

Intervention CS9- Care Farms

Preliminary program 2 May 2024

Background

The intervention will consist of a so-called Action Research, also referred to as a Community of Practice. With the aim of improving the use of the outdoor area at the care farms. Which is different from most research in the area, aimed at showing that nature-based therapies are superior to conventional therapies. We do not believe in this approach, as there is much variation in both nature-based and conventional therapies. There is also a problem with bias in this area of research, with researchers who believe in the superior effect of nature-based therapies presenting data in such a way that it supports their beliefs. Objective evaluations show no differences between nature-based and conventional therapies (Corazon, Sidenius, Poulsen, Gramkow, & Stigsdotter, 2019). Which aligns with meta-analyses of the effectiveness of different types coaching and therapy, which typically do not show any difference between different therapies (Cuijpers, Donker, van Straten, Li, & Andersson, 2010).

Present study

For the present study we take a different approach, aimed at supporting care farms in providing nature-based therapy for elderly with dementia and young people with a mental handicap in the Netherlands to make better use of their natural outdoor area. We will organize three sessions with staff of six care farms, in which they will share, learn and get inspiration on the use of the outdoor area at their farm. They will receive a budget for realising their interventions. They will also evaluate, as their own researchers, the effectiveness of the interventions, on the well-being of clients. We will compare, pre-, and post, the characteristics of the outdoor environment and psychosocial climate at the farms, through visits at the six intervention farms and six control farm surveys post surveys among staff and caregivers of clients.

Details of intervention and meetings

The meetings (of the intervention farms) will be structured as follows

Meeting 1 – 17 May 2024

- 9.30 – 10 Walk in, with coffee and tea
- 10-11 – Welcome from the project team, and introduction exercise to get to know each other.
- 11-12 – introduction to the project by Agnes van den Berg
- 12-13 – Lunch
- 13-14 – Inspiration lecture/workshop by Agnes van den Berg – pioneer in research on health benefits of nature.
- 14-15 – Working in groups to share successful interventions and to adopt each other's interventions.
- 15-16 Sharing results and suggestions for homework - filming adopted activities in the outdoor area on your phone.

Meeting 2 – 25 June 2024

- 9.30 – Walk in, with coffee and tea
- 10-11 – Feedback on home work
- 11-12 – Working in groups to share experiences.
- 12-13 – Lunch
- 13-14.30 – Inspiration lecture/workshop by Jasperina Venema, renowned landscape architect in the Netherlands. Expert when it comes to the application of the perceived sensory dimensions model (PSD) See; <https://www.vanhelvoirtgroenprojecten.nl/nieuws/groen-en-gezondheid-een-perfecte-combi>
- 14.30-15.30 – Working in groups to discuss the model each other's interventions.
- Sharing results and suggestions for homework – to evaluate and develop new interventions in the outdoor area based on the model, with instructions from the expert.

Meeting 3– September 4 2024

- 9.30 – Walk in, with coffee and tea
- 10-11 – Feedback on home work and sharing interventions
- 11-12 – First part of workshop by Yoke de Wilde – nature coach specialized in coaching people towards a deeper spiritual connection with nature. See <https://www.smaragd-coaching.nl/yoke-de-wilde>
- 12-13 – Lunch
- 13-14 – Second part of workshop Yoke de Wilde.
- 14-16 – Working in groups to make plans to make better use of nature in both working with clients and to make working on the farm more meaningful in terms of work satisfaction.
- 16-17 Closure and drinks!

References

- Corazon, S. S., Sidenius, U., Poulsen, D. V., Gramkow, M. C., & Stigsdotter, U. K. (2019). Psycho-physiological stress recovery in outdoor nature-based interventions: A systematic review of the past eight years of research. *International Journal of Environmental Research and Public Health*, 16(10), 1711.
- Cuijpers, P., Donker, T., van Straten, A., Li, J., & Andersson, G. (2010). Is guided self-help as effective as face-to-face psychotherapy for depression and anxiety disorders? A systematic review and meta-analysis of comparative outcome studies. *Psychological medicine*, 40(12), 1943-1957.