



The Healing Garden at Salmon Creek Medical Center

Date of Renovation Design Team Process: January – March 2015

Date of Construction Completion: June 2017

Date of Initial Construction: 2005

Designer: Brian Bainson, ASLA, Quatrefoil, Inc.

Disciplines Involved: Physician; Hospital President; Employee Health Nurse; Physical, Occupational, and Horticultural Therapists; HT Students; Nurse Manager; Garden Coordinator; Rehabilitation Manager; Floor Nurses; Current and Former Patients and Families; Volunteer Services Manager; Garden Volunteers; Spiritual Care Staff; Facilities Staff; Landscape Architect; and Foundation staff.

Goal of Design: Create a hospital therapeutic.

Populations Served: Acute care inpatient adults, outpatient pediatrics, music therapy programs, families, visitors, neighbors and staff, 24-7 in a public garden.

Significant elements as they relate to therapeutic garden design

[AHTA Therapeutic Garden Characteristics:](#)

1) Scheduled and programmed activities---

Patients and their families enjoy time together in the garden in all seasons. Children and their families use the garden as a place to play and explore in a home-like setting. Each rehabilitation therapy uses the garden to help meet patient goals year-round, as weather permits. Plant signage and other educational devices provide information to garden visitors. Employee Health and Staff appreciation activities are scheduled in the garden. We celebrate Earth Day with collaborative events presented by the Good Health Team, Sustainability and Garden programs. Pet Therapy and Art Care services collaborate as partners in most garden event dates. Spiritual Care Teams organize a range of events especially using the labyrinth. Nursing leadership schedules nursing recognitions and unit and team celebrations in the garden. The Therapeutic Gardens program schedules year-round events outdoors weather permitting and indoors in the garden hallways during inclement weather. **June 11, 2020**, we celebrate our third year in the garden.

2) Features modified to improve accessibility----

Rehabilitation therapies use various walking surfaces, ramps, inclines, and other opportunities for cognitive and physical activities. Some of the garden is raised up to the patient to accommodate wheelchair users and those unable to bend to the ground; this accounts for most of our users. Seating walls accommodate patients with decreased balance and endurance. Each modification to the therapeutic garden allows patients to explore and interact with the garden to touch, study, smell and enjoy moving about the garden on their own terms and at their own pace. The garden is designed to support independent use by patients, their families, and employees during unstructured time. The view out the patient window from three sides of the garden supports patient restoration and engagement with nature benefits year-round. Interior hallways offer views out to the garden and places to rest with protection during inclement weather.

3) A profusion of plants and people/plant interactions---

This is a rich, lush intriguing botanical collection with four seasons of sensory stimulation. People/plant interactions are encouraged by botanical signage, plant placement for touch and smell and regularly scheduled activities for patients and visitors. Simple patterns of

paths, seating options and workplaces for horticulture, therapies and socialization encourage people/plant interactions. We maintain a bed of various summer marigold types, since this was a topic of discussion for many members on the garden design team. The garden features a collection of unique Japanese garden plants cultivated by a local community member and horticulturist. Community members serve as garden volunteers several days each week hosting people in the garden, answering questions and maintaining a high-quality, restorative environment of care.

4) Benign and supportive conditions---

The garden provides a safe, secure and comfortable setting for users. Patients and families choose areas to balance privacy and social support needs. Visitors enjoy watching hummingbirds, butterflies and birdlife in the garden. Pest and disease resistant plants are selected to avoid use of pesticides and chemicals. Quiet and more active areas of the garden support user needs. Shade is provided by the pavilion, trees and sun movement during the day. Yes, patients and families do request a room with a garden view!

5) Universal design---

The garden is designed and programmed for the widest range of users and abilities. It accommodates the needs of outpatient children and their families to visiting children who need to “run off steam” while family supervises and plays with them as they explore and discover the garden on their own schedule together. Adult patients use the garden during unstructured time in the company of family and friends. Rehab therapists use the garden for patient therapies. The garden stimulates the full range of senses including memory, hearing, touch, smell, and taste by careful selection of plant materials, way finding, garden accessories and programmed activities.

6) Recognizable placemaking---

The design and plantings provide for a simple, unified and easily comprehended setting. Visitors are focused on plant-related sensuality, comfort and independence in this therapeutic garden. Patient room views into the garden and hallway views into the garden welcome all to engage to meet a wide range of individual and program needs.

Funding Sources: Legacy Salmon Creek Medical Center Foundation

Size: 10,000 sq. ft.

Cost Sq. Ft.: \$45.00 renovation construction

Maintenance Plan:

Directed by Coordinator of Therapeutic Gardens

1. Four hours paid Contractual Gardener weekly year-round: grooming, pruning, planting, soil amendments.
2. Eight to twelve hours Garden Volunteers weekly: weeding, sweeping, watering, grooming, event assist.
3. Irrigation repairs, fountain maintenance and power washing managed by Facilities Dept.

Additions Pending/Complete:

Phase 2-- 2019: Added turtle as a seat/play opportunity for children; two children’s chairs; two dining tables with umbrellas and chairs.

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Legacy Health

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Legacy Story Center

<https://www.legacyhealth.org/about/news-and-media/story-center/stories/2019-stories/community/2019-09-ICU-healing-gardens.aspx>