



# Horticultural Therapy and the Older Adult Population

*Suzanne Wells*

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## **Horticultural Therapy and the Older Adult Population** Suzanne Wells

Horticultural Therapy and the Older Adult Population is the guidebook you've been waiting for since the American Horticultural Therapy Association's (AHTA) 1981 publication. With an updated collection of chapters in the area of horticultural therapy and older adults--ranging from a review of relevant literature to descriptions of existing horticultural therapy programs--this book will stimulate networking and information sharing among horticultural therapists and other professionals working with older adults, spur new ideas, and foster continuing research in the field. The book's importance is recognized internationally, and it is soon to be published in Japanese. In Horticultural Therapy and the Older Adult Population, you will find chapters on garden designs to enhance the horticultural therapy experience, descriptions of existing horticultural therapy programs for older adults, and new research to evaluate the effectiveness of horticultural therapy with this population. Whether you're an established horticultural therapist, a nursing home administrator, or a gerontology educator, this book will help you design gardens, set up and evaluate programs, and develop curriculum. Horticultural Therapy and the Older Adult Population also includes the results of a survey sent to all registered members of AHTA who work with the older adult population. The survey responses provide information about the institutions and the population served, programming activities, program staffing, program evaluation, and funding. Another beneficial feature of the book is a resource-packed bibliography. Prepared as a service to horticultural therapists and others working with older adults, it covers the most relevant publications--giving you more places to find inspiration and ideas for improving care to the elderly through horticultural therapy.



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