



NURSERY TO HOSPICE

SEE HOW OUR GARDEN GROWS!



BACKGROUND

A joint project, between Kilbryde Hospice and Kirriemuir Nursery was established in April 2018 to promote an intergenerational partnership through therapeutic horticulture.

Epstein & Boisvert (2006) reported the benefits of an intergenerational space that is shared whilst Kaplan, (1995) cites the use of natural environments as beneficial in promoting wellbeing.

The project promotes Scottish Government Health & Social Care Standards (2017) to encourage hospice staff to provide indoor or outdoor participative activities for patients.

AIMS

Provide social and therapeutic horticulture to Kilbryde Hospice Day Service patients. Improve their wellbeing and quality of life through active or passive gardening.

Equip nursery children with the skills to develop their knowledge of plant life and improve social skills.

Develop and support inter-generational partnerships for the benefit of all. Patients can participate in either indoor or outdoor activities.

METHOD - NURSERY

- Weekly visits by 8 nursery children at a time to hospice for 30 minutes
- Children accompanied by 2 or 3 nursery staff members
- Nursery staff fully responsible for the children on their visit
- Hi Viz vests provided by nursery to be worn by children
- Children and patients maintain 3 main garden areas; patio, front garden and rear garden

METHOD - HOSPICE

- Fundraising Team at Kilbryde arranged for donation of plants and soil
- Provision of one clinical support worker and 2 volunteers per session
- Provision of water and watering cans
- Patient choice to attend the session
- All levels of mobility catered for

NURSERY QUOTES

'I like going to help everyone at the hospice. I watched our plants grow' (Child)

'I loved all the plants because some were coloured' (Child)

'Promotes the bond between adults and children working together' (Staff)

'Children have developed a sense of responsibility' (Staff)

HOSPICE QUOTES

'The kids made me forget my illness worries and brightened my day' (Patient)

'Kids made us laugh with what they say and do' (Patient)

'Both patients and children enjoy mixing. Long may it continue' (Volunteer)

'Love listening to kids asking patients about plants' (Staff)

'Watching the children interested in the flowers and sharing tasks, brightens the patient's day' (Volunteer)

OUTCOMES

- Improved IPOS scores measuring feelings of anxiety, worry and depression.
- Therapeutic horticulture has now been embedded into the Day Services 13 week programme.
- A planned seasonal project has been extended throughout the year with periodic adjustments.
- Positive feedback from all 4 sources
- Nursery visits have increase to twice a week

REFERENCES

- Epstein, A.S. and Boisvert, C. (2006) Let's Do Something Together. *Journal of Intergenerational Relationships*. 4, 3 87-109
- Kaplan S. (1995) The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*. 15(3):169-182.
- Morita, K., Kobayashi, M. (2013) *BMC Geriatrics* 13:111