

The Rehab Team at Panama City Nursing Center had **a resident that was in the facility for approximately 2 weeks and refused to participate in therapy.** We would constantly have refusals from her throughout her stay here. She went home and ended up back in our facility because of numerous falls and safety concerns in her home.

As a rehab team, we brainstormed to determine what we could do to facilitate her therapy and assist with helping her return home safely. **We interviewed her and found that her passion was gardening.** So, we purchased some seeds and potting soil and went to work. My team created a fantastic gardening group. The first day of the group they decorated Styrofoam cups to plant the seeds in and the next day they planted the seeds in the cups and Physical Therapy challenged the resident's balance by having her stand and reach for items while planting the seeds. Speech Therapy used this time to address cognition by having the residents read the directions on how to plant the seeds and then coming up with different gardening ideas about the flowers.

Occupational Therapy addressed fine motor and UE strength by placing the seeds in the cup and then filling them with dirt. **Suddenly we now had a resident that couldn't wait to come to therapy with a smile on her face while checking on her "babies" as she calls the flowers.** The residents check the plants each day to determine if they need watering and we discuss gardening ideas on how to make them grow to be beautiful flowers. This group continues to be ongoing each week as we are now transplanting them into larger pots to eventually be outside for the rest of the facility to admire and enjoy!

We have seen such a drastic change in this resident and the others that participated in the group just by purchasing a few seeds and some soil and working together as a TEAM to think outside of the box and plan such a fun and exciting group for this resident as well as a number of other residents who participated.

