

PHYSICAL LEISURE - “Social and Therapeutic Horticulture”



(Left) Community Care staff learning the basics of gardening during a training session and (Middle and Right) a sample of the “Social and Therapeutic Horticulture” Toolkit

Gardening-related activities can help improve muscle strength and fine motor skills, stimulate senses through textures, tastes and smells, and offer opportunities for socialising and learning new skills. This workshop and activity toolkit was developed as part of AIC’s collaboration with students in Nanyang Polytechnic’s (NYP) School of Health Sciences’ Occupational Therapy programme.

Community Care staff will be **equipped with knowledge on gardening and how to meaningfully facilitate gardening-related activities** with their clients. The workshops are conducted by National Parks Board and an Occupational Therapist.

Participants will receive an **Activity Toolkit** containing instructions on how to carry out the activities. A minimum sign-up of 2 staff per facility is required.

Course Fees and Dates:



<https://for.sg/fj89r5>

Scan this with a QR code reader to find out more on available course dates and register via the AIC Learning Network’s Learning Management System (LMS).

How can I find out more?

Please contact us at healthyageing@aic.sg
 Healthy Ageing Department; Agency for Integrated Care