



MY MEETING WITH OSKAR THE DANISH GARDENER 1980

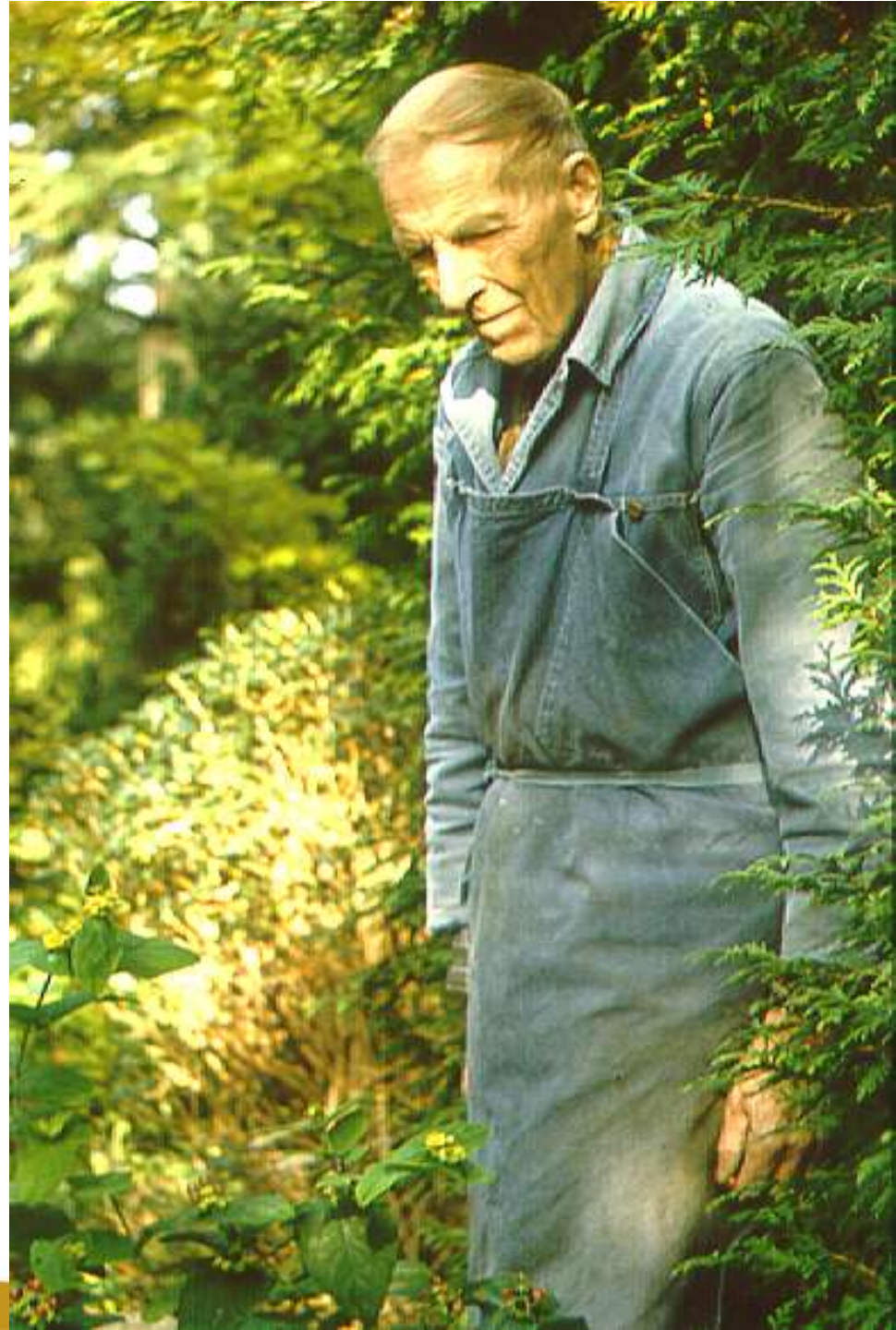
My motto

To live until you die

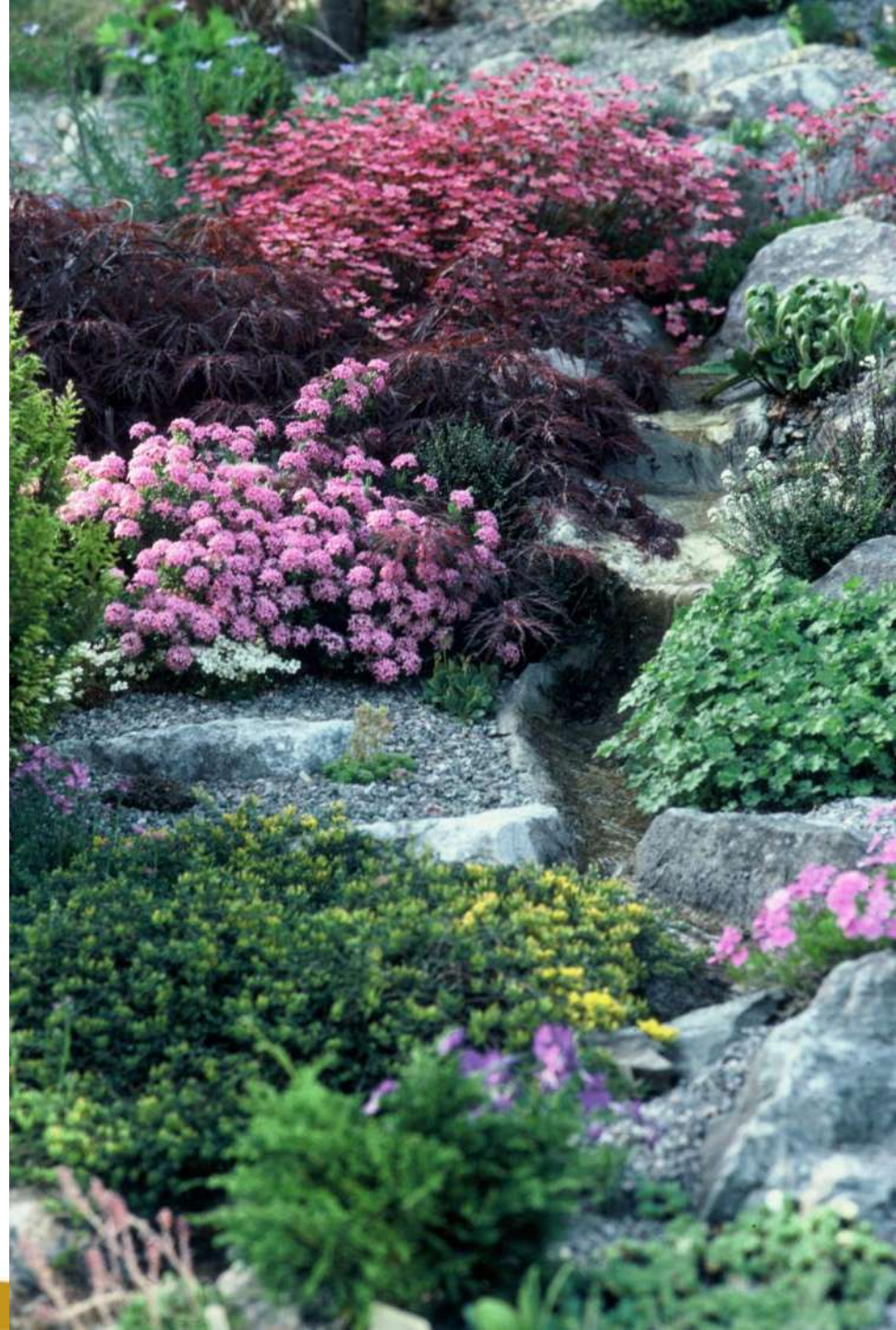
*Every moment, every hour, every day
is important in your life*

Regardless of the situation in life, diagnosis or disability.

To see a future even if you are sick or old



I GOT MY OWN GARDEN 1983

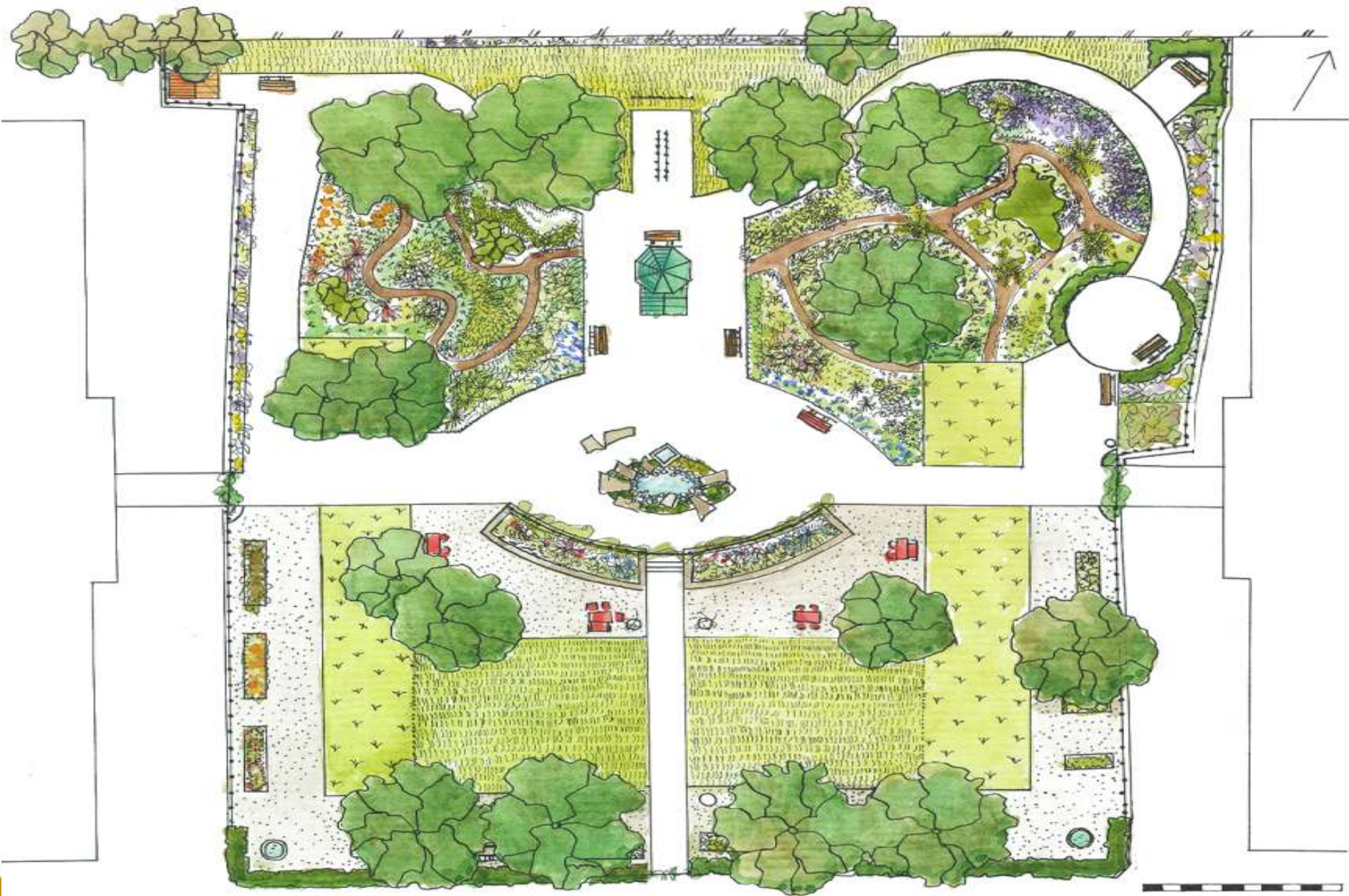




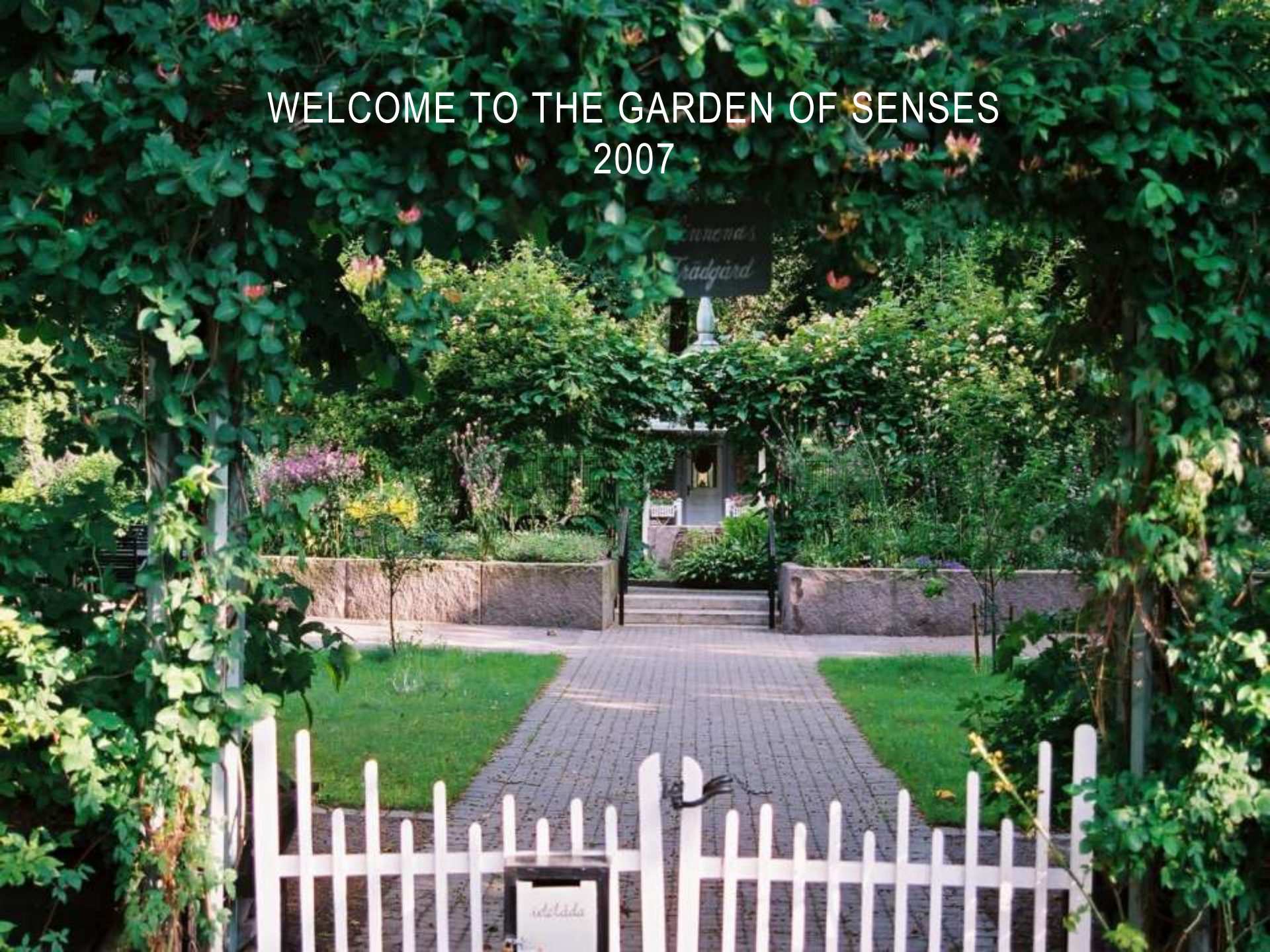
SABBATSBERG, A HOME FOR THE ELDERLY IN STOCKHOLM



PLAN OVER THE GARDEN OF SENSES



WELCOME TO THE GARDEN OF SENSES
2007



GRAVEL PATHS







FOREST PATHWAY





Motosplats



Tid för Karke





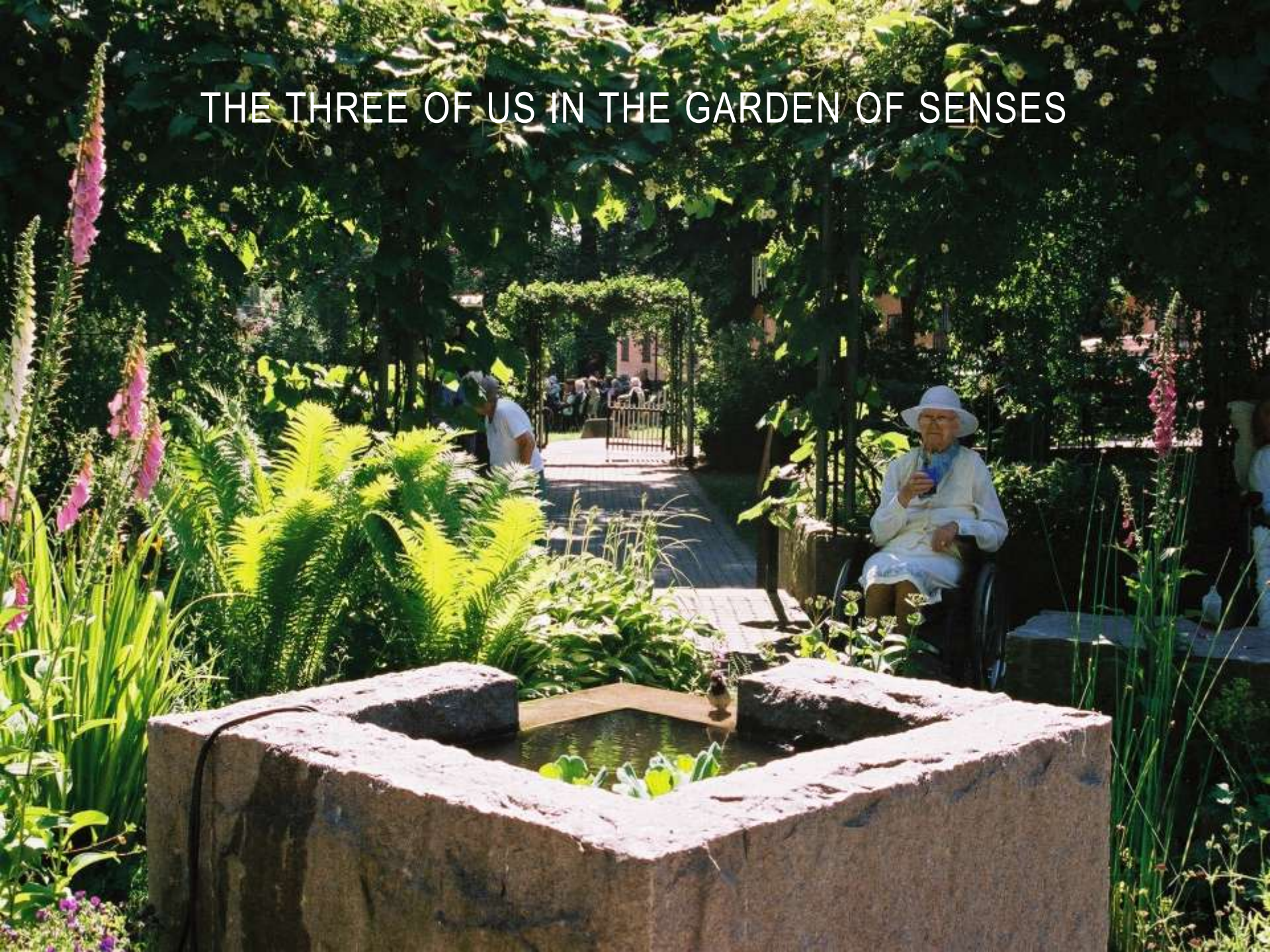




SINNENAS TRÄDGÅRD



THE THREE OF US IN THE GARDEN OF SENSES



PROJECTLEADER FOR
HAGA HEALTHGARDEN 2003–2009



Haga Trädgård

anlades redan 1785 av Gustav III och ligger mitt i den historiska Hagaparken, inom bekvämt gångavstånd till Haga Slott, Slottsruinen, Koppartälten, Gustav III:s paviljong samt Ekotemplet.

TRÄDGÅRDEN
UR FJÄRILS-
PERSPEKTIV

Haga Hälsoträdgård

Entré

Café

Asiatisk fantasi-
trädgård

Blomsterodling

Fjärilsång

Utställningar

Fjärilshuset

Fågelhuset

Vinterträdgården

Ortagård

Grönsaksodling

Rosenrabatter

Ingång





ULF NORDFJELL

REFERENCE GROUP IN HAGA HEALTHGARDEN

- researcher, public authorities and social institutions

SLU, Alnarp Sveriges Lantbruksuniversitet
Hälsa och Rekreation
Patrik Grahn, Professor
Ulrika Stigsdotter, Dr. Landskapsarkitektur

Karolinska Institutet
Neurotecinstitutionen, Sektionen för arbetsterapi
Lena Borell, Leg. Arbetsterapeut,
Dr. medSc. / Professor, Ordf. CFV styrelse
Kerstin Tham, Docent och Sektionschef

Institutet för psykosocial medicin,
IPM, Allmän social miljö
Töres Teorell, Professor och Föreståndare
Aleksander Perski, Psykolog och Docent i medicinsk
psykologi. Stressforskare
Hans Peter Söndergaard, Psykiatriker och Projektledare

Stockholms Läns Landsting
och Stockholms Länsmuseum
Birgitta Rapp, Forskningsdirektör

Spinalis Stiftelse
Claes Hultling, Läkare, VD Spinalis

HO Tillgänglighetscentret, Handikappombudsmannen
Birgitta Mekibes, Utredare, SAR / MSA.Tekn. Dr.

HI Hjälpmedelsinstitutet
Gunilla Hammarsköld, Arbetsterapeut och Handläggare

Skarpnäcks stadsdelsförvaltning, Stockholms stad
Catrin Leijon, Observatör / Kvalitetsarbete

Lunab/Scandiaconsult, adjungerad
Ulf Nordfjell, Landskapsarkitekt



A photograph of a modern garden installation. In the foreground, there's a gravel path and a large planter box filled with green grass-like plants. To the right, several tall, yellow bamboo stalks stand vertically. In the middle ground, three large, grey, cylindrical planters are arranged in a row, each topped with a small green plant. Behind them is a wooden structure with a slatted wall and a light-colored canopy. To the left, a white bird sculpture is visible among other green plants. The background features a large, multi-paned glass structure, possibly a greenhouse or conservatory. The text "WELCOME TO HAGA HEALTHGARDEN" is overlaid in white capital letters at the bottom center of the image.

WELCOME TO HAGA HEALTHGARDEN



ROOM AND TIME FOR RECOVERY

ROOM AND TIME TO BE IN THE PRESENT



ROOM AND TIME FOR MEETING AND LEARNING





ROOM AND TIME FOR INSPIRATION AND CREATIVITY
BY THE SENSES

ROOM AND TIME FOR ACTIVITY



TODAY'S URBANIZED ENVIRONMENT



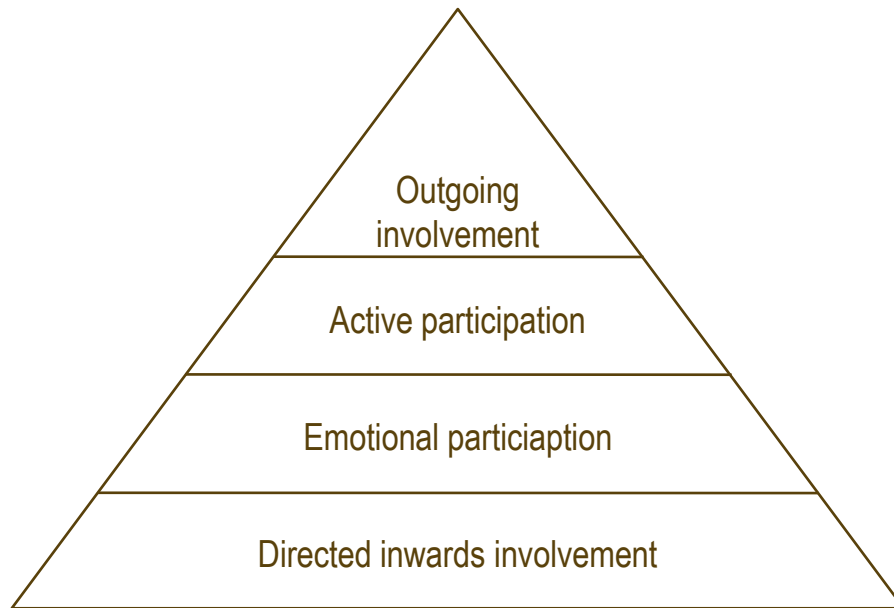
OUR ORIGINS – BIOPHILIA HYPOTHESIS



A vibrant red hammock is suspended between two trees in a lush, green forest. Sunlight filters through the dense canopy of leaves, creating a dappled light effect on the grass and the hammock. In the foreground, a low, rustic stone wall made of grey rocks and moss runs across the frame. The overall scene conveys a sense of tranquility and connection with nature.

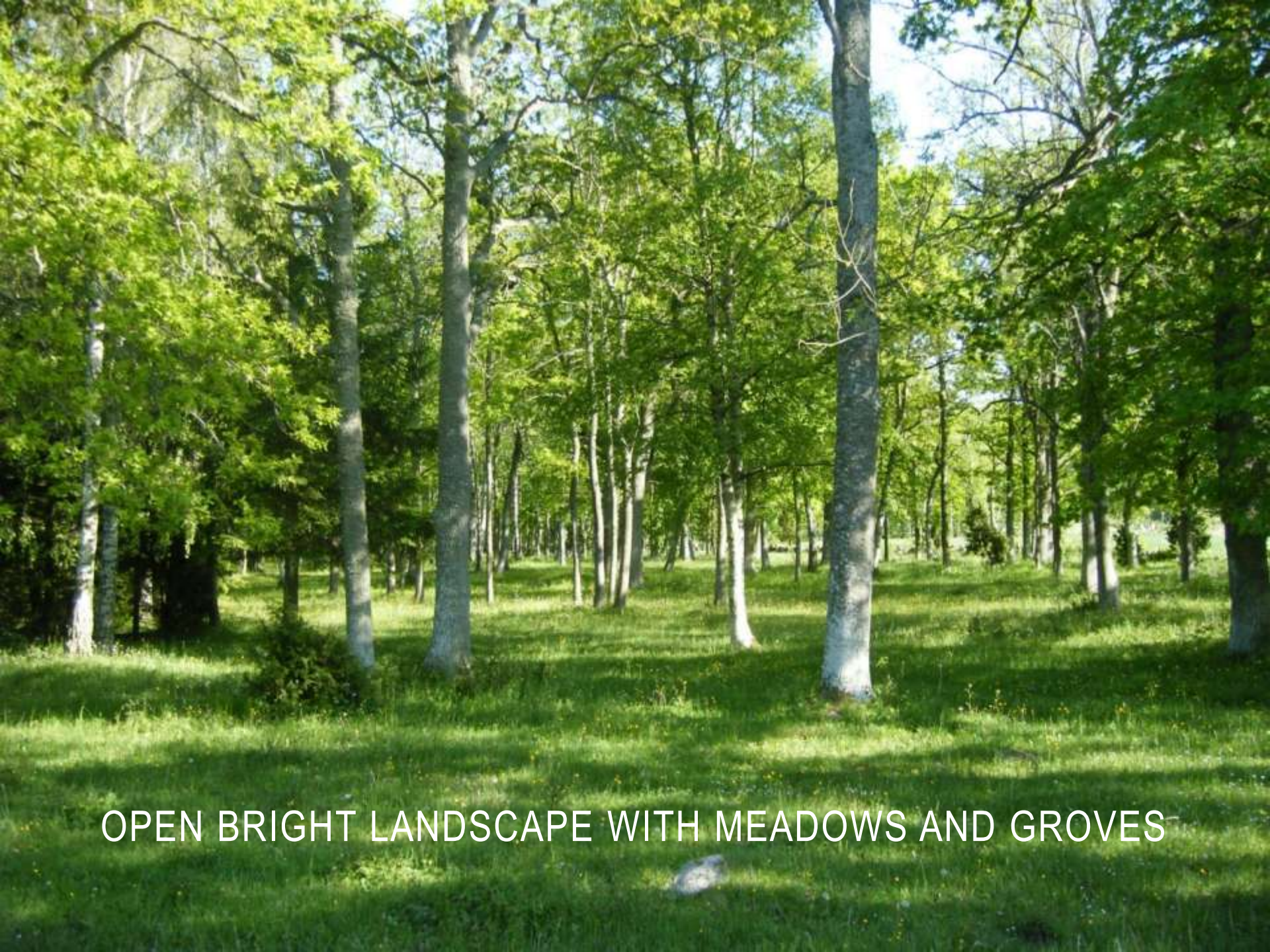
THE IMPORTANCE TO FIND BALANCE IN TO OUR
DAILY LIFE BETWEEN REST AND ACTIVITY

SET – SUPPORTING ENVIRONMENT THEORY



*Patrik Grahn, Professor, Landscape Architect, Agr.D Biologist MSc
Swedish University of Agricultural Sciences, SLU Alnarp Sweden*





OPEN BRIGHT LANDSCAPE WITH MEADOWS AND GROVES



UNIFORM FOREST WITH ACCESS TO WATER
AND BIOLOGICS DIVERSITY

THANK YOU VERY MUCH
FOR YOUR ATTENTION



HOW WILL WE GO FURTHER?



THE CONCEPT YVONNE HEALTHGARDEN THERAPY IS

A universal and useful method for different audiences, regardless of diagnosis, age, gender, culture, religion, class, ethnicity etc.

Can be generalized to work in their lives and the community in public spaces such as parks, hospitals, retirement homes, mental health care, hospices, schools, prisons, workplace etc.

Therapy shape and method occurs in context where specific activities take place in a real environment.



THE CONCEPT YVONNE HEALTHGARDEN THERAPY IS *cont.*

Sets requirements for the existence of a team of different therapist who interact and who has an expertise in both health care, nature and garden.

Can be used as a complementary and specific to itself as the method and form of therapy for better health.

Provides an increase in perceived quality of life and employment with activity output capacity.

The method is economically, efficient, long-term and sustainable.



RESEARCH

For the last twenty years an international, both intensive and extensive interdisciplinary research on natural health benefits has been going on.



TODAY S INFLUENCE BY A FLOW OF INFORMATION

As a human being we are created to live in a natural environment and we do not waste our energy in vain.

For the first time in history, more people live in cities than in rural areas. This means that we will increasingly suffer from stress–related illness.

When more people are to share smaller area per capita where nature is a scarce resource affects the state of our health negatively.



DIRECTED ATTENTION AND SOFT FASCINATION

In today's urbanized environment our brains receive up to 11 million neural impulses per second – *directed attention system*. We can handle approximately 15 of them per second.

That means that we need continuous recovery.

In restorative nature environment we use – *soft fascination system*.

Nature help us to recovery and give us energy.

*Kaplan, Rachel & Kaplan, Stephen (1989).
The Experience of Nature, Cambridge University Press; Cambridge*



“ Having access to nature in every daily life
can have a buffering effect on peoples mental state

Individual who have many experience of nature
are less affected by the crisis then are those
who have few such experience ”

*Johan Ottosson, National adviser, Agr.dr.
Swedish University of Agricultural Sciences, SLU Alnarp Sweden*



“Nature environment that bring the best quality to recovery from stress”

Roger S Ulrich, Ph.D, Professor of Architecture Texas A&M University and a faculty fellow of the Center for Health systems & Design.

Dr. Ulrich has developed a Theory of Evidence–Based Design that has become influential as a scientifically grounded but “user friendly” guide for creating successful healthcare facilities.



THE IMPORTANCE OF HAVING CLOSE ACCESS TO URBAN GREEN OPEN SPACES

The better access people have to urban green open spaces, the more they use them, and the fewer days per year they suffer from high levels of stress. X-axis = days per year.

