

What is the LeadingAge California GARDEN Project?

The California Department of Public Health has awarded a civil monetary penalties (CMP) grant of \$3.9 million to the LeadingAge California Foundation to bring Eldergrow's interactive and purposeful program that brings nature indoors with mobile, indoor therapeutic sensory gardens and a team of Eldergrow Educators who teach therapeutic horticultural classes to 75 skilled nursing facilities.

The LeadingAge California GARDEN (**G**arden **A**ccess **R**esponds to **D**iagnosis and **E**nvironmental **N**eeds) Project aims to reduce resident loneliness, provide a meaningful and productive therapeutic activity, reduce depression, stimulate cognitive activity, and encourage motor skills. The three-year project aims to directly impact the problem of social isolation and loneliness caused by COVID-19.

What is Eldergrow?

Eldergrow offers residents a therapeutic connection to nature through innovative gardening products & services. Eldergrow brings nature inside 12 months a year, improving life for the growing community of older adults living in residential and nursing care.

Therapeutic Horticulture Benefits:

- Improves motor skills
- Reduces risk factors for dementia
- Elevates mood
- Improves sleep
- Reduces falls
- Reduces agitation
- Improves self-esteem
- Acts as an antidepressant

At No Cost, Participating SNFs receive:

- Indoor, mobile ADA accessible Garden Frame(s)
- All garden supplies including organic soil and non-toxic plants
- Twice-monthly on-site sessions per garden led by trained Eldergrow Educators

Interested in joining the GARDEN Project?

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