



Service Priorities and Programmes
Electronic Presentations

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Horticulture Program in Psychogeriatric Day Hospital

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Self-expression

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Life satisfaction

Introduction

The aim of the program is the engagement of the elderly in gardening group activities. Gardening can be used in a therapeutic way when depression client involved in planting, growing and caring for the plants. Evidence shows therapeutic horticulture could enhance physical and psychological well-being and to improve the elder's physical and emotional condition, cognitive ability and social interaction. A horticulture therapy program in the Psychogeriatric Day Hospital provides opportunity for the elderly to involve in planning, planting, growing and caring for plants. Self-expression with their past experiences and provides client's their own garden space.

Objectives

To provide sensory stimulation To provide opportunity for self-expression with client's past experiences To maintain memory and concentration

Methodology

The horticultural group started on 20 May 13 in PGDH. Time: Every Monday and Friday PM session Location: PGDH activity room & ward garden No. of participant : 6 – 8 Pre-group assessment: Score MMSE > 15 & GDS > 8 Nature including Indoor activities: To use a plant to introduce yourself, introduce different vegetables with seeds and sprouts, use dry flower pieces and other handicraft material to make Christmas card, & sharing to whom you want to give the Christmas card and why Outdoor activities: visit and introduce different plants at the ward/hospital garden Day camp: patients are expected to learn hands-on skills on planting, to get to know different kinds of plants, increase interest in horticulture and to learn to appreciate nature in Helping hand holiday centre the elderly (Sai Kung) on 6/12/13

Result

People-plant interactions promote well-being of the Elders, and this inter-action is very important not only for cure but also as a preventive treatment for individuals as well as groups which were enhancing life satisfaction, reducing loneliness and promoting activities of daily living. Reported outcomes shows that gardening experience at geriatric care also facilities in providing sensory stimulation and

improved memory and concentration, enhance social interaction among the elderly.