



SEMINARS 2008

The Australian Association of Gerontology, the Australian and New Zealand Society for Geriatric Medicine, and GeriAction warmly invite you to this seminar as part of the 2008 Combined Seminar Series.

These seminars are suitable for anyone with a personal or professional interest in issues to do with ageing.

EVENING SEMINAR

HOW DOES YOUR GARDEN GROW? HORTICULTURAL THERAPY: MAINTAINING WELLNESS AND CONNECTIONS IN AN OLDER PERSON'S LIFE

Horticultural Therapy is a process in which plants and gardening activities are used to improve the body, mind and spirit of people of all ages, backgrounds and abilities. Horticultural-therapy is currently being used in hospitals, rehabilitations centres, disability services, aged care facilities and a range of community settings, including people's homes and community gardens.

The seminar will give an overview of horticultural therapy and some design principles for dementia therapeutic gardens. And you will have the opportunity to view and enjoy the new garden at Helping Hand.

Presenters:

Glenda Williams

Consultant in Garden Design and Horticultural Therapy

Roz Hamilton

President Diversional Therapy Association

Date: Wednesday 15th October

Time : 5:00pm refreshments and networking and viewing the garden followed by the seminar at approx 5:45pm

Venue : **Grivell Hall, Helping Hand Aged Care,
Enter via 34 Molesworth St, North Adelaide**

Cost : Members and Concessions \$10
Non-members \$20

Further Information: Lui DiVenuto,
Email: Lui.DiVenuto@dfc.sa.gov.au Phone 8304 6153

BOOKINGS ARE ESSENTIAL

To: Mr Ross Atkinson by Monday 13th October
Email: RAtkinson@seniorsvoice.org.au Phone: 8232 0422 Fax: 8232 0433

Following registration an invoice will be issued for payment
AAG SA Division (ABN 36 950 814 653) is not registered for GST, therefore no GST is charged.

Speakers

Glenda Williams – Consultant in Garden Design and Horticultural Therapy

After working as a social worker in the aged care, mental health and disability sectors, Glenda undertook studies in Horticulture and also completed a Diploma of Garden Design with the goal of working in this capacity with and for people with special needs. Her aim is to enable people to connect with nature, through enjoying gardens and continuing to be involved in gardening. In 2005 she convened a horticultural therapy interest group for practitioners, which has now become Horticultural Therapy South Australia. HTSA now has a broad range of members with a shared interest in therapeutic gardening. Currently Glenda works as a Consultant in Garden Design and Horticultural Therapy, with a particular interest and expertise in designing gardens for people with dementia.

Roz Hamilton – President Diversional Therapy Association

Roz Hamilton has worked in the Aged Care sector for nearly 30 years. She is currently Lifestyle and Leisure Coordinator at Eldercare Trowbridge House, where she has worked for the past 11 years. She is the President of the Diversional Therapy Association Inc SA and is the recipient of the Robyn Mitchell Award for services to Diversional Therapy. Roz has been involved in Horticultural Therapy South Australia since its inception and, as a member of the management committee, has worked to achieve the first short course in Horticultural therapy at Tafe in May this year. She is currently involved in improving a garden that surrounds the dementia specific unit at Trowbridge House and involving residents in garden art programs and other garden activities. Roz has also written three resource books on the facilitation of activities for men.

To get your hands dirty and dig for ideas about the benefits of horticultural therapy try these websites :

[Cultivate NSW](#)

[Horticultural Therapy Association of Victoria](#)

[Thrive UK](#)