



GreengAge Project Cardiff



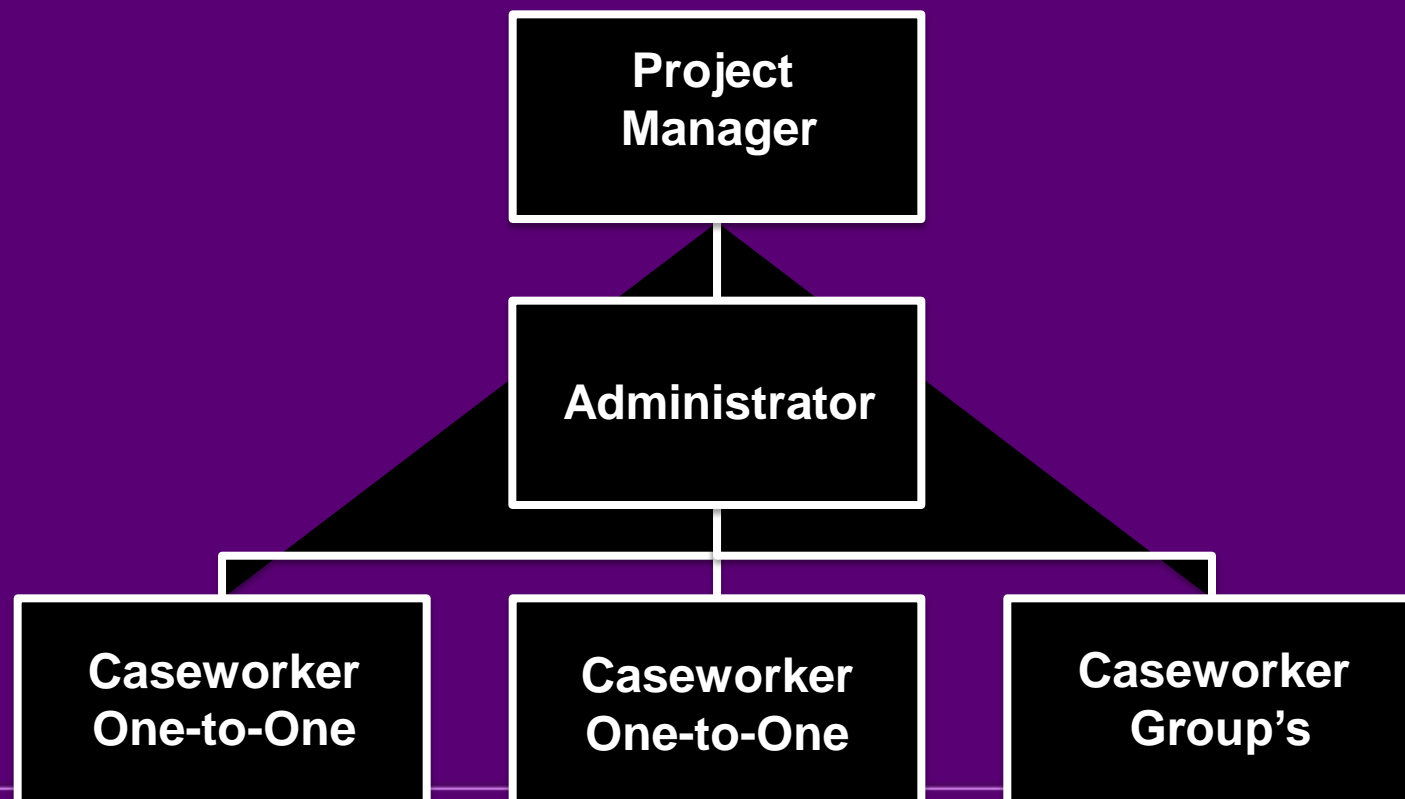
What is the GreengAge Project?



GreengAge promotes the wellbeing of older people through participation in horticultural activities.

The projects original remit was to provide one to one befriending at home.

The GreengAge Team.



The GreenAge volunteer team



Number of volunteers currently working is 14

- **Application Form**
- **Interview**
- **References**
- **Enhanced Disclosure**
- **Induction Training**
- **6 Weekly Reviews**
- **Access to all Gofal Staff Training**
- **Quarterly Volunteer Days**

How we assess and evaluate our beneficiaries



- Assessment

- Referral form
- Initial Assessment
- Older Persons Star
- Par Q
- Risk Assessments

- Evaluation

- Older Persons Star
- 6 Weekly Reviews
- Anecdotal Recording
- Observation

The GreengAge Project and Care Homes.



5 Care homes **1 NHS Setting**
and a waiting list in and out of area

Examples of Sessions.



Indoor

- Pressing Flowers
- Herb Bingo
- Card making with pressed flowers
- Making lavender bags
- Autumn collage
- Cress People
- Pumpkin Carving
- Garden Quiz
- Seed Sowing

Outdoor

- Potting up planters
- Sowing herb seeds in handmade paper pots
- Planting vegetables
- Hanging Baskets
- Bulb planting
- Taking pelargonium cuttings
- Harvesting crops
- Renovating garden borders
- Making and hanging bird feeders

Case Study



Who has referred ?

- **Self referral**
- **Relatives**
- **Care homes**
- **Other charities**
- **General Practitioners**
- **Younger on-set dementia team**
- **Community mental health team**
- **Hospital based Occupational therapists**



**Empower lives
through
occupation**

The numbers of people who have participated so far



23 One-to-one clients



56 Care home clients



What are the benefits for participants?

- **Build self esteem and confidence**
- **Making new friends**
- **Increase in physical activity**
- **Grow your own fruit, vegetables, plants at home**
- **Increase in social contact and participation in local activities**



What are the benefits for NHS, local authorities and residential care providers ?



Short term benefits

Increase capacity for intervention

Improve client choice of purposeful activity

Training of OT students / activity co-ordinators / care home staff

Bring the community into care homes

Potential long term benefits

Reduced hospital admission

Reduced drug costs

Maintain independence in home environment

Thank you for listening.
Any questions?



How to get in touch with us



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