

Adaptive Gardening & Horticultural Therapy

presented by
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Mission Statement

The mission of the Lane County Master Gardener Adaptive Gardening Committee is to be a resource to the community demonstrating how to adapt gardening practices to make gardening enjoyable and successful for people of different ages, levels of ability, interest, and needs.

What is Adaptive Gardening?

- Adaptive Gardening is adapting tools and techniques commonly used in gardening to fit the needs of people of various levels of physical ability.
- Gardening adaptations can be used for the elderly, the wheelchair bound, or for people with a limited range of motion.
- Anyone wanting to reduce stress on joints while gardening is a potential adaptive gardener.

What is Horticultural Therapy?

- It is an innovative treatment method of rehabilitation and recovery, often medically prescribed.
- It uses plants and nature-based activities to improve the social, psychological, and physical well-being of individuals whose lives have been disrupted by physical, social or economic circumstances or simply aging.
- It may improve psychological/developmental disorders.

How does Adaptive Gardening work?

- Provide gardening opportunities and nature-based activities to diverse and challenged populations
- Problem solving and being creative
- Creating specialty gardens



Adapting Your Garden

- Assess yourself
- Assess your garden
- Consult resources
- Design a Plan and make any necessary changes

Assess Yourself

- What are your current physical limitations?
- Time and money resources
- Availability of assistance



"Terry Cotta"



Assess your garden



- Evaluate accessibility and size
- Determine soil tilth and drainage
- Assess availability of water source
- Assess sun and micro climate
- How will the garden be used

Consult resources

- Local Extension Office
 - Talk to Adaptive Gardeners
- Organizations
- Books and catalogs
- Internet and software programs



Design plan and make changes



- Make it functional and adaptable for YOU (for current and future requirements)
- Plan for convenient location
- Work *with* nature, not against it
- Select appropriate plants, adaptive structures, irrigation, and accessible pathways
- Make comfortable and shaded rest areas
- Use the right tools

What do you need to develop a successful adaptive garden?

A good design plan



- Make it functional, inviting, and user-friendly to both you and others
- Consider aesthetics and environmental impact
- Design for maximum accessibility and low maintenance

Useful and appropriate tools



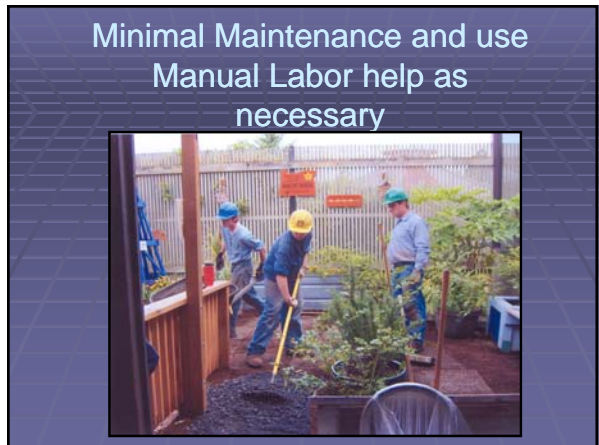
Adaptive Structures & Techniques



Good Materials



Minimal Maintenance and use Manual Labor help as necessary



Adaptive Demo Garden Development at Fairgrounds



Lane County Fairgrounds provided the site, coordinated the labor, and financed the site development.

Newer Adaptive Garden at Extension



Functional Features



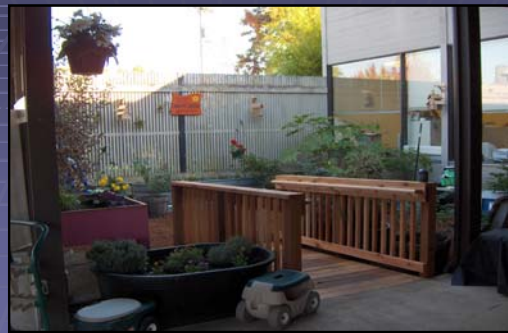
Additions and Improvements



Testing the structures



Putting it all together



The rewards are enormous

