

The psychological and behavioral effects of horticultural therapy on the elderly living in a nursing home

Shiho Sugihara *^{1, 3}, Hiroshi Aoyama *², Satoe Takeda *²,
Nozomu Ikeda *², Akihiro Kobayashi *¹

* 1 *Department of Horticulture and Landscape Architecture, Hokkaido College, Senshu University*

* 2 *Division of Applied Occupational Therapy, School of Health Sciences, Sapporo Medical University*

* 3 *Graduate School of Health Sciences, Sapporo Medical University*

The purpose of this study was to investigate the psychological and behavioral effects of horticultural therapy (HT) for the elderly. We conducted HT for 8 clients. We assessed the psychological functions before and after once-a-week therapy during a three month period with the Barthel Index (BI), staff evaluation, Philadelphia Geriatric Center Morale Scale (PGC), and the Geriatric Depression Scale (GDS). There were no improvements in BI or staff evaluation, but the post PGC and GDS scores of clients were significantly better than the initial scores. Moreover, the clients showed good effects in social behavior and emotion such as appearance of smile and enhanced volition by the evaluation of behavior. We also comparatively investigated two cases which had distinctive changes. These results suggested that HT for the elderly improved psychological and behavioral aspects.

Key words : horticultural therapy (HT), the elderly, a nursing home, QOL