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Green Thumbs for a Cause: A Plant Care Manual for Therapeutic Horticulture

Outline

Note from project originator Alan Eddy:

The concept for this manual came from my work as a therapeutic recreation volunteer (1972-2011) with the elderly in six skilled nursing facilities (two in Michigan and four in Connecticut). It was my task to maintain collections of indoor plants and plan activities for long-term care residents. The Manual can be adapted for other types of facilities, other client populations, and home care. Although my experience was with large eldercare facilities, current thinking emphasizes the multiple benefits of providing home care whenever feasible. There are new concepts in eldercare that replicate a home-like setting and we should encourage these efforts. My background for my volunteer work was a BS degree in Horticulture (1979). I have no clinical education.

This manual complements the information on "Indoor Gardening" in the book *The Illustrated Practical Guide to Gardening for Seniors: How to maintain a beautiful outside space with ease and safety in later years* by Patty Cassidy HTR (2012).

The sections below are grouped into A) Basic Plant Care, B) Potting & Propagation, C) Selection of specific plants, D) Herbs, E) Succulents, F) Special Projects: Terrariums, Bonsai, and Topiary, G) Dried Flowers, Pressed Flowers, and Dried Weeds, and H) Plant Health & Human Safety.

Preface

Introduction

Recommended Websites

Online Tutorials

- A1. Water
- A2. Light
- A3. Temperature and drafts
- A4. Humidity
- A5. Plant food
- A6. Cleaning and pruning plants
- B1. Pots, containers, and the re-potting process
- B2. Potting soil and internal drainage
- B3. Propagation techniques
- B4. Growing plants from seed
- C1. Selected recommendations A-Z
- C2. Windowsill foliage plants
- C3. Plants that get watered every 2 weeks
- C4. Plants with colorful flowers or bright foliage
- C5. Scented plants
- C6. Bulbs for forcing indoors
- C7. Novelty plants for fun and learning
- C8. Hanging plants
- C9. Indoor trees & shrubs, patio tropicals
- C10. Beginner plants
- D1. Growing herbs indoors
- D2. Traditional herbs A-Z
- D3. Unusual herbs A-Z
- E. Succulents
- F1. Terrariums & dish gardens
- F2. Bonsai
- F3. Topiary
- G. Dried Flowers, Pressed Flowers, Dried Weeds
- H1. How to diagnose and treat ailing plants
- H2. Pest control: a brief overview
- H3. Poisonous plants: basic tips and see also the Appendix
- H4. Safety tips

Conclusion

Appendix: Guide to Finding Information about Plants Poisonous to Humans
Index to selected common names of plants

End