

Gardening Activity

RESIDENT IDENTIFIED GOING OUTSIDE AS A PREFERENCE, SPECIFICALLY GARDENING



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Gardening gloves
- Apron
- Gardening tools (garden fork, hand shovel, watering can, rake, garden hose)
- Flower pots
- Consider the weather and season:
 - Appropriate clothes and footwear for weather and temperature
 - Bottle of water, hand fan, sunscreen, sunglasses or a visor, umbrella,
- Gardening magazine
- Feeling Faces Emotion Assessment form



Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about gardening?
- What did you grow in your garden? (Flowers? Vegetables?)
- What are your favorite flowers?
- What is your favorite type of yard work? Least favorite?
- What kind of houseplants do you or did you have?
 - Did you name your plants or talk to them?
- Can you name some other things that can grow in a garden?
- Did you ever sell anything you grew in a garden?
- Do you have a favorite memory about gardening?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know it's important for you to go outside for fresh air. Would you like me to help you go outside and garden today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what they would like to do.

- » Say: "Do you want to garden or do you want to read about plants and gardening?"
- » Do: Ideas are— repotting, watering, trimming dead leaves, or reading magazines about gardening.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then choose one that aligns with their preferences.

[BEGIN] Begin gardening with the resident

Activity Instructions continued

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You're a very talented gardener." or "You're doing a great job!"
- » Do: Smile and nod, gesture to the garden.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with gardening, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, guide the resident's hands. Some residents may need you to do fine motor tasks for them, but continue to encourage choice.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see**, **touch**, **smell**, and **hear** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to relax and observe the environment, look at flowers or other things growing in the garden.

"Can you see all of the flowers/colors? Which is your favorite?"

» **Touch:** Encourage the resident to touch the grass, flowers, plants, and gardening tools.

"Can you feel the different textures of the [flower/plant/fruit/vegetable/tool]?
What does it feel like?"

"Does this remind you of anything?"

» **Smell:** Encourage the resident to smell flowers, fresh rain, or anything else that may engage the resident.

"What does it smell like? Does it smell good? Does the smell remind you of anything?"

» **Hear:** Encourage the resident to listen to the birds, water, rain, or any other sounds that may be around.

"Do you hear the [birds, water, etc.]?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about gardening today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

