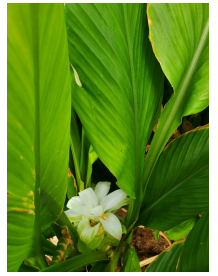


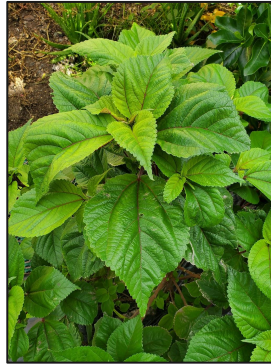
Native Hawaiian and medicinal plants



'Uhaloa



Mamaki



'Olena (Turmeric)



Herbal Iced Tea recipe

Step 1: Gather herbs such as [mamaki](#) leaves, ['uhaloa](#), lemongrass, roselle hibiscus, mint leaves

Step 2: Thoroughly wash & clean herbs ([food safety!](#))

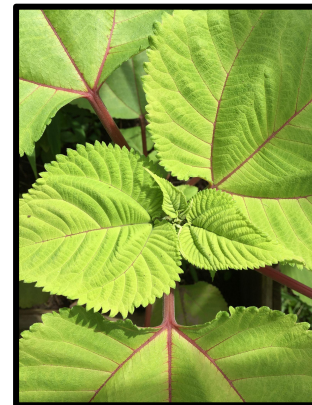
Step 3: Boil water in large pot, bring to rolling boil

Step 4: Turn Off the heat, and add herbs (leaves) to pot of boiling water

Step 5: Cover, and allow to steep for 15 minutes up to overnight (strength of tea)

Step 6: Strain and put into pitcher or glass jars. Let cool at room temperature

Step 7: Place in fridge, or serve over ice for a refreshing and healing beverage!



Garden site today



Community Participation/Partnerships

>600 participants

~30 community organizations

Community connections



Kalanihiua Residential housing

Mauli Ola Initiative

1. **Community** = Monthly workdays at Ho'ōla 'Āina Pilipili, school visits, community group & partner visits, work share at partner locations
2. **Movement** = Virtual movement and wellbeing sessions with Pali Ke Kua Wellness
3. **Wellbeing** = Strategies for professional and relationship wellbeing with Infinite Wellness Empire



Community Feedback

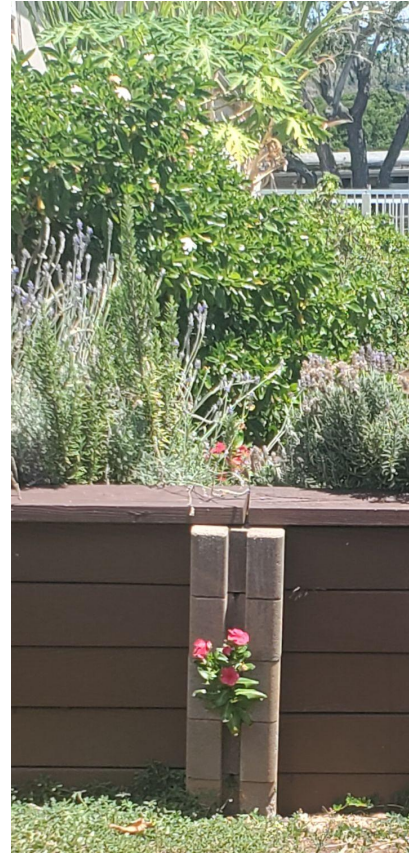
“I learned more about growing my own food. I also loved learning about ‘āina-based opportunities for kūpuna with dementia, especially the significance of having the sensory plot with vibrant colors and alluring scents! Pilina ‘āina = healing healing healing!”

I learned to make pesto from the basil and sage, chimichurri from the carrot tops, and we ate salad with the fresh carrots from the māla. It was quite an enriching experience! Mahalo for all you do.

“Watching the community come together to work on the garden was really beautiful!”

Mahalo for organizing another great work day! Appreciate the opportunity to build pilina with the space and others, eat yummy mea 'ai and huli!

“...accessible community garden with children, kupuna, teens, young adults, individuals with disabilities. Garden is open to the community to mālama and harvest any time. “



What does an accessible garden mean to you?

“accessible as a community member, accessible as a senior”

“a garden that allows all individuals an opportunity to malama 'aina!”

“Creating a space of equality, community, welcoming to all people. Improving quality of life. Restoring personal connection to ‘āina.”

“Easy to reach and inclusive for all”

“...garden that allows for individuals of all abilities, ages, and contextual knowledge to engage with and connect to.”

“To me it means a lot of thought goes into planning and preparing for reach, safety, ease of use, aesthetically appealing, and organized design. It can be used by all peoples of all ages with all sorts of abilities, including wheelchair and / or dementia.”

Discussion Questions

- What are common challenges or barriers to inclusion to access garden sites for older adults and people with disabilities, such as dementia?
- What are strategies and enablers to modify or adapt a garden site to be accessible?
- Do you have any examples or experiences in gardens at your own organization/ care home sites?
- What would a successful 'Dementia-friendly' garden look like?
- How can we make these gardens available statewide?
- How would you ensure community use and support?

Get Involved



[Sign up](https://go.hawaii.edu/Kcn) to Join our Mailing List for updates on monthly community days, and upcoming workshops and events!

<https://go.hawaii.edu/Kcn>

**Ho'ōla 'Āina Pilipili
at College of Education
UH Mānoa
1776 University Ave.
Honolulu, HI 96822**

Resources

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Visit our website:

<https://go.hawaii.edu/ULk>



Follow on instagram: hoolaainapilipili



HO'ŌLA 'ĀINA PILIPILI SUPPLY & RESOURCE GUIDE

This guide outlines the supplies and resources used to create the garden space at Ho'ōla 'Āina Pilipili at the University of Hawai'i at Mānoa

WHAT IS INCLUDED:

- ✓ Raised Garden Beds
- ✓ Accessible Pathways
- ✓ Seating & Shade structures
- ✓ Additional Resources



Ho'ōla 'Āina Pilipili is the accessible school and community garden site for the Maui Ola Initiative, located at the University of Hawai'i at Manoa campus.

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Supply & Resource Guide

Mahalo!

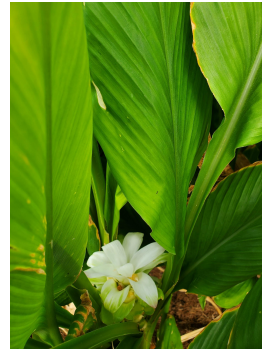
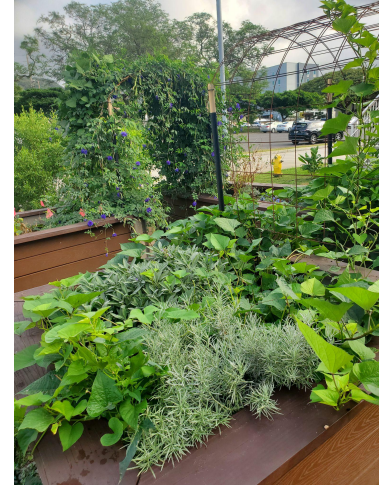
Contact: Melody Halzel
mhalzel@hawaii.edu



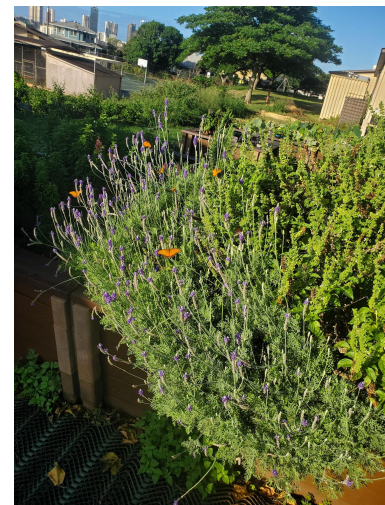
Special thank you to Summer Maunakea, Assistant Professor, College of Education, Curriculum Studies and Alex Narrajos.

Ho'ōla 'Āina Pilipili Additional Resources

Types of plants



What's Growing



Recipes from the Māla (garden)



Thai Basil & Palula Pesto

Mashed 'Uala with roasted garlic

Habanero hot sauce

Hawaiian chili pepper water

Kalo Croquettes

Roasted Beet Hummus



Roselle Hibiscus Iced tea



Inexpensive Vertical Garden Ideas



Pallet Garden

Hollow Tile & Lumber



T-Post Trellis

Vertical Garden Demonstration

Check out the vertical garden demo with this link:

- [Garden Demonstration Video - YouTube](#)



All about the ADA

The Americans with Disabilities Act (ADA)

- A federal law, passed in 1990, that ***ensures equitable participation*** for people with disabilities by removing and reducing barriers and increasing access, and applies to all state and local governments, and private entities that are places of public accommodation.



ADA Guidelines for Accessible Design

The ADA guidelines provide a comprehensive list to support universal design, and can be followed to create a garden environment that is safe and accessible for people with dementia, their caregivers, family members and the community.



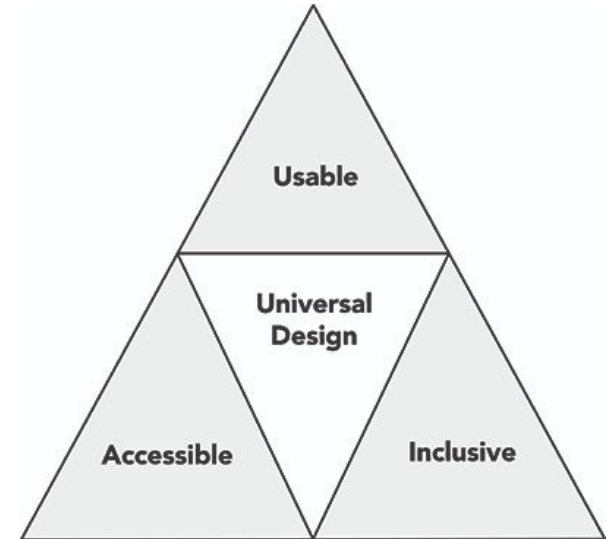
ADA Resources:

- [2010 ADA Standards ADA Regulations for Accessible Design](#)
- [ADA Checklist for Existing Facilities](#)
- [The Americans with Disabilities Act Checklist for Readily Achievable Barrier Removal](#)

Universal Design

A **universal design** approach provides an accessible, friendly, inclusive garden following the principles of universal design.

- Designing for people of all abilities through products and environments that are usable by all
- Apply **universal design** in a garden space
 - Raised beds
 - Accessible pathways & ramps
 - Access to tools & water
 - Adequate sensory input



Specific design elements for accessible gardens

Sensory elements

Layout

Accessible Pathways

Seating area

Accessible tools

Shade



Site Criteria

- Flat site
- Curb cuts exist
- Accessible and paved entry to project site
- ADA-accessible parking and route to entry
- Access to the site on paved streets
- Access to restroom facilities
- Access to water source and utilities
- Close to bus route

Raised Garden Beds & Accessible Pathways

Raised Garden Beds

Recommended measurements aligned with the ADA
Wheelchair accessible: 12' x 5' and 27-32" high
Standing: 30" high



Accessible Pathways

- Minimum of 4 feet to ensure access for wheelchairs, walkers and wheelbarrows
- Allow enough space for turning
- Visual cues
- Ensure pathways are level, firm, and free of obstacles

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Contact: mhalzel@hawaii.edu



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Supply & Resource Guide
Coming soon