



LEGACY  
HEALTH

## Gardens in Health Care: Rehabilitation, Recovery & Restoration

*Teresa Hazen, MEd, HTR, QMHP*

*Connecting with nature impacts positive health outcomes*

EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE



“Most hospitals have manicured shrubs and grounds. The difference here is the gardens are part of the therapeutic space, where there are patients out in them.”

Wall Street Journal  
April 6, 2010

George Brown, M.D. President, CEO  
Legacy Health



Legacy Good Samaritan Medical Center  
Stenzel Healing Garden 1997  
Rehabilitation Institute of Oregon



# Gardens provide places for social support and caring for one another



# Rehabilitation patients in horticultural therapy



## Choices and sense of control---many choices in nature



# Legacy Good Samaritan Free Garden Tour and Neighborhood Nature Walk [www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens)



# Movement, mild exercise & rehabilitation therapies for everyone in the garden



# Legacy Mount Hood Medical Center Healing Garden 2009 Gresham, OR





# Privacy for the family and a reason to walk



# Legacy Meridian Park Medical Center Ide Healing Garden 2010 Tualatin, OR



# *Connecting with nature impacts positive health outcomes*



# Choices and sense of control for the patient and family in nature



# Oregon Burn Center Garden 2004

## Legacy Emanuel Medical Center



# Oregon Burn Center Garden

Open Garden [www.legacyhealth.org/gardens](http://www.legacyhealth.org/gardens)



# Nature experience in the view out the window



# Burn Concern Support Group

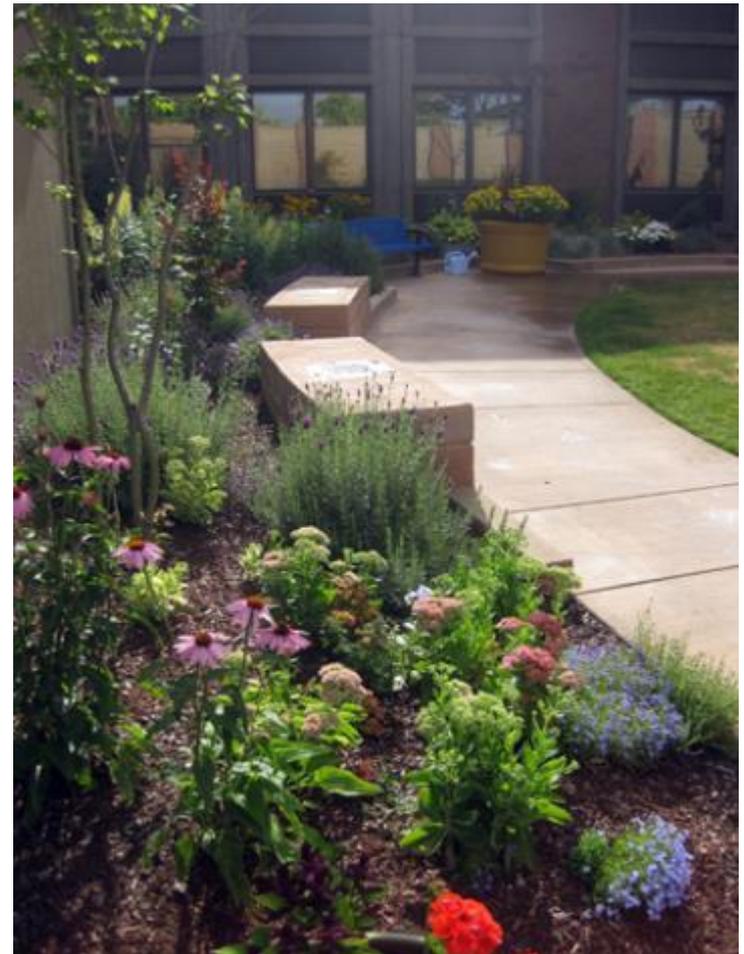
A nurse helps his young patient to make a hanging basket.



# Behavioral Health Garden 2008

## Legacy Emanuel Medical Center





# The Children's Garden at Emanuel 1997



Legacy Emanuel Children's Garden

Gretchen Vadnais  
landscape architects, l.l.c.

# Families enjoying time together in the garden

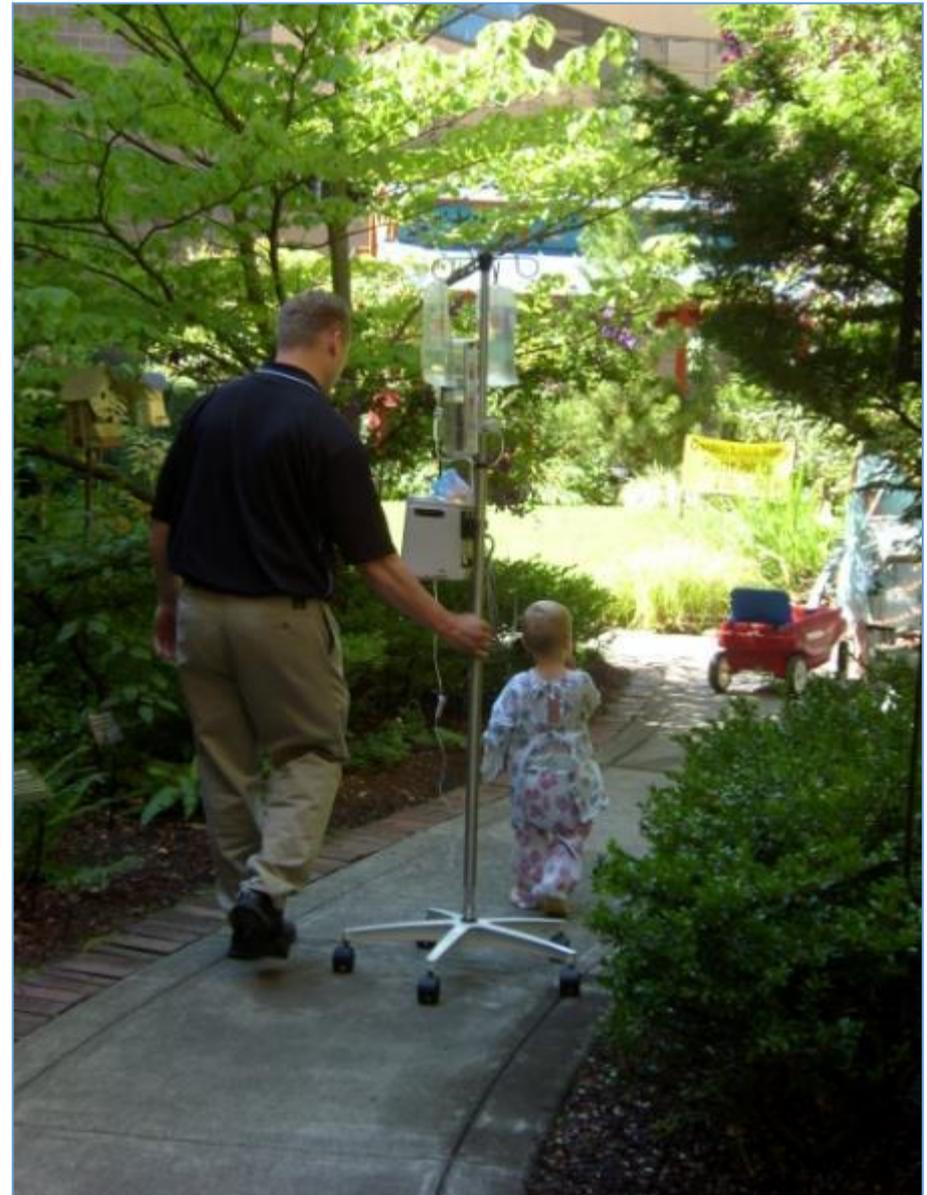


# Pediatric Nature Stations conducted by horticultural therapy interns

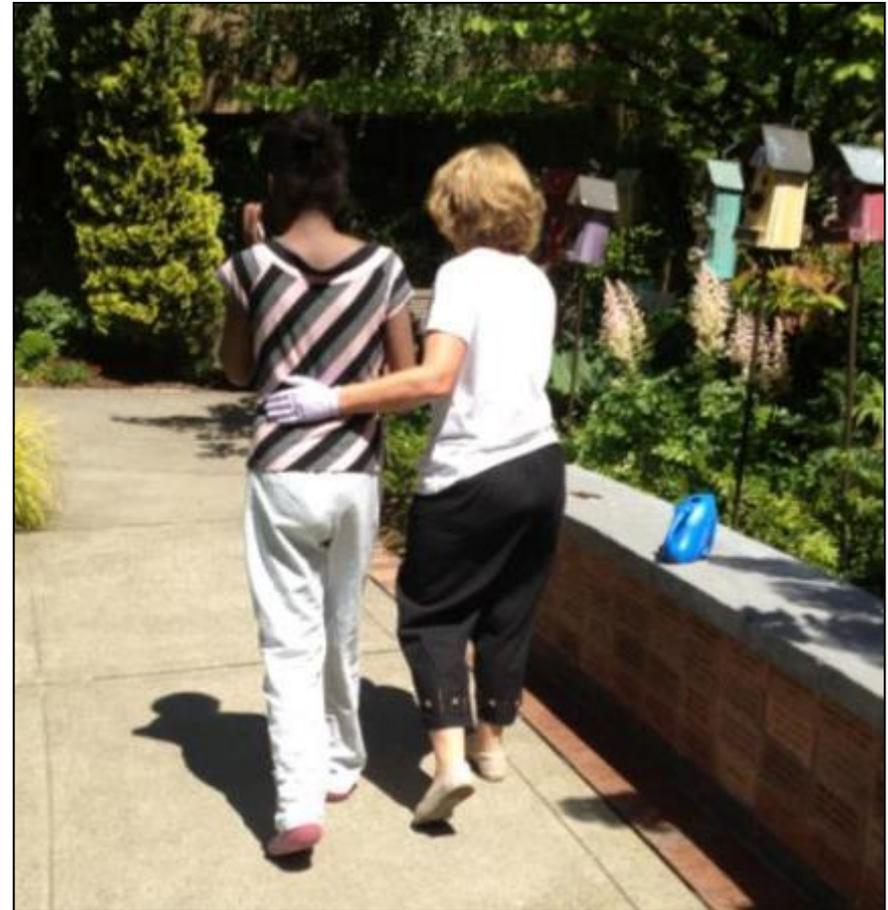


# Movement, Mild Exercise & Rehabilitation Therapies





# Rehabilitation therapies in the garden



## *Connecting with nature impacts positive health outcomes*



## Choice and getting our needs met



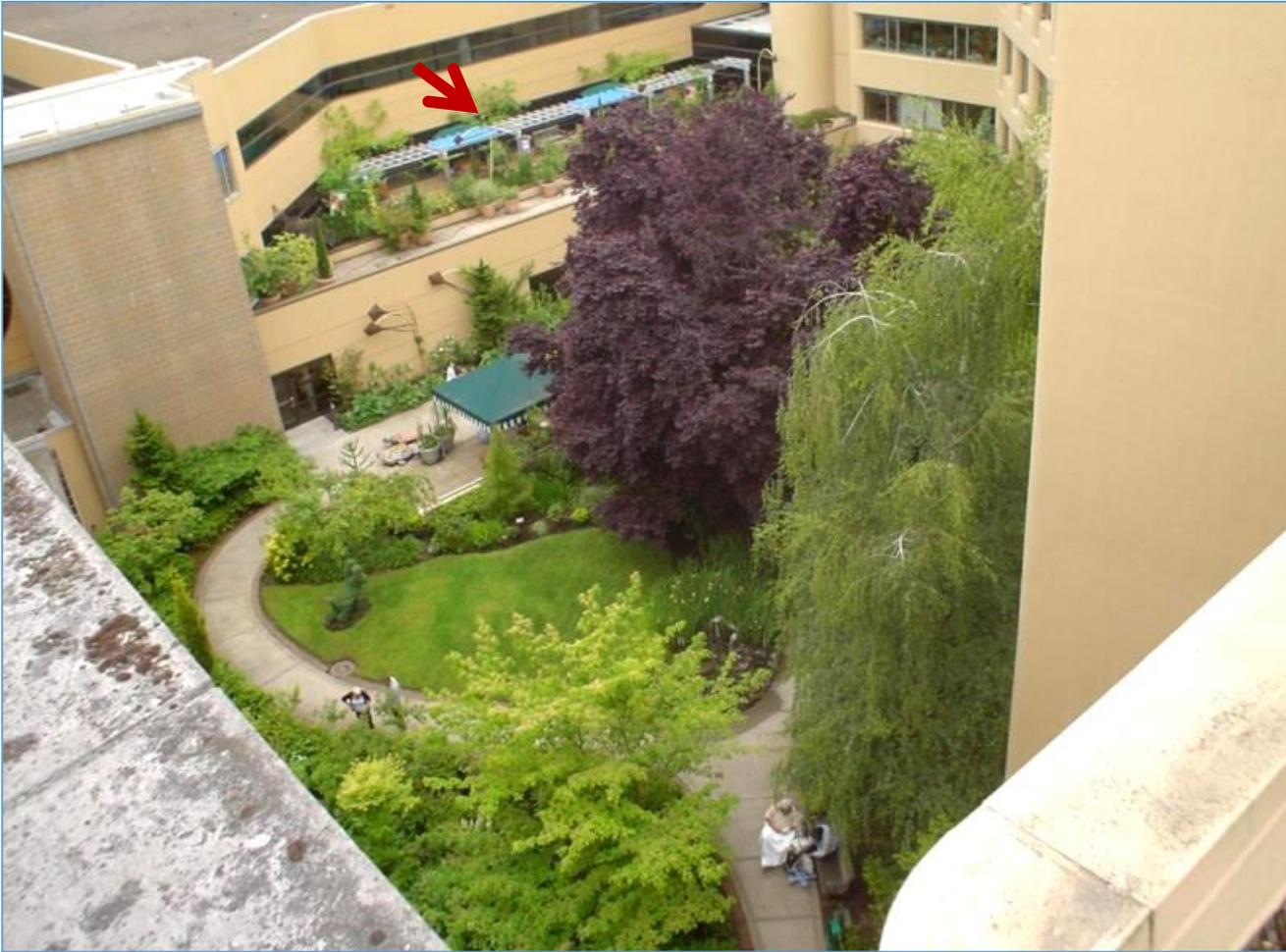
# Caring for the family and well-siblings



# Design promotes opportunities for social support



# Second floor under utilized space remade to a new Terrace Garden at Legacy Emanuel



# Family Birth Center & Cardiovascular ICU: A Nature Place



# Overall Goals for Legacy Research Institute

To study the effects of garden exposure in three very different populations

Study 1 – Birthing Study

Study 2 – Family Study

Study 3 – Nurse Study

Garden and research grant funded by Nature Sacred

[www.naturesacred.org](http://www.naturesacred.org)

See more about Roger S. Ulrich and the Legacy research:

<http://www.theintertwine.org/blog/nature-hospitals>

# Nature: A stress coping resource for employees 24-7

Spend time in nature everyday for good health.



# Nature and nutrition at organic farm stands in the Legacy gardens



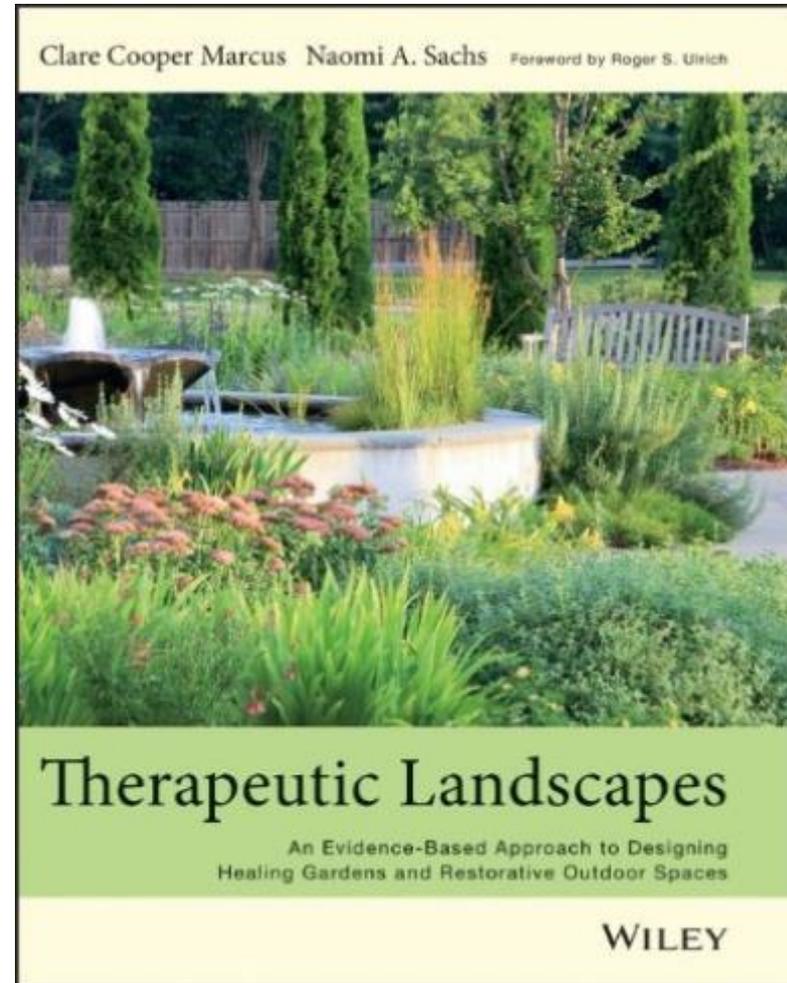
# Resources

American Horticultural Therapy  
Association annual conference

Philadelphia, Oct. 11-12, 2014

Stephen R. Kellert  
Yale University, School of  
Forestry & Environmental  
Studies

“Nature’s Role in Human Health,  
Productivity and Wellbeing”





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[www.legacyhealth.org/gardensresearch](http://www.legacyhealth.org/gardensresearch)

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