

# What are the roles of nature in intergenerational living?

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## Design Considerations for the Elderly

- \_An exterior garden design must be an extension of interior plan layout.
- \_Clear visibility from the inside to the outside must be maintained
- \_Accessibility to and within the garden is very important.
- \_Staff training, motivation, and commitment to use outdoor spaces is essential
- \_Exercise in outdoor spaces also benefits sleep comfort.
- \_Garden design must address furniture comfort, plant selection and placement, circulation and support activities.
- \_Glare and shade control are primary environmental factors that affect use
- \_Resident safety and security must focus on elopement and walking surfaces
- \_Resident activities and social opportunities increase engagement
- \_Circulation pathways that are easy to understand and follow encourage walking and orient residents to place
- \_Seating convenient and attractive place such as near entries, retreat niches and alcoves is popular
- \_Residents' desire to go outside often conflicts with staff attitudes concerning safety and security
- \_Motivating and moving the most physically frail is difficult, but this group usually benefits the most
- \_Reductions in heartbeat and blood pressure result from garden exposure
- \_The popularity of outdoor spaces with family members fuels market interest.

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## Key Factors in Successful Outdoor Spaces for the Elderly

- \_ Attitudes of the staff
- \_ Adequate seating
- \_ Plenty of Shade
- \_ Paths that loop/ Path variety
- \_ Planned activities
- \_ Security and Surveillance
- \_ Views

**1,600 Residents Surveyed**

**70%**

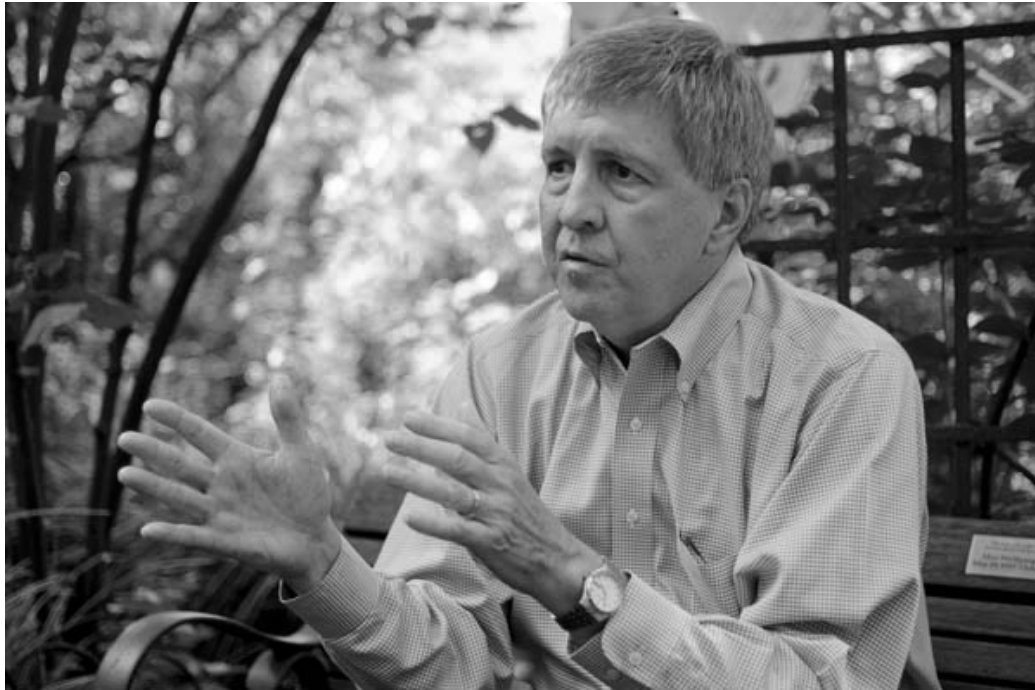
**care highly about going outdoors**

## Health Benefits

- \_ Lower Blood Pressure
- \_ Hormone Balance
- \_ Improved Mood
- \_ Consistent Sleeping Patterns
- \_ Vitamin D Absorption
- \_ Attention Restoration
- \_ Social Interaction

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“ looking at nature seemed to make people feel better ”

## Findings

- \_Observed a reduction in the need for pain medication
- \_Relieved Stress
- \_Reduction in reported pain

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