



Newsletter of the Hong Kong Association of Therapeutic Horticulture  
香港園藝治療協會專刊

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## 編者的話 Message from Editor

半年期刊《悠然》又同大家見面啦！回顧這一百八十多天，“忙”著為香港園藝治療開展了大大小小不同類型的活動和課程。此外我們現已積極為 2014 年 6 月 27、28 日，與香港理工大學護理學院耆年護理中心(Centre for Gerontological Nursing, SN, The Hong Kong Polytechnic University)合辦的第一屆園藝治療及治療性園景設計研討會 “**The 1<sup>st</sup> International Conference on Horticultural Therapy and Therapeutic Landscaping**” 進行籌備，是次活動於香港理工大學賽馬會綜藝館舉行。開會、宣傳、人手安排等連串準備工作，費上了不少時間與心血。距離會期還有半年，不經不覺已進入倒數階段，尚有很多細節要思量，籌備委員們所有的努力，全為讓參與人士能獲得一個滿載而歸的研討會。

研討會是個很好的園藝治療交流平台，集合了世界各地致力推廣園藝治療或對園藝治療有認識、有興趣的人士參與，是次研討會邀請了多國的園藝治療專家到場演說，分享園藝治療經驗。美國學者包括：榮譽教授 **Professor Paula Diane Relf**，Professor Relf 是園藝治療研究的先驅，曾任 Virginia Polytechnic Institute and State University 環境園藝系教授。推動成立美國園藝治療協會(American Horticultural Therapy Association) 並曾任會長，創立人與植物議會(People Plant Council) 並擔任主席。她於園藝治療上的成就得到美國本土及國際一致認同。**Professor Candice Shoemaker** 在 Kansas State University 致力研究園藝治療及園藝與人類健康，發展園藝治療課程、博士學位和遙距園藝治療證書課程。

主題講者還有國立臺灣大學園藝暨景觀學系**張俊彥教授**，國立中興大學園藝學系**歐聖榮教授**。專題講者有香港高等科技教育學院 (THEi) 設計學院系主任**陳弘志教授**，亞太園藝治療協會會長(APATH) 韓國**金炯得先生**，韓國建國大學環境健康科學系(Department of Environmental Health Science)研究教授 **Park Sin-Ae 女士**。

主辦機構香港理工大學護理學院**賴錦玉教授**以實證為本闡述她在香港本土園藝治療方面的研究，護理學院的**麥艷華博士**與**謝敏儀博士**亦為專題講者。而本人會以香港園藝治療協會會長身份出席分享。

研討會設有同期口頭報告環節(concurrent sessions)，讓推行園藝治療活動或研究之不同機構講述他們的推行過程及成效。詳情請瀏覽香港園藝治療協會網址：<http://www.hkath.org/Conference.html>

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研討會得以成功籌辦，實有賴以下機構支持，本會再次致以無限感激

協辦機構	:	Pi Iota Chapter, the Honor Society of Nursing, Sigma Theta Tau International
	:	亞太園藝治療協會 APATH
支持機構	:	香港高等科技教育學院 THEi
	:	香港園景師學會 HKILA
	:	香港理工大學活齡學院 IAA
大會酒店	:	悅來酒店 Panda Hotel

持續進修學分或時數：

香港園藝治療協會	:	7 小時/日
護理	:	6.5 CNE 分/日
香港園景師學會	:	7 分/日
社會工作者持續進修	:	7 小時/日
職業治療師管理委員會	:	6 分/日
香港物理治療學會	:	申請批核中

## Message from Editor

HKATH were busy for the past 180 days – to organize different activities and courses. Apart from that, we are now enthusiastic to organize “**The First International Conference on Horticultural Therapy and Therapeutic in Landscaping**”. This conference is in collaboration with the Centre for Gerontological Nursing, School of Nursing, The Hong Kong Polytechnic University, and will be held on 27th and 28th June 2014 at the Jockey Club Auditorium. We are busy to have meetings, to do promotion, to arrange manpower and so on, at the same time, we do enjoy the process. In order to have a fruitful memory for all participants, the organizing committee do think of every details, and to pursue the work for the best.

This conference will provide a platform for sharing on Horticultural Therapy and Therapeutic Landscaping. People from different countries, who are interested in HT, will gather at the conference. In addition, we have invited remarkable HT experts to have presentations and to share their experience.

**Professor Paula Diane Relf** is a pioneer for HT development. She is Professor Emeritus of Horticulture at Virginia Polytechnic Institute and State University. She is co-founders and past president of the American Horticultural Therapy Association and the People-Plant Council. A highly sought-after scholar, her work has been recognized locally and internationally.

Another expert, **Professor Candice Shoemaker**, she taught horticultural therapy, horticulture and human health in Kansas State University. She engages various HT researches and develops campus-based M.S. and Ph.D. programmes and online certificate in horticultural therapy.

For landscape aspect, keynote speakers include **Professor Chun-Yen Chang**, Department of Horticulture and Landscape Architecture, National Taiwan University, and **Professor Sheng-Jung Ou**, Department of Horticulture, Institute of Landscape, National Chung Hsing University.

Plenary speakers comprise **Professor Leslie Chen**, JP, Dean, Faculty of Design, THEi. **Mr. Kim Hyoung Deug**, President, APATH, and **Dr. Park Sin-Ae**, Research Professor of Department of Environmental Health Science in Konkuk University.

**Professor Claudia Lai** and her colleagues, **Dr. Mak Yim Wah** and **Dr. Mimi Tse**, will have presentations on local horticultural therapy researches, as a host organiser. And last but not the least, I will also share my HT experience in the conference, as a HKATH president.

Concurrent sessions are arranged at the conference. Speakers will share their researches or projects on HT and therapeutic landscaping. Abstract submissions are welcome. Details can be obtained via website <http://www.hkath.org/Conference.html>

We would like to express our deep thanks to our collaborative organizations.

Co-organizers : Pi Iota Chapter, the Honor Society of Nursing, Sigma Theta Tau International  
Asia Pacific Association of Therapeutic Horticulture APATH

Supporting Organizations : Technological and Higher Education Institute of Hong Kong THEi  
The Hong Kong Institute of Landscape Architects HKILA  
Institute of Active Ageing, The Hong Kong Polytechnic University IAA

Official Hotel : Panda Hotel

### Continuing Education Credits :

Hong Kong Association of Therapeutic Horticulture	:	7 hours per day
Nursing	:	6.5 CNE points per day
The Hong Kong Institute of Landscape Architects	:	7 points per day
Social Work CPD	:	7 hours per day
The Occupational Therapists Board	:	6 points per day
Hong Kong Physiotherapy Association	:	Application in progress

馮婉儀	Fung Yuen Yee, Connie
註冊園藝治療師	HTR (AHTA, HKATH)
香港園藝治療協會 會長	HKATH President



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<http://www.hkath.org>

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Host Organisers:



## The 1<sup>st</sup> International Conference on Horticultural Therapy & Therapeutic Landscaping

### Horticultural Therapy and Therapeutic Landscaping for Health and Well-Being

#### Call for Abstract

Deadline extended to 21st March, 2014

#### Aims and Objectives

- To promote horticultural therapy and therapeutic landscaping locally, in the Asia-Pacific region, and internationally.
- To provide a platform for the dissemination of knowledge on evidence-based practice in horticultural therapy and therapeutic landscaping.
- To advance knowledge on the use of HT and landscaping on health outcomes.

#### Keynote Speakers

##### Professor Paula Diane Relf

Professor Emeritus of Horticulture,  
Virginia Polytechnic Institute and State University  
(Virginia Tech)

##### Professor Chun-Yen Chang

Department of Horticulture and Landscape Architecture,  
National Taiwan University

##### Professor Candice Shoemaker

Director, Graduate Studies in Horticultural Therapy and  
Urban Food Systems, Kansas State University, USA

##### Professor Sheng-Jung Ou

Department of Horticulture,  
Institute of Landscape,  
National Chung Hsing University, Taiwan

Early Bird  Deadline  
11th April, 2014

#### Plenary Speakers

**Professor Claudia Lai**  
School of Nursing, PolyU

**Ms Connie Fung**  
President, HKATH

**Dr Mak Yim Wah**  
School of Nursing, PolyU

**Dr Mimi Tse**  
School of Nursing, PolyU

**Mr Kim Hyoung Deug**  
President, APATH

**Dr Park Sin-Ae**  
Research Professor, Department of  
Environmental Health Science,  
Konkuk University, Korea

**Professor Leslie CHEN, JP**  
Dean, Faculty of Design,  
Technological and Higher Education  
Institute of Hong Kong (THEi)

Date: 27-28th June, 2014

Time: 8:30am - 5:30pm

Venue: Jockey Club Auditorium,

The Hong Kong Polytechnic University

Language: English

## Registration Fee

	Early Bird (on or before 11 April, 2014)		Regular registration (12 April - 9 June, 2014)		Full-time local undergraduate student	Full-time local graduate student
	HK\$	US\$	HK\$	US\$	HK\$	HK\$
27-6-2014	1,000	—	1,200	—	—	—
28-6-2014	1,000	—	1,200	—	—	—
2 Days	1,500	250	2,000	300	200	500

#### Continuing Professional Development

HT	: 7 hrs/day
Nursing	: 6.5 CNE points/day
HKILA	: 7 points/day
Social Work	: 7 points/day
OT	: 6 points/day
PT	: Application in progress

For registration form and more information: <http://www.hkath.org/Conference>

Co-organisers:



Supporting Organisations:



Official Hotel:



## 第三屆會員大會暨

### 園藝治療應用於療養院的失智症長者探索研究專題講座

**The Third Annual General Meeting cum Seminar on HT for residents with dementia in a Nursing Home : An exploratory study**

喬建欣女士 RHT(HKATH)

一年一度的第三屆會員大會於 2013 年 11 月 22 日在灣仔聖雅各福群會持續教育中心舉行。當日，超過 117 名會員聚首一堂，大會尚未開始，各會員已互相分享過往一年的園藝治療經驗及心得，一起討論未來大計，好不熱鬧。到了七時，首先由會長馮婉儀女士報告會務，介紹香港園藝治療的實習場地不經不覺已增加至 42 個，而且還拓展至中國內地及澳門，實在教人興奮及鼓舞。接著由黃惠娟女士報告財務情況，當然就是平穩健全。接著，由香港理工大學護理學院臨床講師關耀祖先生分享他們在推行園藝治療應用於療養院的認知障礙症長者之探索研究，內容詳細及豐富。

最後也是眾會員期待的，就是頒發園藝治療認證證書，本年度認證共有 4 位會員成為註冊園藝治療師〔RHT〕、8 位成為助理園藝治療師〔AHT〕、17 位成為園藝治療服務員〔HTF〕；更重要的便是愉快大合照，就這樣，第三屆會員大會在一片歡樂聲中圓滿結束。

The Third Annual General Meeting was held on 22<sup>nd</sup> November, 2013 at St. James Settlement S.M.I.L.E. at Wan Chai. On that day, more than 117 members gathered and we all shared what has happened for the past one year, before the Meeting. We also discuss the future plan on HT programmes. At 7pm, our President, Ms. Connie FUNG Yuen Yee reported the work done for the past years by the Association. Besides, the Hong Kong HT internship sites have been increased to 42. And internship sites have also been expanded to Mainland China, and Macau. This news do boost our morale in HT implementation. Afterwards, Ms. Bonnie WONG reported the Association's financial situation. Then a talk was given by Mr. Rick Kwan, Clinical Associate, School of Nursing, The Hong Kong Polytechnic University. His presentation is Horticulture Therapy (HT) for residents with dementia in a Nursing Home: An exploratory study. The content was very rich and detailed, members were benefited from his sharing.

Lastly, HT certificates were presented by our HKATH president. This year, we have 4 RHT, 8 ATH and 17 HTF received the recognitions, and of course we took a photos with all the members at the end. The Meeting was finished with lots of joyment.





## 園藝治療專題文章

### The Role of Plant and Horticulture in Human Well-Being and Quality of Life

**Paula Diane RELF**

*Department of Horticulture, Virginia Polytechnic & State University,  
Blacksburg, VA 24061-0327*



#### Introduction

Horticulture is commonly defined as the cultivation of the garden. However, a broader definition of the Latin term *Hortus cultura* has been encouraged to include all of the translations of these two words, thus defining horticulture as "the art and science of growing flowers, fruits, vegetables, trees and shrub, resulting in the development of the minds and emotions of individuals, the enrichment and health of communities and the integration of the "garden in the breadth of modern civilization" (Relf, 1992).

Today, it is even more important to understand all of the ramifications of the garden and its cultivation on humans. As people experience the progress brought about by technology they are more and more separated from the plants that have surrounded humans throughout all of history and from the cultivation of the garden that has led to the development of civilization.

The role of horticulture in human well-being and the quality of life can be explored in four areas:

- human physical dependency on plants and the impact of plants on our immediate physical environment
- human psycho-physiological responses to the presence of plants around us
- human response to the act of nurturing a garden
- human social interactions and communications impacted by both the presence of plants and the cultivation of plants

Each of these areas represents a unique interaction between humans and plants. Although all of the interactions within each area may not be directly related to horticulture, many are; therefore, horticulture plays an essential role in each area. Figure one is designed to bring focus to the inter-relationships between plants and people and to highlight the role that horticulture plays in this complex system.

#### 1. Physical dependency on plants

First, all humans are dependent on plants for existence (Janick, 1992). Without the oxygen and carbohydrates

This paper was presented at the Memorial Conference for organizing the Japanese Society of People-Plant Relationships (Arrangements Committee) in Tokyo on 14 October 2000.

from plants, there would be no animal life. While this is a global consideration not dependent on horticulture, the cultivated crops in horticulture have significant roles to play. The quality of the urban air that is breathed and the fruits and vegetables that are eaten are linked directly to the work of horticulturists. Trees, shrubs, and grasses clean the air of pollutants, such as carbon dioxide, smoke, and dust particles. Research is bringing people closer to an understanding of the role that plants can play as a curative in office spaces in danger of sick building syndrome. Vegetables and fruits are the sources of vitamins and antioxidants used to keep bodies healthy, preventing many diseases such as cancer. Herbs are again becoming an increasingly important source of medicines.

This first area of consideration focuses on the use of the products from plants by humans, primarily for physical growth and health. As Maslow (1973) explained, until human meet their very basic needs for food and shelter, they cannot pursue higher level human needs. This has long been the prominent area of study by horticulturists since the field of study separated itself from botany as a professional area in the late 19th century. It is still considered by some to be the only true horticulture, encompassing pomology, vegetable crop production, viticulture, and, in more recent years, pharmacology.

#### 2. Psycho-physiological response to plants

As humans advanced in civilization and in the ability to provide for their basic needs (in part, through the cultivation of the garden), the desire to make the area around them beautiful became evident. This manifested itself in the development of landscape design, construction and maintenance; areas which have integrated themselves into the profession of horticulture through the route of the production and sale of the tree, shrubs, and flowers needed for the landscape. In many colleges of agriculture, this work with ornamental plants is barely recognized as a legitimate professional agricultural pursuit. However, research by urban foresters and environmental psychologists has provided strong indications that, rather than being a luxury of the rich, the existence of plants in a human's immediate surroundings fills as strong a basic need for good psycho-physiological health as does food

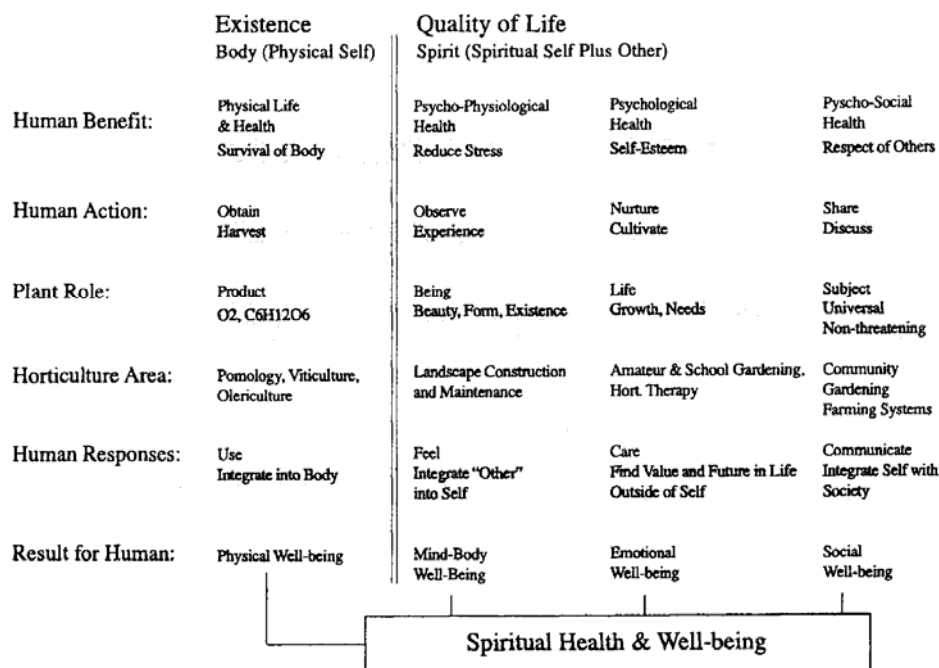


Fig. 1. The role of plants and horticulture in human existence and quality of life

for physical health. The presence of plants in the human environment reduces blood pressure and other signs of stress and reduces anger, fear and feelings of stress while increasing feelings of happiness (Ulrich · Parsons, 1992). The facts that plants are valued by large numbers of people for aesthetics and have positive effects on health and well-being can be seen in their expanded use in interior spaces for customers, tourists and employees. For example, Evans and Malone (1992) found that at Opryland Hotel a one million-dollar annual investment in plants netted a seven million-dollar profit. At the administrative center of the John Deere Corporation, plants and structure are integrated to ensure that no employee is more than 45 feet from vegetation. The leaders of the company report that creativity has been enhanced, productivity increased, and employees voluntarily have upgraded their standard of dress. An explanation of this observed response has not been studied. In addition, in recent years there has been an important movement in hospitals, hospices, and other health-care facilities toward the development of healing landscapes (Lewis, 1978).

There are several theories discussed by Ulrich and Parsons (1992) to explain how and why being around plants can be beneficial. The simplest theories, the overload and arousal theories, maintain that in the modern world, people are bombarded constantly with so much noise, movement, and visual complexity that their surroundings can overwhelm their senses and lead to damaging levels of psychological and physiological excitement.

Environments dominated by plants, on the other hand, are less complex and have patterns that reduce arousal, therefore reducing feelings of stress.

Another theory maintains that people's responses to plants are a result of their early learning experiences or the cultures in which they were raised. According to this theory, people try to return to or reproduce the landscape of their childhood. Those individuals, for example, who grew up in the western United States would have a more positive attitude toward cacti, while someone from a forested area might prefer ferns. This theory could be used to explain why Americans continue to desire broad expanses of lawn that urban water systems cannot readily maintain. However, this theory does not take into account the similarities in responses to nature found among people from different geographical and cultural backgrounds or even those from different historical periods.

The final theory discussed by Ulrich and Parsons (1992) maintains that people's responses to plants are a result of evolution; that is, since humans evolved in environments comprised primarily of plants, they have psychological and physiological responses to them. This evolutionary response is seen in an unlearned tendency to pay attention and respond positively to certain combinations of plants and other natural elements, such as water and stone. The most positive types of responses researchers found have been to the settings resembling those most favorable to survival for early humans. For example, one researcher has linked preference for certain tree forms to



a high probability of finding food and water in nature near similarly shaped trees (Oriens, 1986). Balling and Falk (1982) interpret their research with individuals from elementary schools through senior citizens as providing limited support for the hypothesis of an evolutionary preference for savanna-like settings. Another researcher has shown that many features people particularly enjoy in the modern landscape, such as pathways that gently curve into the woods, were important to early man in terms of safety and exploration (Kaplan · Kaplan, 1989). The Kaplans' (1982) evolutionary perspective links settings high in vegetation with intuitively and cognitively based preferences and restorative influences. Ulrich (1983) puts forth a "psycho-evolutionary" perspective that holds that there is an emotional response to nature central to all subsequent thoughts, memory, meaning, and behavior as related to human environments.

### 3. Nurturing of the life in plants

The act of caring for a plant gives expression to an essential element of humanity; a need to care for and foster a life outside of oneself. As Matsuo (1995) has so eloquently explained, horticulture helps people to live as human beings by providing balance and harmony in their behavior and thoughts, thus bringing to them a "life worth living." This balance is brought through the creative force of fostering that counters the elements of acquiring that have grown disproportionate in modern times. The creative force of acquiring has its origin in the maintenance of the body or the individual and manifests itself in any action that enhances the individual such as reading, seeing a play, buying, harvesting, and collecting. The creative force of fostering originated in the maintenance of the species and can be carried further to include the nurturing of life for a continuity of life beyond oneself. This includes actions such as teaching and caring for a child as well as the maintenance of a garden. Within the profession of horticulture, it is easy for the acquiring of the products of the plant to gain supremacy over the process of nurturing the plant and the balance and harmony of the act to be lost to the economic imperatives.

However, among amateur gardeners, within school gardens, and in horticulture therapy settings, the fascination of the process of nurturing life brings a degree of peace that is hard to find in the electronic pursuits of today. The vast number of people who are seeking to reconnect with nature and find harmony in their lives through the cultivation of plants brings to light the need for opportunities for this type of active participation in horticulture. This,

in turn, indicates a need for information and education to allow individuals who have been isolated by modern culture to find these satisfactions.

Beyond the balance brought by the nurturing of plants, a person observing their growth acquires an understanding of life and the rhythms that maintain it. From plants man derives a sense of what Charles Lewis (1988), retired from the Morton Arboretum, calls dynamic stability through change. Without continuous change, plants could not survive. A plant must flower in order to set seed; it must go dormant to survive the winter. There is a natural rhythm, a time and a season for all things, and nothing can be forced out of its natural order and still survive. One explanation for the positive response that a person has to working with plants may be because it deals with life cycles, and most people make a ready translation between the life cycle of plants and their own human life cycle.

It is not unreasonable to predict the day when a major role of the professional horticulturist will be to lead the novice, both child and adult, into the skills of gardening. University faculty need to expand their vision of the training needed to be a horticulturist from someone who produces a marketable product to someone who understands a process and can share that process with a multitude of people who wish to learn. By increasing the skills, knowledge, and satisfaction to be gained from gardening, the producer of plants will greatly expand his market and will, at the same time, bring greater balance into his own life by fostering a new gardener.

### 4. Social interaction and plants

According to Charles Lewis (1988), the plant world is non-threatening and nondiscriminatory. It is a universal topic about which conversations can develop. The plant world may be used to establish a nonverbal relationship as it allows one "to enter gently into a relationship with another person in a non-verbal way without the threat of being confronted with interpersonal closeness too soon" (Stamm · Barber, 1978).

According to Stamm and Barber (1978), gardening with others provides the opportunities for emotional growth found in many group settings; "the chance to work as a member of a team, to experience competitive feelings, and to experience group support as well as confrontation. "Horticultural activities can provide the ideal setting for acquiring social skills through cooperative projects that bring a community together, such as building a group garden, or the opportunity to share both an experi-

ence and the results of that experience with someone else, often someone less fortunate than the gardener. Thus, in nurturing the garden, one may also nurture the community.

Working together in the safe environment provided by the garden may help people overcome feelings of helplessness to control their lives or environment. Rules and regulations, or simply a lack of money, may prevent individuals from taking action to make their surroundings better. But in the act of gardening they learn they can change their surroundings, which leads to physical and social improvement beyond the garden. This response has been particularly well recorded in innercity gardening programs that have result in neighborhood clean-up projects as the individuals discover that their actions can change their surroundings (Lewis, 1978).

### Conclusion

Horticulture provides opportunities for human relationships by providing common interests and shared experiences. The potential interactions between individuals are limitless as they naturally evolve from a situation and allow individuals opportunities to explore new relationships. In these new relationships, people learn greater respect for themselves and others and become more integral members of society.

Horticulture plays a role not only in people's ability to be alive and to exist as corporal beings, but also in helping to experience and understand the reasons for this existence as they observe, nurture and share the life around them.

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## Metabolic Cost of Horticulture Activities in Older Adults

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The exercise intensity of three different horticulture activities (propagating herbs, transplanting, and making a vegetable garden) in older adults was determined. Seventeen older Korean adults (mean age  $66.9 \pm 2.7$  years, body mass index  $26.8 \pm 3.4$ ) that met the inclusion criteria (over 65 years in age, no uncontrolled chronic diseases, no heart and lung diseases, no pacemaker, and nonsmoking) participated in the study. The subjects visited the Konkuk University campus, Seoul, South Korea two times to complete the horticulture activities during June 2011. Propagating herbs and transplanting were completed in a glasshouse during the first visit, with each activity taking about 20 min. The third activity involved making a vegetable garden and required an average of 25 min during the second visit. Metabolic and heart rates during each activity were determined using a portable calorimetric instrument with a radiotelemetry monitor. Propagating herbs and transplanting were determined to be low intensity physical activities ( $2.4 \pm 0.5$  metabolic equivalents (METs) and  $2.7 \pm 0.5$  METs, respectively) while making a vegetable garden was a moderate intensity physical activity ( $3.7 \pm 0.7$  METs) for older adults.

**Key Words:** energy expenditure, physical activity, gardening, horticultural therapy, human issues in horticulture.

### Introduction

The health benefits of physical activities include the prevention or decrease of chronic diseases such as Type 2 diabetes, hypertension, coronary heart disease, etc. (American College of Sports Medicine (ACSM), 1993, 1998, 2004) and the increase or maintenance of muscle strength, fitness level, aerobic capacity, and balance (ACSM, 1998; DiPietro, 2001; U.S. Department of Health and Human Services, 1996). Based on a broad range of published research, at least 30 min of moderate intensity physical activity on most days of the week is recommended for maintaining or improving the health conditions of older adults (ACSM, 1998; DiPietro, 2001; Nelson et al., 2007; Pate et al., 1995; U.S. Department of Health and Human Services, 1996).

Physical activities include a range of daily tasks such as housework and walking for transportation (Caspersen et al., 1985). The energy expenditure, which can be expressed as metabolic equivalents (METs), represents

the exercise intensity of physical activities in terms of oxygen consumption per unit body mass (1 MET =  $3.5 \text{ mL} \cdot \text{O}_2 / \text{kg} / \text{min}$ ) (Ainsworth et al., 2000). MET values of less than 3 indicate low intensity, 3–6 METs are moderate intensity, and above 6 METs are high intensity physical activities (Pate et al., 1995). For example, 1 MET presents a resting metabolic rate such as lying down, sitting quietly, and meditating (Ainsworth et al., 2011). Walking for pleasure is classified as a moderate intensity physical activity (3.5 METs) and jogging is a vigorous intensity physical activity (7 METs) in adults aged from 25 to 65 years (Ainsworth et al., 2011).

Gardening is a leisure-time activity that provides health benefits in older adults (Armstrong, 2000; Park et al., 2009; Reynolds, 1999, 2002; Turner et al., 2002; Walsh et al., 2001). Active American gardeners over 65 years in age spent more than 150 min per week working in their home garden and had better self-reported physical health benefits than those who did less gardening (Park et al., 2009). In one study, participation in gardening activities helped improve hand strength and pinch force (Park et al., 2009; Reynolds, 1999) since many of the common gardening tasks include a gripping motion (Park and Shoemaker, 2009). Cardiovascular fitness can also be improved due to the increased heart rate that occurs during gardening (Park et al., 2008a, b; Reynolds, 1999).

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Participation in gardening for 3 months has also been reported to improve mental health and decrease depression (Reynolds, 2002).

Park et al. (2008a, b) determined that various gardening tasks were low to moderate intensity physical activities for adults over 65 years in age. Gardening tasks that used both the upper and lower body and included weight-bearing motions (e.g., digging, raking, weeding, fertilizing, tying plants to stakes) were moderate intensity physical activities (3–6 METs) (Park et al., 2008a, 2011). Tasks that primarily used the upper body while standing or squatting (e.g., watering, washing harvesting, mixing soil, filling containers with soil) were low intensity physical activities (1–3 METs) (Park et al., 2008a, 2011). Older American gardeners in Kansas spent an average of 33 h gardening during a typical week in May and about 15 h in a typical week in June and July doing activities that were of moderate physical intensity (Park et al., 2008b).

The objective of this study was to determine the exercise intensity of three different horticulture activities (making a vegetable garden, propagating herbs, and transplanting), which are a series of horticultural tasks for older adults to develop research-based garden exercise recommendations for improved health.

## Materials and Methods

### Subjects

Adults aged 65 years or older were recruited from the urban community in Seoul, South Korea. The registration forms describing the study were distributed directly to individuals and senior centers. Inclusion criteria were individuals 65 years or older, no uncontrolled chronic diseases, no heart and lung diseases, no pacemaker, and nonsmoking. Seventeen among the 40 volunteers met the inclusion criteria. The subjects were provided a description of the experimental procedures, a schedule, and a printed informed consent form at the initial orientation. Twelve hours prior to each session, the subjects were requested to abstain from caffeine, alcohol, a heavy meal, and physical activity. An incentive of \$40 was provided to the subjects at the completion of the study.

### Instruments

Height, weight, and body composition [fat (g), lean (g), and percent fat (%)] were measured using height and weight (model GL-150, G-Tech International, South Korea) and dual-energy X-ray absorptiometry (model Discovery-W, Hologic, USA) by a trained specialist at Konkuk University Medical Center prior to participating in the horticulture activities. Body mass index was calculated from weight and height data [i.e., body mass index = weight (kg)/(height (m))<sup>2</sup>]. Resting metabolic rate and heart rate were measured using a portable calorimetric instrument (K4b<sup>2</sup>, Cosmed, Italy) with a radiotelemetry monitor (Polar T 31, FitMed, Finland)

after the participants had sat in a chair for 5 min before starting the initial activity.

### Horticulture Activities

A cross-section of common gardening tasks was grouped into three different horticulture activities. A room in a glass greenhouse with a table and faucet and 17 garden plots (1 m (W) × 1.8 m (L) each) on the Konkuk University campus, Seoul, South Korea were utilized for the indoor and outdoor activities.

Table 1 describes the gardening tasks involved in each of the horticulture activities. The subjects visited the university twice: They propagated herbs and transplanted plants indoors for an average of 20 min for each activity during the first visit, and made a vegetable garden outdoors, which required an average of 25 min per person, during the second visit. Before starting the horticultural activities, the subjects rested for 5 min on a chair. This length of time was previously found to be sufficient for the heart rate to return to a resting rate (Park et al., 2008a). No rest was allowed between horticultural tasks within a session. The subjects were provided specific instructions for each task before starting a session and the time required to finish each task in each session was determined using a stopwatch. All activities were completed during June 2011 when the average temperature was 28.8 ± 3.0°C (outdoors) and 26.7 ± 2.9°C (indoors) measured using a HR-TEMP Probe attachment to a portable telemetric calorimeter (Cosmed K4b<sup>2</sup>) the participants wore while completing the activities.

### Metabolic Measurements

Each subject wore a portable telemetric calorimeter (Cosmed K4b<sup>2</sup>) with a battery and harness that measured metabolic parameters such as oxygen uptake, energy expenditure, and METs. The subjects continuously respired through a facemask that was calibrated for oxygen and carbon dioxide analysis before starting each activity. Calibration involved using room air and a reference gas standard, and calibrating the flow turbine and the timing delay between exhalation and analysis.

Each subject wore a heart rate monitor under their breast during each task throughout the program, which allowed continuous monitoring via radiotelemetry (Polar T 31), with the data recorded by the calorimeter.

### Data analysis

Descriptive information about the subjects was analyzed using Excel (Microsoft Office 2002, Microsoft Corp., USA). Respiratory data that represented 3-s averages were collected throughout the test and analyzed by Duncan's multiple range test ( $P < 0.05$ ) using the Statistical Analysis System program (SAS Version 9 for Windows, SAS Institute Inc., USA), enabled a comparison of the total metabolic rates for each of the three activities.



**Table 1.** Procedure, average time, and description of three horticulture activities performed by older adults.

Activity <sup>a</sup>	Procedure <sup>b</sup>	Average time (min)	Description
Making a vegetable garden (outdoor)	1. Digging	5	Digging a 1 m (W) × 1.8 m (L) garden plot with a shovel (1.3 kg).
	2. Fertilizing	3	Spreading fertilizer from a bucket with a shovel (1.3 kg) on the garden plot and then mixing it into the soil using a shovel.
	3. Raking	3	Raking the garden plot with a hand rake (0.9 kg).
	4. Making furrows	2	Making furrows using a hand rake (0.9 kg).
	5. Transplanting	5	Transplanting lettuce plants into the garden plot using a hand trowel (0.1 kg).
	6. Watering with a hose	2	Watering the plants using a hose.
(Total 20 min)			
Propagating herb plants (indoor)	1. Putting soil in a bucket	4	Putting soil into a bucket (68 L) using a hand trowel (0.1 kg).
	2. Filling a watering can	1	Running water into a watering can (6 kg).
	3. Carrying water	5	Moving the watering can (6 kg) to the bucket and adding water to the soil.
	4. Mixing soil		Mixing soil and water in the bucket by hand.
	5. Filling tray with soil	4	Filling trays with 72 holes by hand with soil from the bucket.
	6. Making stem cuttings	9	Cutting rosemary stems and placing them on a tray.
	7. Making a name tag		Writing the date and plant and subject names on a plastic label using a pen.
	8. Transferring the tray to a bench	2	Transferring the tray with stem cuttings onto a bench.
(Total 25 min)			
Transplanting (indoor)	1. Filling a bucket with soil	4	Putting soil in a bucket (68 L) using a hand trowel (0.1 kg).
	2. Filling a watering can	1	Running water into a watering can (6 kg)
	3. Moving the watering can	10	Moving the water (6 kg) and adding it to the soil in the bucket.
	4. Mixing the water into the soil		Mixing the water into the soil by hand.
	5. Filling a planter with soil	3	Placing soil from the bucket into the planter (0.6 m (W) × 0.4 m (L) × 0.2 m (H)) using a hand trowel (0.1 kg).
	6. Transplanting	2	Transplanting two tomato plants into the planter.
	7. Tying the plants	2	Tying the plants to a support stake with wire.
	8. Running water into a can	2	Running water into a small watering can (2 kg)
	9. Watering		Watering the plants using a watering can (2 kg).
	10. Labeling the plants	1	Writing the date and the name of the subject and plant on a plastic tag.
(Total 25 min)			

<sup>a</sup> The subjects rested for 5 min on a chair before starting the horticulture activities (Park et al., 2008a).<sup>b</sup> No rest was allowed between horticultural tasks within a session.

## Results

### *Descriptive characteristics of the subjects*

The 17 Korean adults who participated in the study had an average age of  $66.9 \pm 2.7$  years and body mass index of  $26.8 \pm 3.4$  (ranging from normal to overweight) (Table 2).

### *Exercise intensities of the horticulture activities*

The horticulture activities were low to moderate in physical intensity for older Koreans (Table 3). Making a vegetable garden was moderate intensity ( $3.7 \pm 0.7$  METs) and was different from propagating herbs and

transplanting, which were found to be low intensity physical activities ( $2.4 \pm 0.5$  METs and  $2.7 \pm 0.5$  METs, respectively) (Table 3).

## Discussion

Determining the MET values for a physical activity is based on the amount of oxygen intake by the body during the activity. One MET represents  $3.5 \text{ mL} \cdot \text{O}_2 / \text{kg} / \text{min}$ . Less than 3 METs indicate low intensity, 3–6 METs are moderate, and above 6 METs are vigorous intensity (Pate et al., 1995). To measure the oxygen intake, indirect calorimetry is used more than direct calorimetry because it is simpler and less expensive (McArdle et al., 2007).

**Table 2.** Characteristics of older adults ( $n=17$ ) that participated in a study to assess the exercise intensities of three horticulture activities.

Variable	Mean	SD
Age (years)	66.9	2.7
Height (cm)	154.0	6.9
Body weight (kg)	63.8	9.9
Body composition		
Body mass index ( $\text{kg}\cdot\text{m}^{-2}$ )	26.8	3.4
Fat ( $\text{g}^{\text{a}}$ )	21307.8	5813.3
Lean ( $\text{g}^{\text{a}}$ )	39875.7	6234.1
% Fat ( $\text{g}^{\text{a}}$ )	33.6	5.7
Resting metabolic rate <sup>b</sup>		
Resting metabolic equivalents (METs)	1.1	0.3
$\text{VO}_2$ ( $\text{mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )	3.8	0.9
$\text{KJ}\cdot\text{kg}^{-1}\cdot\text{h}^{-1}$	4.4	1.4
Resting HR (beats/min)	79.6	9.8
Age-adjusted HRmax (beats/min) <sup>c</sup>	153.1	2.7

<sup>a</sup> Measured via dual-energy X-ray absorptiometry.

<sup>b</sup> Measured when the subjects were sitting on a chair for 5 min.

<sup>c</sup> Age-adjusted maximum heart rate (HRmax) =  $220 - \text{age}$  in years.

**Table 3.** Average metabolic measurements for 17 older adults taken while completing three horticulture activities.

Horticulture activity	Mean <sup>a</sup>	SD	Range
Making a vegetable garden			
METs <sup>b</sup>	3.7 <sup>a</sup>	0.7	2.85.7
HR (beats/min)	108.4 <sup>a</sup>	11.4	91.0126.8
$\text{VO}_2$ ( $\text{mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )	13.1 <sup>a</sup>	2.5	9.820.0
$\text{KJ}\cdot\text{kg}^{-1}\cdot\text{h}^{-1}$	9.8 <sup>a</sup>	1.9	7.113.6
Propagating herb plants			
METs	2.4 <sup>b</sup>	0.5	1.83.5
HR (beats/min)	85.1 <sup>b</sup>	10.7	63.9107.2
$\text{VO}_2$ ( $\text{mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )	8.5 <sup>b</sup>	1.7	6.412.1
$\text{KJ}\cdot\text{kg}^{-1}\cdot\text{h}^{-1}$	7.8 <sup>b</sup>	1.9	4.913.0
Transplanting			
METs	2.7 <sup>b</sup>	0.5	2.03.7
HR (beats/min)	88.3 <sup>b</sup>	11.1	64.2109.5
$\text{VO}_2$ ( $\text{mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )	9.3 <sup>b</sup>	1.7	7.112.9
$\text{KJ}\cdot\text{kg}^{-1}\cdot\text{h}^{-1}$	8.3 <sup>b</sup>	1.9	5.413.9

<sup>a</sup> Means sharing a common letter are not significantly different by Duncan's multiple range test at  $P=0.01$ .

<sup>b</sup> MET represents the exercise intensity of physical activity in terms of oxygen consumption per unit body mass (1 MET =  $3.5 \text{ mL}\cdot\text{O}_2/\text{kg}/\text{min}$ ) (Ainsworth et al., 2000). Less than 3 METs indicate low intensity, 3-6 METs are moderate intensity, and above 6 METs are high intensity physical activity (Pate et al., 1995).

The Douglas bag method is considered as the most accurate for indirect calorimetry but it is impractical in an outside setting such as a garden. However, the Cosmed K4b<sup>2</sup> is a portable system that can be used outdoors for measuring the energy cost of free movements and the validity and accuracy equals the Douglas bag method (Kawakami et al., 1992).

Making a vegetable garden was found to be a moderate physical activity ( $3.7 \pm 0.7$  METs) for adults over the age

of 65 while propagating herbs and transplanting were found to be low intensity physical activities ( $2.4 \pm 0.5$  METs and  $2.7 \pm 0.5$  METs, respectively) (Table 3). In previous studies (Park et al., 2008a, 2011), gardening tasks that used both the upper and lower body (e.g., digging, raking, fertilizing) were found to be moderate intensity physical activities for older adults (3-6 METs), while tasks that used mainly the upper body while sitting or squatting (e.g., transplanting, harvesting, watering) were low intensity physical activities (1-3 METs). In this study, making a vegetable garden consisted of tasks such as digging ( $4.5 \pm 1.2$  METs), fertilizing ( $4.0 \pm 0.9$  METs), raking ( $3.4 \text{ METs} \pm 0.8 \text{ METs}$ ), making furrows (no published data, assumed to be moderate intensity because it uses both upper and lower body), transplanting ( $2.9 \pm 0.9$  METs), and watering with a hose ( $2.4 \pm 0.8$  METs) (Table 1) (Park et al., 2011), which were moderate intensity physical activities because the tasks almost used both the upper and lower body. Therefore, the overall activity, making a vegetable garden, was also determined to be moderate in physical intensity. Gunn et al. (2005) reported that some regular activities at home were moderate intensity physical activities in Australian men aged from 55 to 65 years (e.g., sweeping,  $3.9 \pm 0.6$  METs; window cleaning,  $3.8 \pm 0.6$  METs; vacuuming,  $3.0 \pm 0.6$  METs; lawn mowing,  $5.3 \pm 0.7$  METs; walking,  $3.9 \pm 0.6$  METs). These regular activities are also related to the usage of both the upper and lower body.

An activity program with moderate intensity physical tasks can be used to improve or maintain the health condition of older adults (Armstrong, 2000; Park et al., 2009; Reynolds, 1999, 2002; Turner et al., 2002; Walsh et al., 2001). Recommendations for at least 30 min of physical activity of moderate intensity offer health benefits that are thought to prevent or reduce chronic diseases and help to maintain the ability of older adults to live independently. Health benefits include: a reduction of hypertension, anxiety and depression; a reduced prevalence of chronic diseases, coronary heart disease, type 2 diabetes, osteoporosis, ischemic stroke, and cancers; and improved fitness level, muscle strength, aerobic capacity, balance and bone mineral density (ACSM, 1993, 1998, 2004; DiPietro, 2001; Galloway and Jokl, 2000; Hui and Rubenstein, 2006; Lee et al., 1991; Powell et al., 1987; U.S. Department of Health and Human Services, 1996). Similar health benefits for older adults are obtained from non-gardening forms of physical activities, although gardening provides a number of additional benefits (e.g., aesthetic pleasure, sense of purpose, reduced food costs).

Indoor horticultural activity programs that included low intensity tasks (e.g., mixing soil, filling containers with soil, and watering) (Park et al., 2011) were found to be collectively of low physical intensity. Compared to these horticultural activities, various home activities involving little effort, such as cleaning or washing dishes, and conditioning exercises such as yoga or mild



stretching, are reported as a low intensity physical activity in adults aged from 25 to 65 years old (Ainsworth et al., 2011). Activity programs (e.g., propagating herbs, transplanting) that primarily used the upper body while standing are better suited to individuals that require a lower level of physical activity or have special needs in a horticultural therapy program.

Future study to determine the exercise intensity of various horticultural activities that are a series of indoor or outdoor horticultural tasks will be required to develop a garden exercise program or horticultural therapy program for health in older adults. It would be interesting to apply a long-term horticultural activity program utilizing low or moderate intensity physical gardening tasks to assess the health benefits to older adults.

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## 打造一個心願之鄉的療癒花園

\*\*\* 談慈恩老人養護中心的園藝治療花園計劃 \*\*\*

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### 前言

在台灣慈恩老人養護中心是一個以老人安養為主要業務，其收容對象包括 1.中風、全癱瘓、半癱瘓者 2.生活無法自理，需仰賴他人協助者 3.失智症患者 4.手術後照顧者 5.患長期慢性病需人照顧者 6.年邁身體機能退化者等，隨著服務品質的提升與服務樣貌的多元化，該機構負責人也積極投入園藝治療的活動推展，期望以慈悲感恩之心，建構一個具有療癒目的的園藝治療庭園，讓老者在獲得基本的照顧安養之外，可以提升心理層次的健康服務，達到身心靈的平衡健康。



### 設計理念的呈現

首先，本計劃擬在住宿中庭，創建一座每位老者都能前來參與享受利用的園藝治療活動庭園，當然，最重要的是由老者自行發想一個可以代表自己心願的精神指標，透過熱烈討論與大家的深切期許，最後以「心願之鄉，療癒花園」來作為努力目標。

秉持「老吾老，以及人之老」之理念，以「慈悲、感恩」之心，打造一

個讓老有所終的心願之鄉，用療癒的概念，建立心之花園，以松柏代表老者常青，榆樹表示此志不渝，春不老則是青春永駐，用園藝開創「永遠凍齡」的心境，使老者也有活潑的生機，讓生命充滿期待，可以有尊嚴終老，開創愉悅溫馨的人生庭園。





### 眾志成城分工合作完成標示牌的製作

有了目標，如何將創作意象，轉構成實際的心中藍圖，經由老師指導，自行創作一個意象標示牌，以更符合眾人期望的心願，但是，正所謂「知易行難」，說的容易，透過大家的集思廣益與熱切參與，總算靠大家的七拼八湊，零落中顯現出明確的脈絡，逐步構築出心中理想的庭院。



### 園藝治療五感園區

園藝治療最重要的療癒管道，來自五種身體感官的刺激，所以希望提供更多的自然感官環境，讓老者能夠激起內心的感動或波動，觸動塵封已久的心靈，激化人生的希望，尋找生命的目的，創造生活目標，豐富生命的色彩，使餘年生活更為充實豐富，而不是無聊的虛耗時光，等待生命的終了。



### 銀髮族樂活菜園

目前台灣的老人，在年輕時的生活環境艱困，普遍都曾在小時候靠種菜補充三餐蔬菜來源，提供老人兒時回憶的活動，增進老人參與活動的意願，利用種菜的機會，促進彼此社會性溝通，增加勞動筋骨的機會，接受陽光日照的洗禮，促進身體活動，最主要可找到生活目標與生命意義。



### 庇護農場

庇護農場是提供身心障礙的庇護性職場，透過農場的農事操作與園藝認知，讓身心障礙者學習一技之長與安心就業，利用園藝治療的概念，安定他們浮動的心靈，不再四處漂泊遊蕩，找到人生的港灣，當然最重要的是提供安養中心衛生安全的有機蔬菜，以保護老者食的健康，減少身體的負擔與病痛的產生，可謂一舉數得。

### 環保堆肥成長園

隨著環保概念及養生觀念的提升，健康需求的增加，因應有機蔬菜的需求，與自然環保的永續經營，堆肥場的建設便是順勢而為，讓廚餘剩菜回歸大地，用最自然且環保的循環生態，造就一個食物鏈的型態，以學習成長導入自然生態環境中，讓大家可以吃的健康與安全。



### 藥草園

早期台灣醫藥不發達，許多老人會利用草藥，來醫治疾病，解決身體病痛問題，彼此代代口耳傳授，因而藥草在傳統老人以前生活佔有極重要的地位，所以，設立藥草區種植傳統草藥，會勾起老人的記憶，增加其交談的意願，讓他們有共同的話題，利用以前的生活回憶，挑起記憶的味道，以草藥的獨特療效，增加老人的社會互動，藉由藥草的種植、栽培、照顧、使用，透過園藝治療的型態，達成各項園藝治療的目標。

### 姑姑雞場

養雞在台灣以前農業社會，是每個農村家庭，必定會有的作為，藉以補充蛋白質的來源，從小雞的可愛模樣，到公雞的昂揚叫聲，還是母雞下蛋的喜悅，都是成長過程中的美好記憶，更是老人在回憶之旅的重要元素，非常適合作為應用與操作的課題。

### 園藝治療的目標

1. 促進社會性溝通
2. 精細動作的練習
3. 粗大動作的操作
4. 人生回憶的再現
5. 生命活動的誘發

### 結語

慈恩老人養護中心除了提供老人舒適的住宿環境，完善的醫療輔助系統，以及貼心的照顧服務，讓老者在完善的硬體設備與貼心的軟體服務之外，更致力於心靈層次的構建服務，藉由園藝治療活動計劃的推行，創築合適所有老人應用的療癒庭園，用更高層次的心靈服務階層，讓老者可以活的更有意義與快樂，相信這才是每個老人心中理想的心願之鄉。



## 緣起不滅

譚秀嫻

註冊園藝治療師(香港園藝治療協會)

「如果有一天我可以種野的話，我想種木瓜樹，因為我鐘意食木瓜」。

這個就是我跟園藝結下緣份的開始，到了結婚以後，曾經在門口扦插了一株由花墟買回來的玫瑰，那只是切花，沒想到真的能活起來，從此以後讓我跟園藝的世界連上不能分割的關係。

「園藝活動和園藝治療有什麼不同？」這是學習以來，會長常提醒我的問題，也是我常警惕自己的問題。園藝治療是一個植物與人關連的專業，大自然的世界內，除了植物，還會因環境、天氣、昆蟲、細菌等等，變得千變萬化，真是學一輩子都還得進修的環節；對人的體會，也是相當不容易的。雖然實習了不少類型的小組，但每次仍會擔心自己會陷進了自以為在做園藝治療，而最後其實只是在帶園藝活動的危機。

常有人說我是一名註冊社工，在老人院工作了很多年，這些小組對我來說沒有問題的，其實每一次都是不同的挑戰，不同的環境，對著不同的人，就有很多微妙的變化，縱然我做的內容相若，出來的效果都大有不同。常有人問我小組的事情：



### 1. 帶什麼活動好？

先定目標，要看你的目標是什麼，活動只是實現你的小組目標的工具，用什麼活動都能帶出目標，看你怎樣表達出來而已，而那些目標是服務對象有「需要」的(need)。

### 2. 我做的都係「靚」的

「靚」的確很吸引人，也是讓參加者更有動力參加的原因，這是外在的包裝，但緊記內裡你其實想推出什麼，如果在考慮園藝治療時，重點先想如何達到目標和你的組員，包裝只是其次，恭喜你，你已進入園藝治療的世界了。

### 3. 種植是有延續性的

生命無價，就是因為它不像一般活動，完結了就停止了，後續我們還要照顧，它會成長，會開花結果，才吸引到我們繼續去做，雖然小組後我們無法了解到組員的植物，也無法幫助到什麼，但不要抱僥倖的心態，做過了就算，要問自己有沒有盡心盡力。



### 4. 我帶完的小組，組員好開心，我做得好好，我成功了

的確，組員的回饋令帶組的我們很開心，很有成功感，請不要被這個佔去你整個思緒，要不斷反思，到底自己為他們做了什麼？有什麼不如理想的，他們參加小組後很開心會不會是「基本」要達到的呢？有什麼可以給自己加分的？

園藝治療是對人的服務，能治療人的心靈，撫平我們的情緒，減輕日常生活的壓力，縱然我目前仍在摸索中，但它已經給我有很大的療癒力量，希望它也能進入你的心裡，扎根成長。





# 社區推廣活動

舉行日期	主辦機構	主題
Sept., 2013		<p>港鐵荃灣站社區畫廊 MTR Tsuen Wan station Community Art Gallery</p> <p>香港園藝治療協會會址在荃灣，所以順理成章在荃灣的社區畫廊推廣</p>
13 Oct., 2013	<p>大埔環保會 鳳園蝴蝶保育區 Tai Po Environment Association cum Fung Yuen Butterfly Reserve</p> 	<p>2013 鳳園蝴蝶嘉年華 Fung Yuen Butterfly Festival 2013</p> 
2 Nov., 2013	<p>博愛醫院陳平紀念長者鄰舍中心 <b>Chan Ping Memorial Neighbourhood Elderly Centre</b></p> 	<p>找到答案，還可以到主辦單位換獎品 長者健康愛笑巡禮 - 天水圍天瑞邨</p> 

參觀了一段時間，房屋署高層也參與其中

小麥草娃娃也來湊熱鬧

14-15 Nov., 2013

「世界糖尿病日」香港站籌委會



這個活動在香港理工大學舉行。訪客對我們展出的草頭娃娃、香草、香草包和展板上的園藝治療資訊都很有興趣，亦樂於參與我們的問答和砌圖遊戲

「世界糖尿病日2013」香港站 -  
World Diabetes Day 2013 Hong Kong



This event was held at the Hong Kong Polytechnic University. Visitors are very interested in our displayed wheat grass doll, herbs, herb bags, and the horticultural therapy (HT) information shown on the display boards. Visitors liked to join our Q&A and puzzle games.

16 Nov 2013

伸手助人協會麗瑤白普理護老院  
**Helping Hand Lai Yiu Bradbury Care Home**



園藝治療實習場地，舉辦嘉年華，我們也參與其中，教參加者製作押花杯墊



愛腦護腦嘉年華暨 25 周年開放日



還有吊蘭移植





14 Dec., 2013

博愛醫院陳平紀念長者鄰舍中心  
**Chan Ping Memorial Neighbourhood  
Elderly Centre**



長者健康愛笑巡禮 - 天水圍天瑞邨



## • 2013 年 7 至 12 月活動剪影

8 月 29 日：「年輕濫藥女性 – 推行園藝治療小組之經驗」分享會

會上林麗儀(阿 Lam)與大家分享了在其機構推行的「心花盛放」園藝治療小組用於年輕濫藥女性的過程與成效。



### 園藝治療交流- 東莞行

8 月 29 日 橫瀝鎮殘疾人康復就業服務中心 / 東莞市茶山鎮殘疾人聚合會康復就業服務中心

8 月 30 日 寮步鎮殘疾人康復就業中心 / 東城街道康復就業服務中心 / 長安鎮社會事務局綜合服務中心





東莞鎮街殘疾人康復就業服務中心 - 香港探訪

11 月 20 日 園藝治療實習小組 - 博愛醫院賽馬會護理安老院



### 2014 上半年專業增值講座

<會員費用全免 · 備茶點享用>

7/1/2014：「園藝治療實務體驗之切割水仙頭」工作坊

3/2014：「園藝治療實務體驗」工作坊 待定

5/2014：「園藝治療實務體驗」工作坊 待定

6/2014：The 1<sup>st</sup> International on Horticultural Therapy Conference & Therapeutic Landscaping \*

地 點： 聖雅各福群會 · 灣仔石水渠街 85 號 / \*香港理工大學賽馬會綜藝館

備 註： 名額有限，先報先得；

舉行日期、時間、材料費、報名手續等詳情，將於活動舉行前約 3 周，經電郵通知各會員

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如有意就園藝治療資訊投稿或提供意見，歡迎電郵至 [info@hkath.org](mailto:info@hkath.org) 與吳小姐聯絡  
(投稿人交來圖文必須持有版權，不可轉載，並註明投稿人真實姓名、電話及電郵地址)

