

Horticulture Therapy



Chapter 1

Introduction



It is a therapeutic method for improving quality of life by participating the patients in garden and garden related activities by a trained therapist. It is a goal oriented program, fixed by the therapist, depends on patient's needs.

Chapter 2

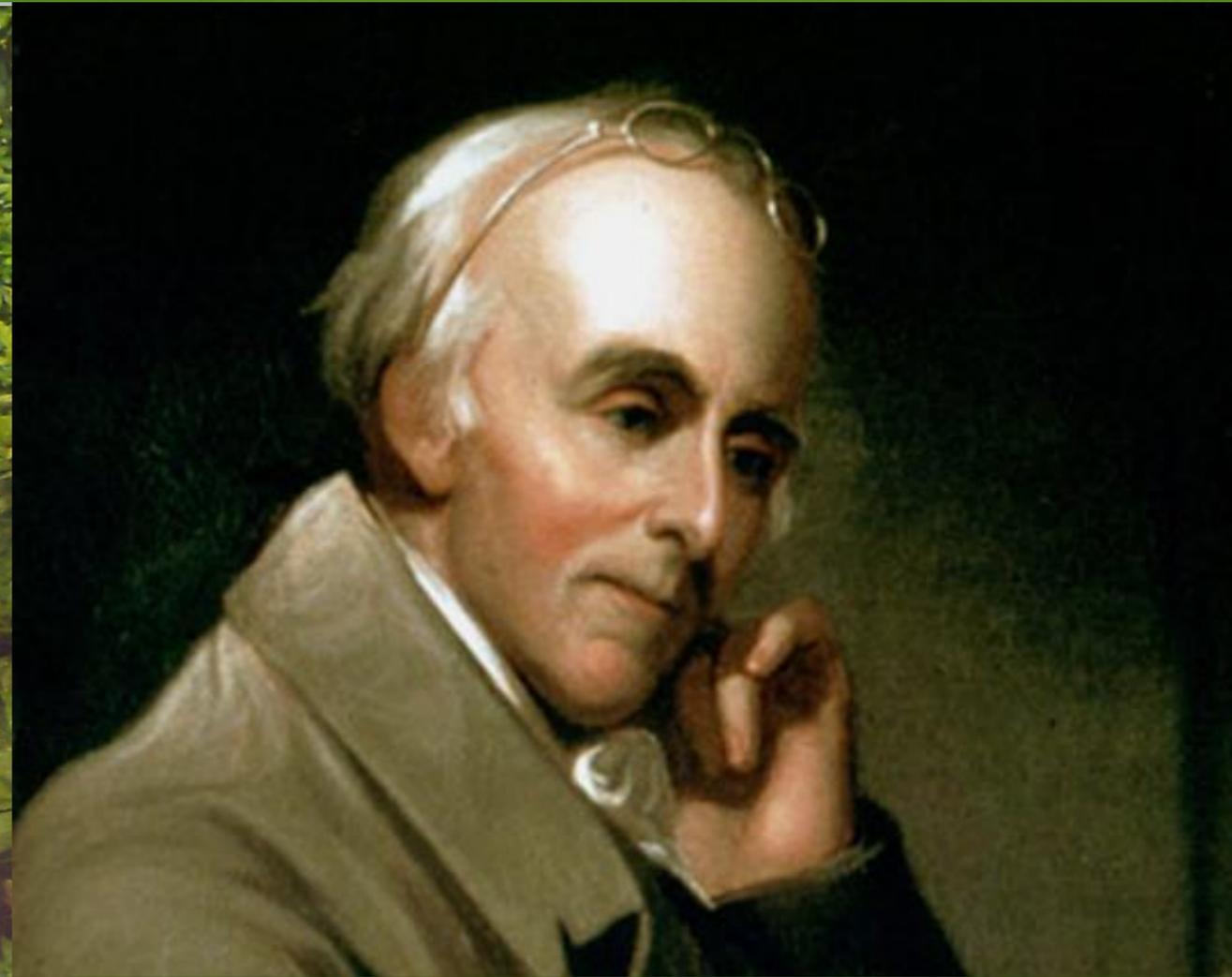
History



Horticulture therapy was started when the civilization started itself. Kings were used gardens for soothing and relaxing their mind. Egyptians kings were more concern with garden related activities.

Chapter 3

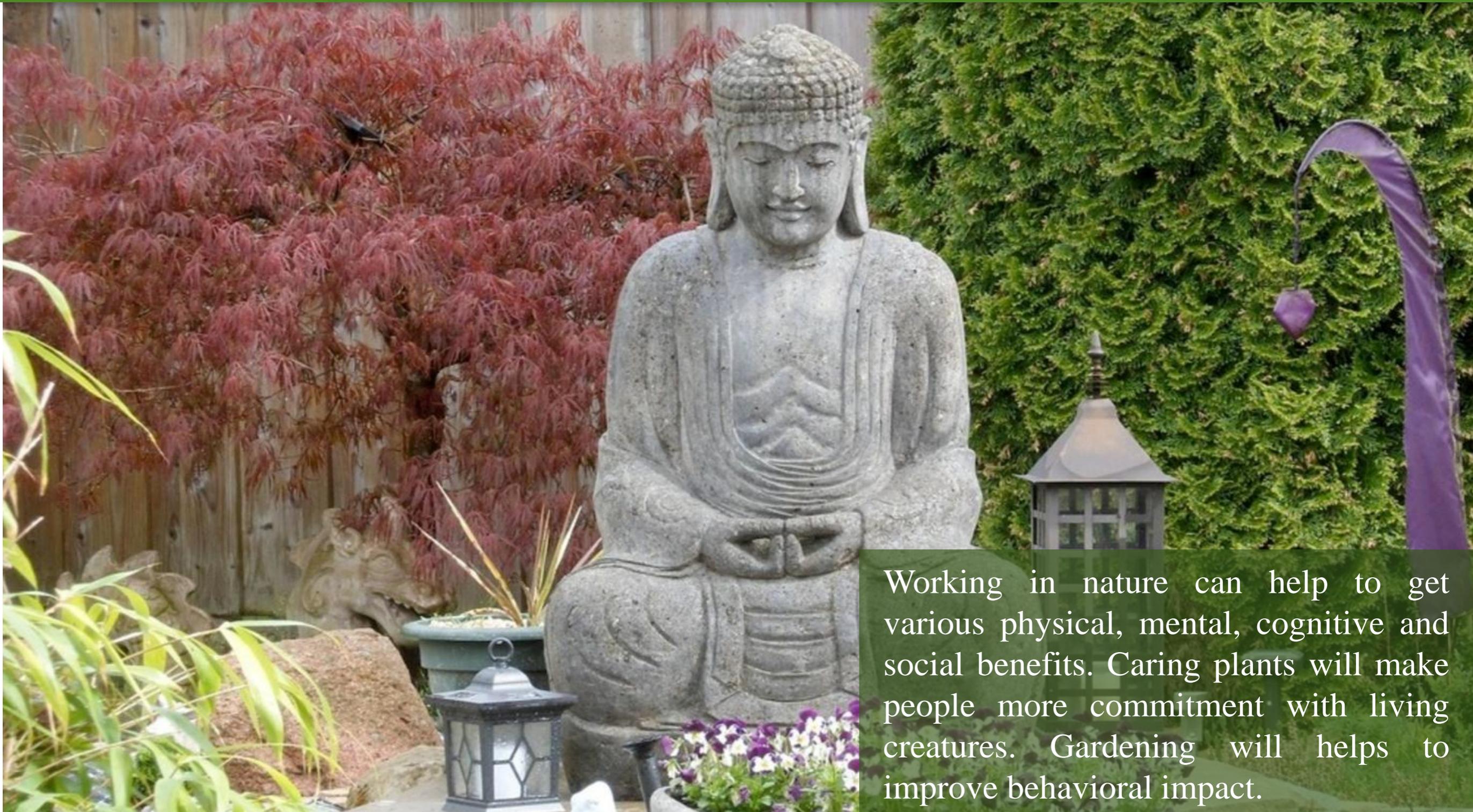
History



Later it became more familiar during the time of world war I and II. Dr. Benjamin Rush used horticulture therapy for the injured soldier for forgetting the pain and restoring their physical and mental health.

Chapter 4

Benefits



Working in nature can help to get various physical, mental, cognitive and social benefits. Caring plants will make people more commitment with living creatures. Gardening will helps to improve behavioral impact.

Physical Benefits



Working in garden will strengthen their muscles and improve fine and gross motor skills. Indoor and outdoor activities enhance flexibility, coordination, body balancing, hand-eye coordination and vocational skill developments.

Chapter 6

Mental Benefits



HT activities help to overcome stress and tension. Skills developing activities improve their self-esteem and self-confidence. HT make the patients more comfortable in the society and able them to live without any support as a better human being.

Chapter 7

Social Benefits



HT enhances the social commitment in the patients. Community gardening and group HT activities improves communication and social interaction skills. People who are having developmental or intellectual disabilities could get more improvements from these benefits.

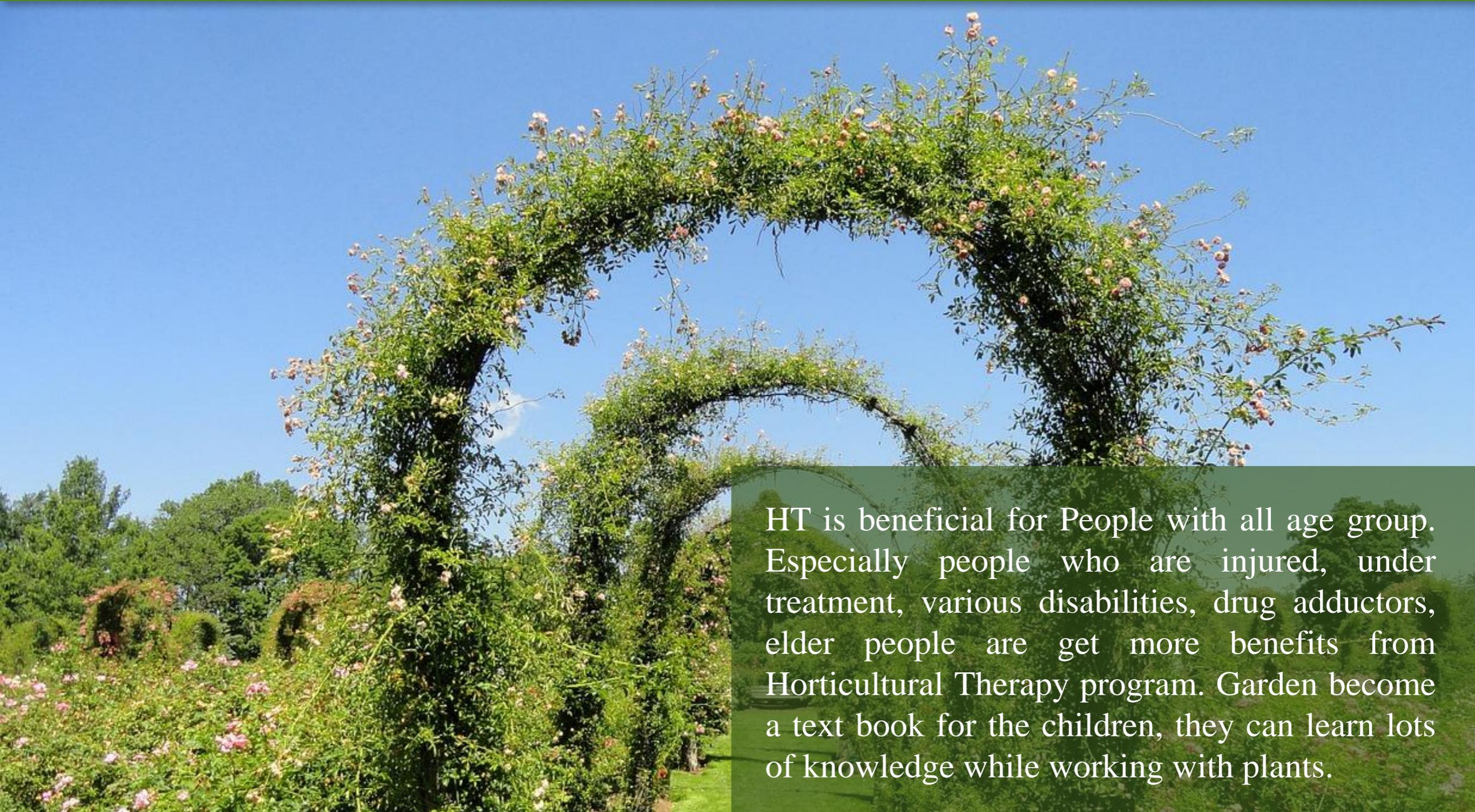
Chapter 8

Cognitive Benefits



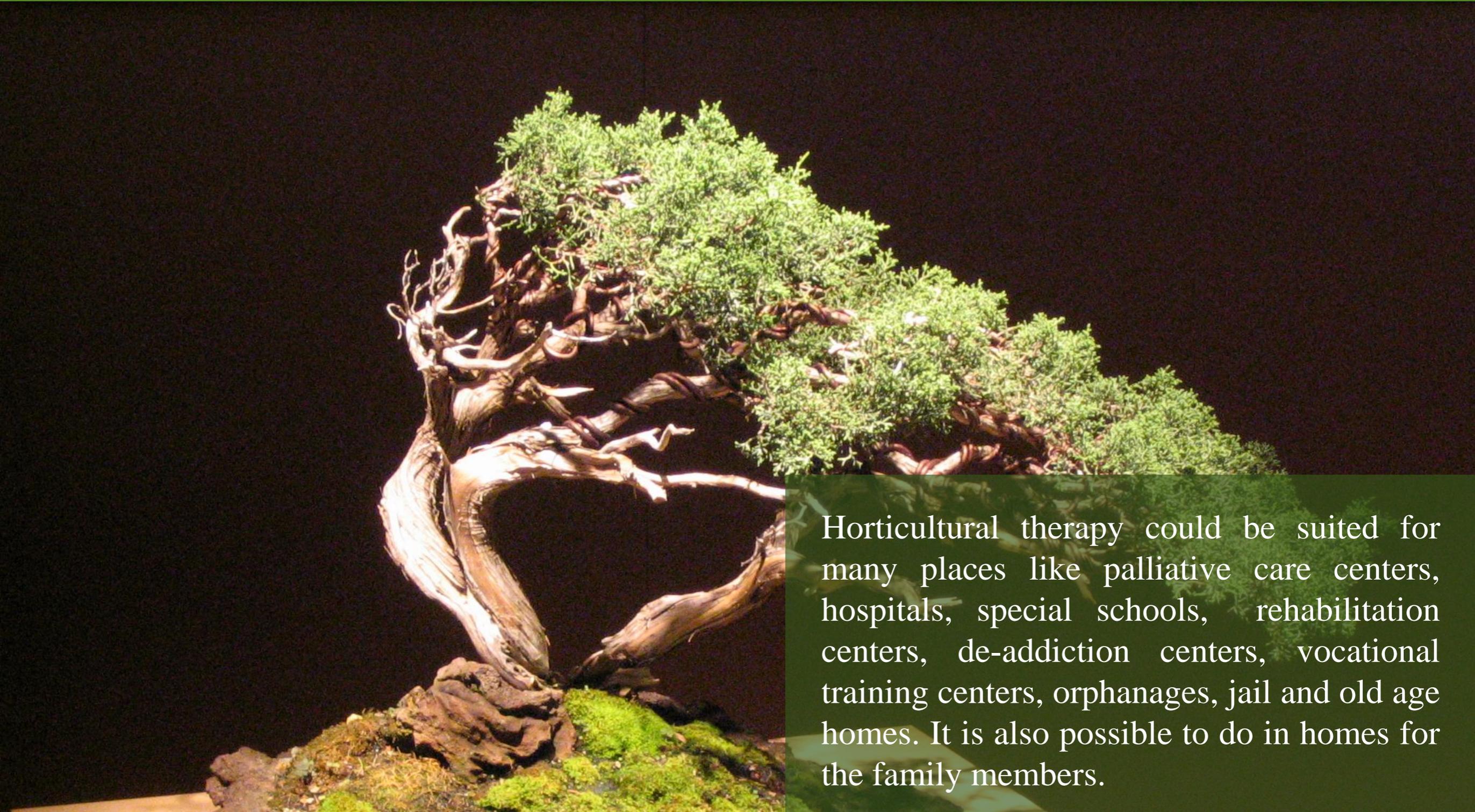
Horticultural activities help to enhance attention span of the participant. Fragrance and color of flowers and leaves will help to recall the past memories of the patients. It will really benefit the elder population and dementia patients.

For whom do we conduct HT?



HT is beneficial for People with all age group. Especially people who are injured, under treatment, various disabilities, drug addicts, elder people are get more benefits from Horticultural Therapy program. Garden become a text book for the children, they can learn lots of knowledge while working with plants.

Where do we conduct HT?



Horticultural therapy could be suited for many places like palliative care centers, hospitals, special schools, rehabilitation centers, de-addiction centers, vocational training centers, orphanages, jail and old age homes. It is also possible to do in homes for the family members.

HT Activities



Selected gardening activities helps to improve the physical skills. The activities and how to approach the method will decide by the Horticulture Therapist. The activities will select depends on patients needs.

HT Activities



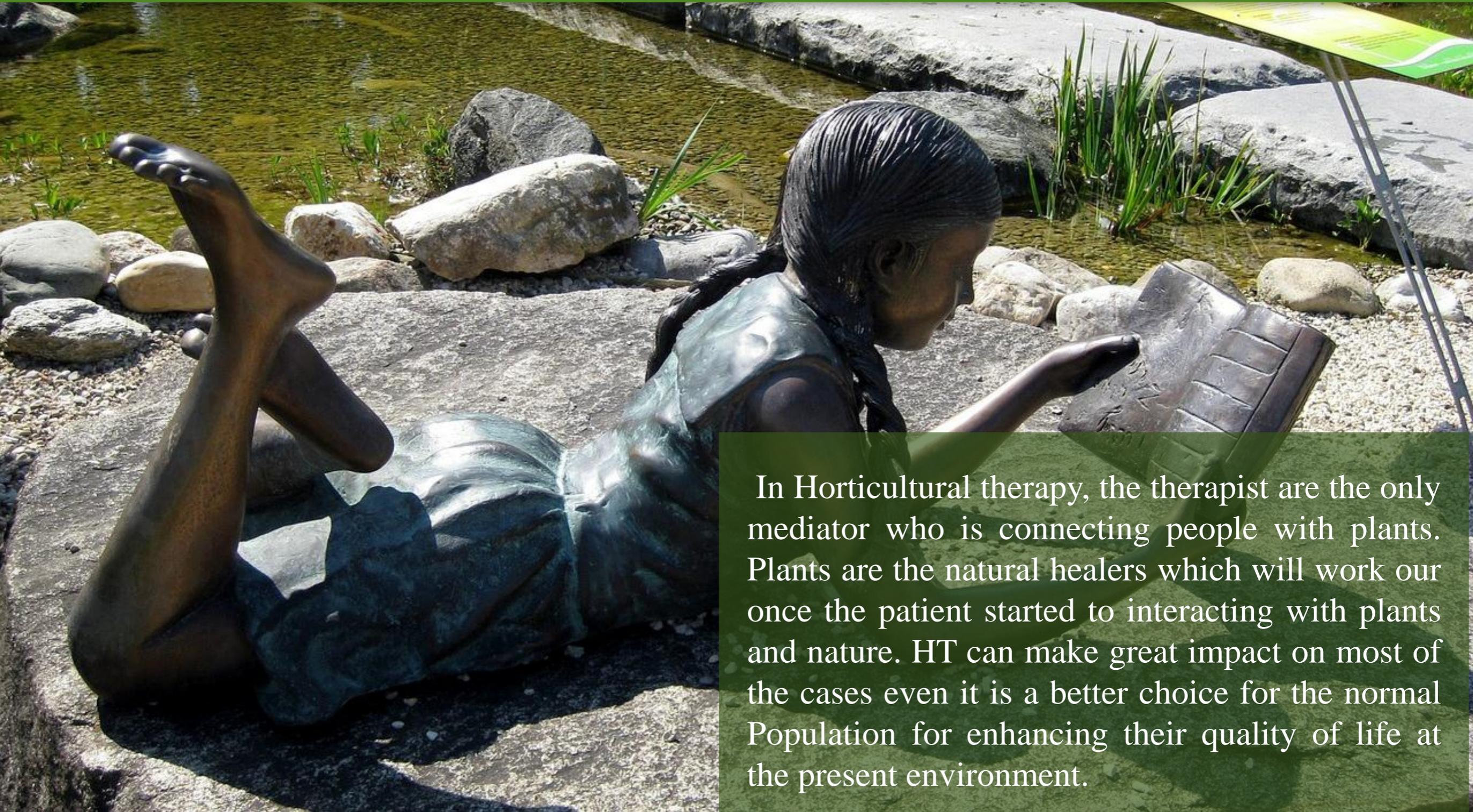
Craft activities and other indoor activities helps to improve the mental strength and creativity. Card making, twig toys making, accessories making using natural materials and terrarium like activities boost their self esteem and self confidence. Hand-eye co-ordinations, fine motor skills, distraction from pain are some physical benefits from these activities.

HT Activities



Color and fragrance can make much impact on human emotional system and cognitive skills. Activities by using flowers and fragranced leaves can help to change the mood and depression. It also helps to recalling past memories in dementia and Alzheimer patients.

Growing with Nature



In Horticultural therapy, the therapist are the only mediator who is connecting people with plants. Plants are the natural healers which will work our once the patient started to interacting with plants and nature. HT can make great impact on most of the cases even it is a better choice for the normal Population for enhancing their quality of life at the present environment.

Chapter 8

Contact Us



Web site: <https://www.horticulturaltherapy.in/>

Face Book: <https://www.facebook.com/horticulturaltherapyhealingcenter/>

Mob: +91 8762679127