

# **Ho'ōla 'Āina Pilipili, Accessible School & Community Garden**

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# Introduction



# Overview

1. Overview of **Ho'ōla 'Āina Pilipili**
2. Design & implementation of Ho'ōla 'Āina Pilipili
3. Community Impact & Discussion
4. Additional resources



# Ho'ōla 'Āina Pilipili



**Ho'ōla-** to heal, to give life, to restore

**'Āina-** land, that which feeds

**Pilipili** - name of the ili (smaller land division) that the garden is located

**Pili-** close relationship



# Ho'ōla 'Āina Pilipili Accessible Community Garden



March, 2022



March, 2024

# *Accessible* garden site



- Promotes 'Āina-based learning
- Accessible & inclusive space
- Intergenerational learning, healing and equity
- Access to plants for food, tea, medicine
- Promotes leadership
- Focuses on relationships & social interaction
- 'Dementia-friendly' Garden research

# Benefits of Gardening

Physical  
Activity

Social  
Interaction

Reduce  
Stress

Overall  
Mental  
Well-being

Immunity  
Booster

Access  
to  
plants,  
herbs &  
flowers

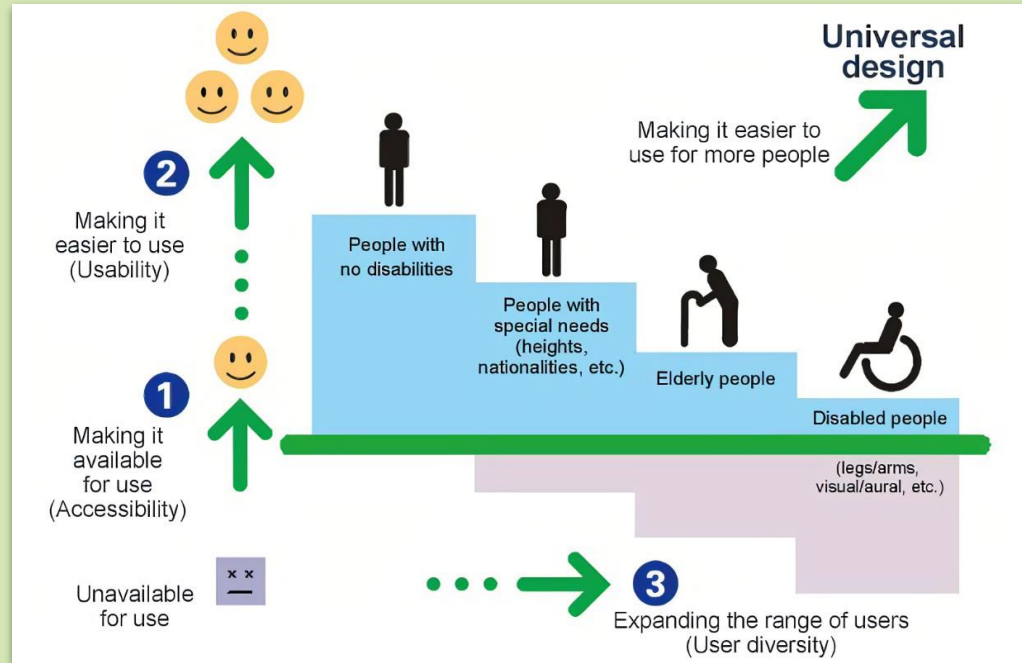
Nurture  
Spirit



# Public Health Priority

In 2030, 24% of Hawai'i's population will be aged 65 or older, compared to 19% nationally

By 2040, 27% of Honolulu's population, more than 1 in 4 residents, will be over the age of 65





# Purpose

All people regardless of age and ability must see themselves reflected in the healing space of a community garden.



# Reduce Barriers to Inclusion

Disability inclusion means understanding the relationship between the way people function and how they participate in society.



**Attitudinal/Social**

**Communication**

**Physical**

**Policy**

**Programmatic**

**Transportation**

# Design & Implementation of Hō'ola 'Āina Pilipili



# Accessible Garden Priority Areas

## Priority 1: Accessible Entrance

ADA-accessible Parking, accessible route to entrance, communication & signs

## Priority 2: Accessible Garden Beds

Accessible pathways, ramps, raised garden beds & vertical gardening techniques

## Priority 3: Safety

Remove obstacles, enclosed layout, accessible tools, avoid sharp & toxic plants

## Priority 4: Sensory Stimulation

Hearing, Smell, Touch, Taste, Sight, Sense of self, community & place ('āina)

## Priority 5: Dementia-Specific Components

# Priority 1 - Accessible Entrance

Accessible Parking Spaces

Close to public transportation/route

Access to restroom facilities

Sidewalks and curb cuts exist

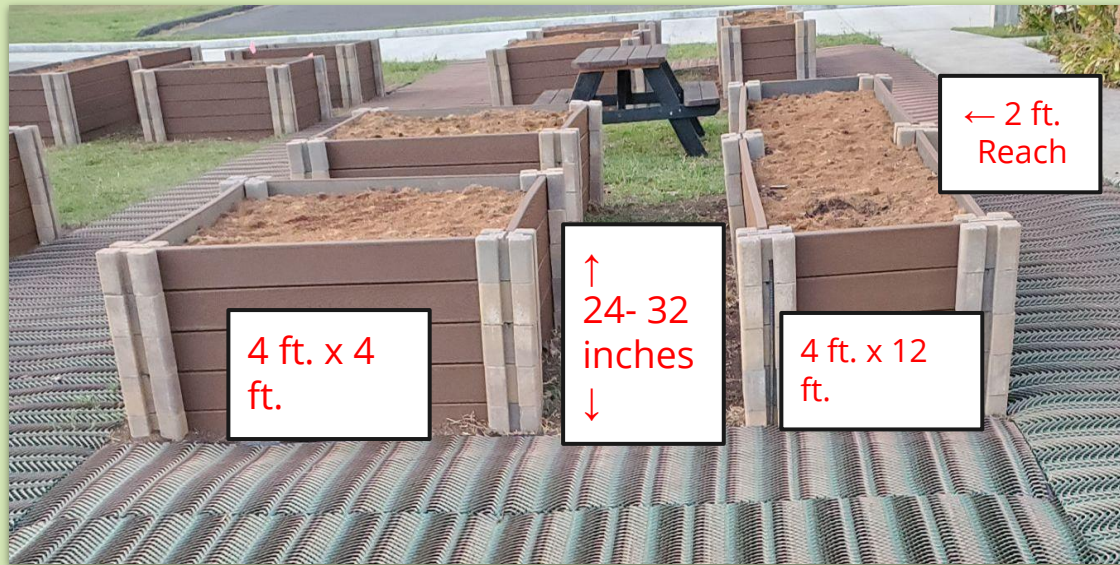


If there are stairs, there is a ramp or accessible alternative

All signs are clearly marked

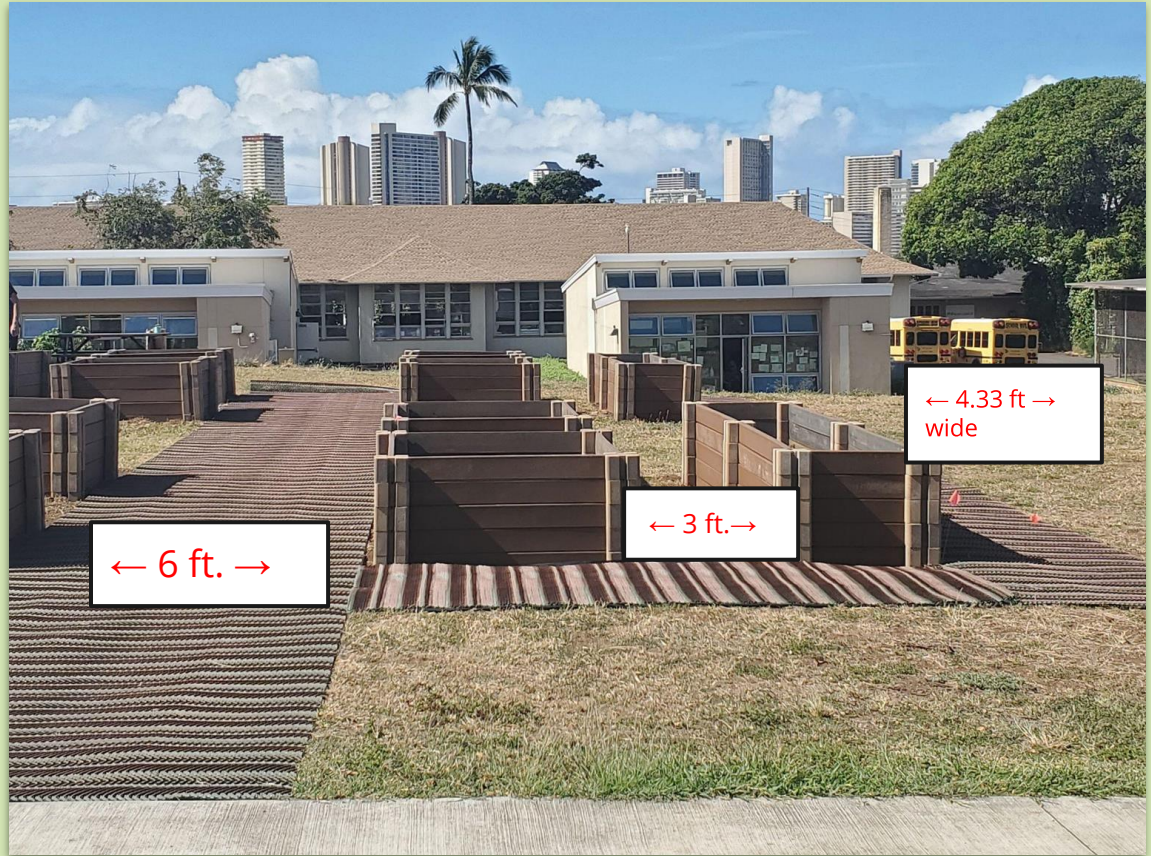
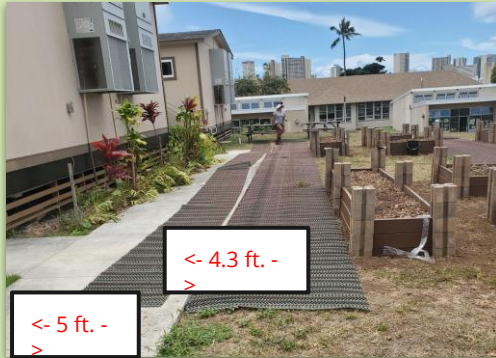
If there is fencing, or a gate, there is an accessible entryway

## Priority 2 - Accessible Garden Beds



Vertical Garden Design

# Priority 2 - Accessible Pathways



# Priority 3 - Safety Components



- Seating
- Shade
- Layout of Pathway
- Adapted Tools
- Access to Water, storage, shed
- Remove barriers & obstacles
- Community Integration





# Priority 4- Sensory Elements

- ❑ Plant flowers, herbs and vegetables with a variety of **colors, scents, textures and flavors**
- ❑ Distribute **scent** in the garden at various locations
- ❑ Use **sound makers**, such as wind chimes, water features and a bird feeder to attract winged friends
- ❑ **Familiar items** may be set up in the garden for memory
- ❑ **Adapt garden activities** for inclusive participation
- ❑ Include **seating and shade** in the layout for a safe place to rest and promote **social interaction**



# Priority 5- “Dementia-Friendly”

“For those living with a neurological condition such as **dementia**, plants and gardens provide a connection with the natural world. Gardens offer carers much-needed respite and people living with dementia a safe space to socialise and maintain their physical and mental wellbeing.”

**Dementia-specific component** items include:

- Multi-sensory experience
- Plants to support brain & memory health
- Seating with back and arm support
- Simple layout to support orientation
- Landmarkers



Creating an Inclusive, Dementia-Friendly Garden, pg. 23 of the Hawai'i 2035 State Strategic Plan on Alzheimer's Disease & Related Dementias

# What is a 'dementia-friendly' garden?

A **dementia-friendly garden** is designed to provide stimulating sensory and therapeutic benefits for people living with dementia and Alzheimer's disease.

The plants and features in the garden are carefully chosen to **support cognitive function and provide positive experiences**.



## **Global Call to Action (WHO, 2015):**

Create new, innovative, and integrated models of care to address the complex needs of dementia patients that can also address/support the well-being and quality of life of their caregivers.

Resources:



- [Alzheimer's Garden Audit Tool](#) (Clare Cooper Marcus, 2007)
- ['Dementia-friendly garden' Checklist](#) (Melody Halzel, 2024)

# Future Research & Sustainability

- **Dissertation research:** The impact, design & implementation of accessible community gardens for people with dementia and their caregivers in Hawai'i.
- **Checklist** (evidence-based guidelines) organized by priority areas to observe community garden spaces for accessibility, safety, & sensory features that benefit PWD & their caregivers
- Identify the **barriers & enablers** to implementation
- **Mauli Ola Initiative-** support future **workshops**, supplies & continued development of garden space with accessibility components