

Gardening

Department: Independent Living Skills

Priority: Elective

Overall purpose of class:

To assist students in participating in a sensory rich activity that can be adapted for a wide variety of disabilities. Gardening is known to be a highly therapeutic and empowering activity.

Number of classes held per week:

2

Optimum class time:

Depends on location and weather.

Instructor requirements:

1 plus assistant

Number of students:

8-12 with assistant needed.

Student ability range and limitations:

The full range of the Center's students can participate in this class. Activities can be adapted to accommodate a wide range of physical and cognitive abilities. Note: It is important to avoid resistive activities for students with arthritis.

Space and Equipment requirements:

Ongoing watering needs to be provided for

Both indoor and outdoor spaces are used depending on weather

Lightweight large handled equipment—some commercially adapted and some adapted using materials at hand.

Skin and sun protection—sun hats, gloves and good quality lotion

Raised beds

Flats, pots and plants

Student needs to be met from the perspective of the instructor:

A very wide variety of student needs can be met in this class. The environment itself is healing and all the activities can be graded to provide for almost any level of function.

Typical Student Goals that lead to placement in the class:

Students take this class who are interested in gardening and plants, who want to learn a new leisure skill or learn about adaptations for gardening if they already appreciate the activity. This class provides excellent hand use and dexterity practice. At the Center several noted nursery owners have participated in this class.