultural Therapy Can Grow More Than Plants !


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- ❑ This Project aims to use horticulture as a therapy for tackling the behavioral problems of demented nursing home residents .




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- ❑ Horticultural Therapy is a process utilizing plants and horticultural activities to improve the social, educational, psychological and physical adjustment of persons, thus improving their body, mind and spirit.



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- ❑ Successful therapy have impacts upon clients' senses; sight, touch, smell, taste and hearing.



❑ Three types of behavioral problems are being identified :

1. Physical Behavioral:
hitting, kicking, biting, spitting etc

1,2,3

❑ Three types of behavioral problems are being identified :

2. Verbal Behavioral:
cursing, constant request for attention or help, repetitive calls or questions, refusal to follow direction and strange noises or screaming.

1,2,3

❑ Three types of behavioral problems are being identified :

3. Non-Aggressive Physical:
pacing, aimless wandering, restlessness, tapping, strange movement, inappropriate dress, hiding things.

1,2,3

- ❑ Free planting materials from the neighbourhood, getting volunteers to do horticulture together with the demented residents and then have planting sales in the end of the year.

❑ By generate income from these plant sales, residents have pride in accomplishments, promote spirit in the Home and provide a chance for community integration .

❑ Significant decrease of non-physical agitation behaviors and physical agitation behaviors over the study time period.

❑ However, the impact on verbal agitation is not clear.

❑ Horticultural Therapy has great room for development in Hong Kong.

❑ The presentation demonstrated that even late stage demented residents can benefit from the programme, gained sensory stimulation by preparing the mud, touching the plants, watering and smelling the flowers.

❑ A greenhouse may be a luxury for Hong Kong's aged home but as a start, a location accessible to sun light is enough.

❑ Besides, as the Project reviewed, it is also a good way to look for community involvement and engaged those interested staff and residents.