



Preliminary Study on the Effectiveness of horticultural Activities in the Elderly with Institutional Dementia(BPSD)

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Background

Elderly people with dementia (BPSD) who suffer from memory loss, due to forgetfulness, disorientation, judgment disorders induced anxiety, disorderly victimization, mental stress, etc., inappropriate care and limited ability to care for their families, demented elders are forced to leave their familiar home environment at the end of their lives, and negative emotional fluctuations such as stress, panic, helplessness, and sadness cause noise, anger or apathy.

Methods

Horticultural activities increase social interaction and emotional stability for elderly people with dementia (BPSD). Using observational performance and recording methods, from January 1, 2018 to November 30, 2019 in the nursing home affiliated to the North Taiwan Hospital, a total of 11 cases, once a month, one hour each time, a total of 23 horticultural activities, include succulents plants 3 times, seeds 7 times, vegetables 3 times, flower arrangements 5 times and embossing 5 times.

Results

Engage family with the elderly through horticultural activities. The average age was 85 years old, the male-to-female ratio was 3:8, 8 were moderately demented, 3 were neurotic disorders and 242 person-times (attendance rate: 95.6%). From the third week of the event, there were 237 person-times who were emotionally stable and no noisy; Due to increased interaction and familiarity, their indifferent expressions turned into happy laughter after the fifth week of the event.

Conclusions

Horticultural activities increase the opportunities for the elderly and their families to participate and interact, feel the satisfaction of "love and be loved", increase the social interaction between the elderly, and endless processes for plants, making the elderly with dementia happy and emotionally stable. It provides the elderly with a safe and comfortable familiar environment, physical assessment, professional team care and meets the five main needs of Maslow.

Relevance to Health Promotion in Hospitals and Health Services

Increase the social interaction through the design of gardening activities, giving emotional stability and mental health stability of Elderly people with dementia (BPSD).

Keywords

Horticultural activities, BPSD, Dementia.