

GARDENING WHILE AGING

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Tippecanoe County

Interim CED - Benton County

What is Extension?

- Founded in 1914 and supported by county, state, and federal governments funding
- Third component of land grant universities
- Research-based non-biased information for the public
- Program areas: Agriculture/Natural Resources (horticulture), Health and Human Sciences, Community Development, and 4-H Youth Development

Goals

- Realistic expectations: scope of garden and our physical state
- Master Gardener vs gardener
- Modifying the garden
- Adaptive tools

Audience Poll

- Young, youngish, beyond youngish, pre-old, oldish, old, or *old and tired*
- Master Gardener or not
- Teacher, learner or observer
- Active or passive gardener
- Retired or still working
- Wrong room...really wanted Green Living or Healthy Microgreens/Scrappy Gardening

Elephant in the Room

- What we have in common...plants and waking up each day
- “Aging Out”
- Physical vs mental age (orthopedic surgeon and the [little blue train](#))
- Coping with winter break

To Garden or Not?

What is the real reason you want to continue gardening?

- Food
- Environmentally-friendly practices
- Instill your passion with others/teach
- Hobby...if we slow down we might stop?
- Give food away
- Told to get out of the house...

What is a Master Gardener?

- Teacher/horticulturist vs Extension Agent/Educator
- Gardener
- Extension is research driven
- Master Gardener – passion, wisdom, ability to share and inspire

Who is Going to Garden?

- Me, myself and I
- Family members including children or grandchildren
- Neighbors
- Community
- Sharing the responsibilities can extend our gardening capabilities

Modifying the Garden

- Reducing the garden size
- Rethinking the garden location
- Changing the garden elevation by raised beds or trellis systems

Size of Raised Beds

Dimensions

- One-sided access should not be more than 2' at chair height (16 – 19") and less lower to the ground
- Two-sided access can be up to 4' wide
- Length depends on lumber purchased
- Can you sit on the edge?
- Have sufficient room between beds

Advantages

- Good for small spaces
- Rich substrate versus heavy soils
- Easier access to plants and easier to garden, less bending
- Need less heavier gardening equipment: tillers, shovels, etc.
- Can add artistic component to the landscape
- Place in area that gets sufficient light

Construction Considerations

- Raised beds are typically constructed with water-resistant wood (such as redwood or cedar), synthetic lumber, or treated lumber.
- Depending on your needs, dimensions may vary.
- No side support is needed for shallow beds less than 8" tall with deeper beds need wall supports.



Fill for Raised Beds

- Raised beds should be filled with good quality topsoil/compost or substrate. Soil structure is changed so don't compact.
- Soil structure can be improved within the raised bed by adding well-rotted manure, compost or other organic materials.
- Vermiculite or perlite can also be incorporated.

Types of Raised Beds



<https://extension.purdue.edu/news/county/marion/2020/11/Purdue-Extension-Marion-County-Demonstration-Garden.html>

Types of Raised Beds



Types of Raised Beds



Types of Raised Beds



Types of Raised Beds



Types of Raised Beds



<https://savvygardening.com/raised-bed-designs-for-gardening/>

Types of Raised Beds



Types of Raised Beds



<https://oldworldgardenfarms.com/2020/11/22/diy-raised-bed-garden-box/>

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<https://www.thespruce.com/raised-bed-garden-ideas-4172154>

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<https://www.isavea2z.com/raised-bed-garden-designs-plans/>

Types of Raised Beds



<https://www.apieceofrainbow.com/20-diy-raised-bed-gardens/>

Types of Raised Beds



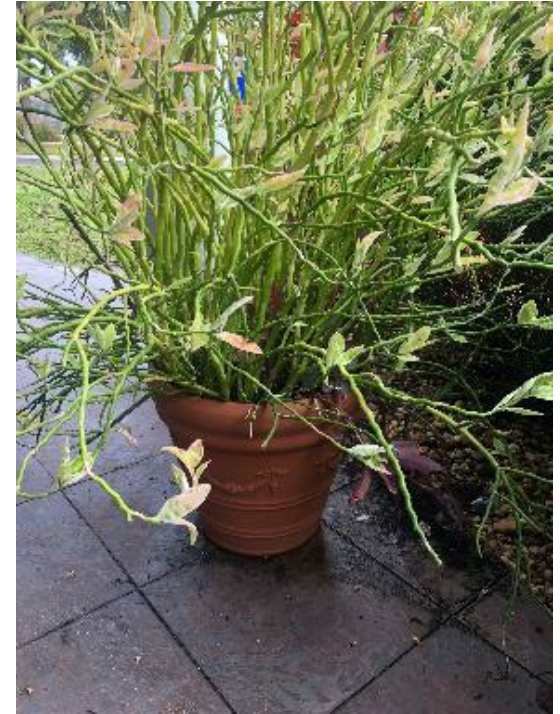
<https://www.apieceofrainbow.com/20-diy-raised-bed-gardens/>

Types of Raised Beds



Types of Containers

- Glazed ceramic
- Terra cotta
- Metal/galvanized metals



Types of Containers

- Wood
- Foam
- Glass
- Plastic
- Earthbox™
- Tubs
- Buckets
- Bags



<https://harvesttotable.com/soil-and-planting-mediums-for-containers/>

Types of Containers

- Wheelbarrows



<https://www.backyardboss.net/wheelbarrow-planter-ideas/>

Types of Containers



Modify Gardening

- Pre-gardening activities
- Apparel
- Length of time: gardening vs resting
- Time of day
- Staying hydrated
- Understanding your physical limitations

Bring Gardening Inside



Adaptive Tools

What is an adaptive tool?

- One that minimizes impact on your body
- Ergonomic hand tools
- Fits the user
- Lightweight
- Larger handles (diameter/grip)
- Longer handles

Keys to Success

- Be realistic
- Garden because it benefits you
- Don't stop gardening
- Share your wisdom

Thank You

Questions?

GARDENING AS THERAPY

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Goals

- Therapy vs. therapeutic
- Treatment modalities
- American Horticultural Therapy Association
- Horticultural therapy

Definitions

- Therapeutic: everyday vs clinical
- Therapy

Professional Capacity

- Adults with developmental disabilities (2 years)
- Adults/children in a rehabilitation hospital (5 years)
- Adult women in a federal prison (4.5 years)
- AHTA Board of Directors (6 years)

Treatment Modalities

- Occupational therapy
- Physical therapy
- Recreational therapy
- Music therapy
- Horticultural therapy

AHTA

- American Horticultural Therapy Association (established 1973)
- <https://www.ahta.org/>
- <https://www.purdue.edu/hla/sites/master-gardener/mglinks/american-horticultural-therapy-association/>
- 501 (c)(3) nonprofit
- Currently in Seattle, WA

Horticultural Therapy

- Horticultural therapy is the participation in horticultural activities facilitated by a registered horticultural therapist to achieve specific goals within an established treatment, rehabilitation, or vocational plan.

Horticultural Therapy

- Horticultural therapy is an active process which occurs in the context of an established treatment plan where the process itself is considered the therapeutic activity rather than the end product.

HT Programs

- Horticultural therapy programs are found in a wide variety of healthcare, rehabilitative, and residential settings.
- Horticultural therapy programs document outcomes for the participant(s) on an individual or group basis.

HT Programs

The components of a horticultural therapy program are:

- The engagement of a participant in horticultural-related activities.
- The participant has an identified disability, illness, or life circumstance requiring services.

HT Programs

The components of a horticultural therapy program are:

- The activity is facilitated by a registered horticultural therapist.
- The participation is in the context of an established treatment, rehabilitation, or vocational plan.

MG Involvement in HT

What are your options?

- Identify programs in the Indianapolis area
- Align with similar modalities and volunteer
- Look at potential for passive treatment settings
- Become educated, trained, and practicing therapist

Thank You

Questions?