

# Healing Beyond the Walls

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# Learning Objectives

1. Understand how to solicit input from user groups.
2. Ability to take the input and apply it to interior and exterior spaces.
3. Understand the wide range of health benefits of an interactive garden and Biophilic Design.
4. Knowledge of the components that can be used to enhance the experience of the outdoors.



# Gardens at Helen Porter



# Helen Porter

## What we kept

- Water feature
- Flagpole
- Security features
- Perennial garden
- Vermont fieldstone



# Helen Porter

## What we added

- ADA compatible raised garden beds
- Pavilion
- Pergola
- Porch
- Access points
- Framing fence
- Lighting and wayfinding



# Helen Porter

## What we improved

- Walking paths
- Direct access to nursing units
- Vermont native plants
- Seating



# Biophilic Design

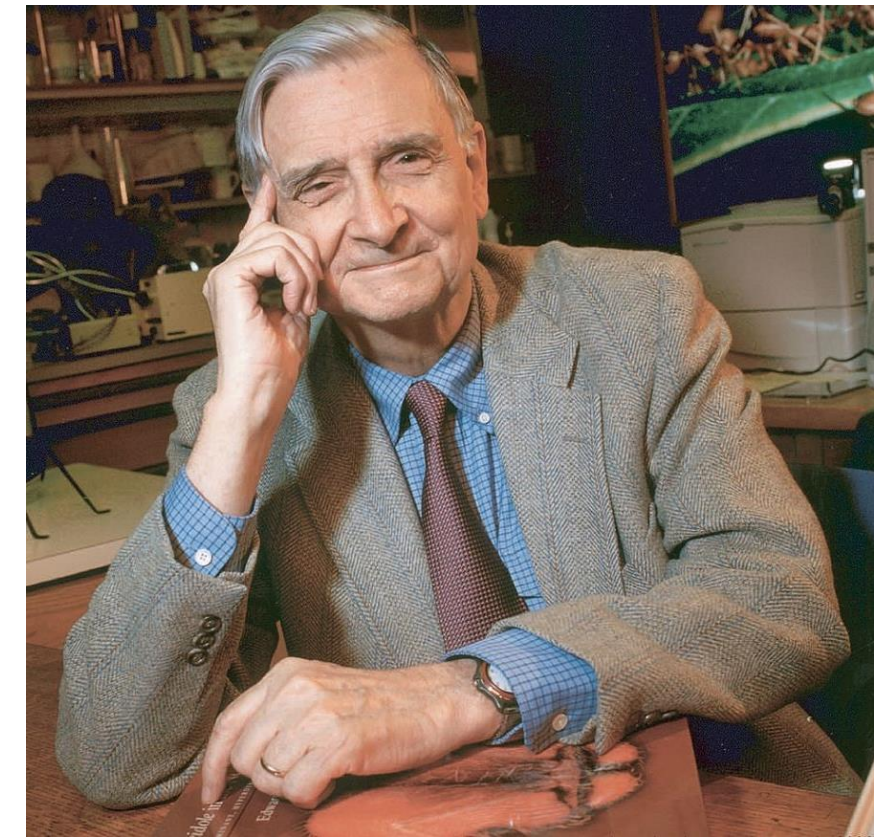
## **Biophilia** (noun)

*“a hypothetical human tendency to interact or be closely associated with other forms of life in nature: a desire or tendency to commune with nature”* (Merriam-Webster)

Term coined by the Harvard naturalist Dr. Edward O. Wilson to describe what he saw as humanity's "innate tendency to focus on life and lifelike processes," and to be drawn toward nature, to feel an affinity for it, a love, a craving.

## **Biophilic Design:**

Increase occupant connectivity to the natural environment through the use of direct and indirect access to nature.



# Biophilic Design – Why?

## Evidence Based Design

Literature review revealed that there is evidence of the link between nature and health outcomes:

- Reduced Pain
- Reduced patient stress
- Reduced length of stay (in hospitals)
- Reduced depression
- Increased patient satisfaction
- Decreased staff stress
- Increased staff satisfaction

Access to nature promotes health through *reduction in* stress, depression, myopia, pain, fatigue, aggression, impulsivity, and symptoms of Attention Deficit Hyperactivity Disorder (ADHD); and *improvement in* immune function, bone strength, wound healing, cognition, concentration, emotional resilience, empathy, vitality, relaxation, mood, and satisfaction (Cooper Marcus & Sachs, 2014; Kuo, 2015)



# Healing Landscape - What? Where?

**Facility Grounds** - Existing and designed spaces (wetlands, forests, waterways)

**Entry Gardens or Plazas** – Landscaped areas near entries or gathering spaces

**Remote Gardens** – Utilize “leftover” space or areas of your facility

**Rooftop Gardens** – Green roofs, either accessible or viewing only

**Viewing Gardens** – Patient / resident rooms, or from treatment areas

# Facility Grounds



# Entry Gardens or Plazas



# Remote Gardens



# Rooftop Gardens



# Viewing Gardens



# Design Process – How?

## Site Analysis



## Visioning / Programming



## Explore Ideas



## Successful Outcome



# Gardens at Helen Porter



## Key

- ① Covered Entrance
- ② Pavilion / Shade Structure
- ③ Movie Screen / Special Events
- ④ Flag Pole
- ⑤ Existing Water Fountain
- ⑥ Quiet Garden w/ Sculpture
- ⑦ Butterfly Garden
- ⑧ Seating Area
- ⑨ Pergola / Shaded Sitting Area
- ⑩ Locust Grove / Shade Garden
- ⑪ Water Bubbler w/ Stones
- ⑫ Existing Garden / UVM Master Gardeners
- ⑬ Gathering Space
- ⑭ New Ornamental Metal Fence - 48" Tall
- ⑮ Raised Planters / Cut Flowers / Veggies
- ⑯ Wind Sculptures
- ⑰ Bird Feeders / Bird House / Wind Chimes
- ⑱ Open Lawn
- ⑲ River Cobble Drip Edge



**Activity time!**



# Questions?

Thank you!

