
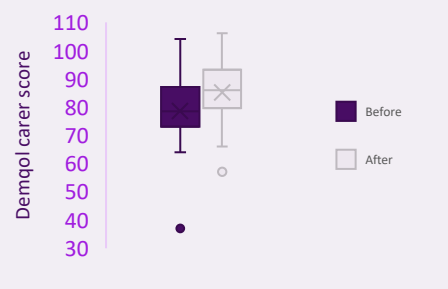
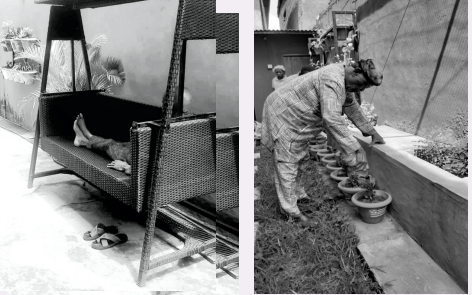



BLOOM SOCIAL THERAPEUTIC HORTICULTURE PROJECT: A CASE STUDY AMONG AGED CARE RESIDENTS IN LAGOS NIGERIA

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The case study explores the development and impact of low cost maintenance therapeutic gardens in two elderly care homes in Lagos Nigeria. The development process generated feasible recommendations towards the creation of such gardens in African countries. In addition results showed an improvement in quality of life among aged care residents with and without dementia.

INTRODUCTION	METHODS	RESULTS	CONCLUSION
<p>Therapeutic gardens are plant-dominated environments purposefully designed to facilitate interaction with the healing elements of nature.</p> <p>This case study describes the processes, activities, and garden features employed in the design and development of sustainable and economically viable (low maintenance) therapeutic gardens in two selected elderly care homes in Lagos, Nigeria namely; MASC Care Home Abule-Egba(CH1) & Elderly care home Maryland (CH2).</p> <p>Participants: A total of 33 seniors with an average age of 88 and 81 respectively participated in this project. Out of the which 20 are diagnosed with dementia.</p>	 <p>Features X2</p> <ul style="list-style-type: none"> • Two locally fabricated 6ft by 7ft vertical metal outdoor plant stands (24-slots each) • Four locally fabricated 5 ft x 2.5 ft vertical metal wall plant hangers (10 slots each) • Locally Fabricated metal mesh pergola • Four-seater rattan outdoor chair with roof • Vegetable plants: fluted pumpkin, greens, jute, Nigerian spinach,. • Flower plants: Periwinkle plant, Ixora flower, Muraya plant (for fragrance), <p>Plate 1: Relocated laundry line CH1 Plate 2: Part of the developed garden CH1</p> <p>Plate 1: Bare garden site CH2 Plate 2: Side view of developed garden CH2</p>	 <p>Caregivers testimonials</p> <p><i>"It's a very gratifying for me to plant, tend, harvest, and share my own food"</i></p> <p><i>"Just thinking about the wonders of God"</i></p> <p><i>"I really like the garden I feel relaxed whenever I'm in the garden"</i></p> 	<p>Garden design recommendations:</p> <ul style="list-style-type: none"> • Practice co-creation with care home management and caregivers • Name the garden • Commission local fabrication of garden fixtures • Garden visibility and accessibility • Grow culturally familiar and edible vegetables • Utilize vertical gardening • Make provision for shade and sunlight <p>ACKNOWLEDGMENT</p> <p>The project is funded by Alzheimer's Association, Alzheimer's Society UK, & Global Brain Health Institute.</p>  <p>alzheimer's association</p> <p>CONTACT</p> <p>funmi.akindejoye@gbhi.org, +234(0)8038106346</p>