

Checklist for Maximizing the Impact of Therapeutic Gardens on your Senior Living Campus

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1. Stakeholder Involvement

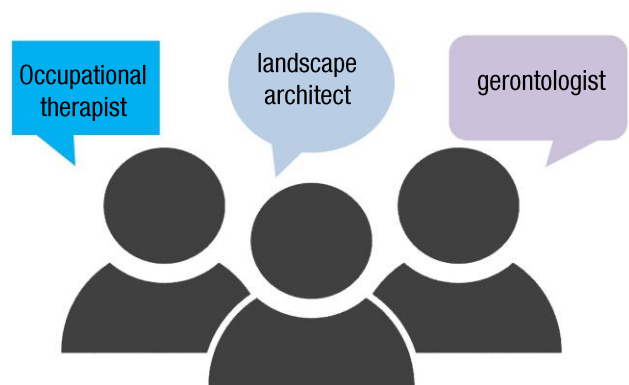
involve representatives from each group who will use the space. Do this prior to beginning the design.

2. Begin with Biophilia

get people connected with nature in as many ways as possible.



3. **Utilize Inclusive Design Techniques** ** - provide for people's needs and limitations (ADA and beyond). Be sure that people of all levels of capability can benefit from being in this outdoor place. Universal design involves crafting an environment that can be accessed, understood, and enjoyed by all people, regardless of their age, size, ability, disability, mental state, etc.
4. **Plan what activities will occur** - consider the full spectrum from viewing to actively participating
5. **Develop the Design** based on the inputs described previously. Ideally, you will have a landscape architect, occupational therapist, and a gerontologist on the design team.
6. **Solicit Feedback** from your stakeholder group.
7. **Finalize the design**, incorporating review comments
8. **Implement the design** – Build it! Even if you have to use a phased implementation, get something in the ground.
9. **Post-occupancy evaluation** See how it is working; obtain feedback from user.
10. **Celebrate Success!**



**** Inclusive Design Techniques**

The following 7 Principles of Universal Design are taken from the North Carolina State University Center for Universal Design and used by the National Disability Authority:



Principle One: **Equitable Use**

The design is useful and marketable to people with diverse abilities.

Guidelines

- A. Provide the same means of use for all users: identical whenever possible; equivalent when not.
- B. Avoid segregating or stigmatizing any users.
- C. Provisions for privacy, security, and safety should be equally available to all users.
- D. Make the design appealing to all users.

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Principle Two: Flexibility in Use

The design accommodates a wide range of individual and preferences.

Guidelines

- A. Provide choice in methods of use.
- B. Accommodate right- or left-handed access and use.
- C. Facilitate the user's accuracy and precision.
- D. Provide adaptability to the user's pace.



Principle Three: Simple and Intuitive Use

Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

Guidelines

- A. Eliminate unnecessary complexity.
- B. Be consistent with user expectations and intuition.
- C. Accommodate a wide range of literacy and language skills.
- D. Arrange information consistent with its importance.
- E. Provide effective prompting and feedback during and after task completion



Principle Four: Perceptible Information

The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

Guidelines

- A. Use different modes (pictorial, verbal, tactile) for redundant presentation of essential information.
- B. Provide adequate contrast between essential information and its surroundings.
- C. Maximize “legibility” of essential information.
- D. Differentiate elements in ways that can be described (i.e., make it easy to give instructions or directions).
- E. Provide compatibility with a variety of techniques or devices used by people with sensory limitations.



Principle Five: Tolerance for Error

The design minimizes hazards and the adverse consequences of accidental or unintended actions.

Guidelines

- A. Arrange elements to minimize hazards and errors, most-used elements, most accessible, hazardous elements eliminated, isolated or shielded..
- B. Provide warnings of hazards and errors.
- C. Provide fail safe features.
- D. Discourage unconscious action in tasks that require vigilance



Principle Six: Low Physical Effort

The design can be used efficiently and comfortably and with a minimum of fatigue.

Guidelines

- A. Allow user to maintain a neutral body position.
- B. Use reasonable operating forces.
- C. Minimize repetitive actions.
- D. Minimize sustained physical effort



Principle Seven: Size and Space for Approach and Use

Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

Guidelines

- A. Provide a clear line of sight to important elements for any seated or standing user.
- B. Make reach to all components comfortable for any seated or standing user.
- C. Accommodate variations in hand and grip size.
- D. Provide adequate space for the use of assistive devices or personal assistance.





Principle Seven: Size and Space for Approach and Use

A Note from the Authors

How can we help you maximize your potential in the marketplace? We'd like to learn more about how we can help you achieve great things – whether that involves planning new construction, making repairs or renovations, or completely repositioning your product offering. Let's have a conversation soon.

Let's Talk

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