



Horticultural Therapy

Study horticultural therapy & empower people to experience the joys & miracles of gardening.

Want to help others? Horticultural therapy uses the activities associated with horticulture such as gardening, plant propagation, plant care, visits to natural environments and gardens and parks etc. in personal development; to engender a feeling of well-being, improve physical health and encourage social interaction.

Involvement with plants and time spent in gardens has also been used for many years as a viable part of aged care, particularly for patients with dementia and for patients convalescing in hospitals or in care a pleasant view of a landscape and / or garden has proved to significantly reduce the recovery time for patients lucky enough to have a landscape of plants and greenery to look at each day.

Horticultural therapists use horticultural activities as a tool for helping disadvantaged people. The therapy may be focused on either:

- Improving or maintaining muscle function, and other aspects of physical wellbeing
- Psychological wellbeing (eg. helping elderly people stay active in their declining years, helping disabled people to have a sense of worth, providing an opportunity for social interaction, etc)
- Providing people with impaired capabilities with an opportunity for employment (eg. In a sheltered workshop)
- Providing a pathway to rehabilitation; or perhaps providing an alternative lifestyle.
- Developing practical skills
- Developing social skills
- Rehabilitation of physically or psychologically damaged individuals

Sometimes programs are developed with a group focus, and at other times they are tailored for the needs of an individual. The therapist may work with a small group, or they may work one on one with individuals. They often work closely with health care professionals or other service providers. A horticultural therapist working with a physiotherapist can develop a program of horticultural activities for an individual that is tailored to their needs and leads to effective rehabilitation. The benefit of this "joint" approach may be that the patient can be prescribed a pathway to recovery that does not seem like exercise, and which the patient is more motivated to adhere to).

Entry requirements:

This course has no specific entry requirements. However, the ability to read, comprehend, discuss and analyse printed information in English and to write statements & solve problems are essential skills required to complete the course.

Please note: Those under the age of 18 would require the consent of a parent or guardian.

Course Information

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| Course Code: | BHT341 |
| Qualification: | Statement of Attainment |
| Duration: | 100 hours |
| Access period: | Unlimited |
| Correspondence: | Yes |
| Online: | Yes |



Course Outline

There are 8 lessons in this course:

1. Scope & nature of horticultural therapy
2. Understanding disabilities & communicating with people with disabilities
3. Risk Management – hygiene for vulnerable people, what extra risks should be considered eg. chemical & physical
4. Accessibility & activities for those with mobility issues
5. Enabling the disabled with restricted motor skills
6. Producing things – vegetables, fruit, herbs, propagation
7. Growing in containers – vertical gardens, pots, hydroponics
8. Creating a therapeutic garden
9. Generating income

Assessment type

You will learn a variety of things, through a combination of reading, interacting with tutors, undertaking research and watching videos. Each lesson culminates in an assignment which is submitted to the school, marked by the school's tutors and returned to you with any relevant suggestions, comments, and if necessary, extra reading.

You will be given instructions throughout this subject guide to do various things. You may be asked to contact an organisation, you may be given something to read, or some information to research. Various tasks will be given to you to develop your knowledge and abilities in bookkeeping. Along with these tasks, you will also be given questions to answer at the end of each lesson, which you submit as an assignment to your tutor.

How can this course help me?

Horticulture therapy is a relatively new area of work and study. However, it is one which is set to blossom. The benefits of horticulture therapy can be seen in different populations from those rehabilitating from surgery, to prison inmates, to people with mental health disorders. Horticulture therapy provides a means of helping people develop social skills, improve physical mobility, and regain confidence. It is slowly but surely becoming more widely recognised as an efficacious form of therapy.

This course will be of particular interest to people wishing to get involved in either the practical side of therapeutic garden design or in delivering therapy programs. It is suited to people working in:

- Horticulture therapy
- Landscape gardening
- Garden design
- Psychotherapy & counselling
- Caring roles

Where can you use horticultural therapy?

A horticultural therapist needs to be part horticulturist, part health care worker, part counsellor, and sometimes other things beyond these. They can work in medical or health care institutions (eg. Hospitals, Homes for Elderly), community centres, special schools (eg. for people with disabilities), Sheltered Workshop, Prisons, or any other relevant situation.

Horticultural therapy is used for people with a wide range of cognitive, physical and social skills, including those people:

- Suffering from stroke
- Suffering from heart disease
- With sight impairment (the blind and the partially sighted)
- With dementia
- With learning disabilities
- With physical disabilities (including amputees)
- With underdeveloped social skills
- Chronically unemployed
- Disengaged teenagers
- In substance abuse recovery
- Recovering from illness
- Coming to terms with grief
- Adjusting after personal difficulties in their lives
- With terminal illness
- Rehabilitating after a period in hospital
- With physical restrictions - such as the elderly
- Children – in general.

After you study:

- Keep learning – credit this course toward a relevant Certificate or Diploma with us.
- Seek employment or develop a career - some may find a job in a related field, where their learning & skill development can continue
- Volunteer work – this is how many students get their first step toward a career in their chosen industry
- Apply what you have learnt in your existing position