A PLACE TO GROW:
Designing Outdoor Spaces to Support Horticultural Therapy and Vocational Training for People with Schizophrenia

ABSTRACT

Horticultural therapy and vocational training can be beneficial to people with mental illnesses, including those with schizophrenia. However, little research exists on how to design outdoor spaces for people with schizophrenia, so this paper aims to identify how outdoor spaces can be designed to support horticultural therapy and vocational training for people with schizophrenia. People living with schizophrenia experience episodes of psychosis, which can include hallucinations and delusions, and it is common to have difficulty finding motivation (Hicks 268-269 and Olszowy 64). The main findings outlined in the design guidelines are to 1) avoid designing structures and forms in the landscape that may be perceived to symbolize something threatening, 2) avoid designing areas with tall, dense vegetation that may be perceived as a potential hiding place, and 3) provide a variety of choices of spaces and activities.

RESEARCH QUESTION

How can outdoor spaces be designed to support horticultural vocational therapy for people with schizophrenia?

SITE: THE FARMHOUSE

Parent Nonprofit Organization: Yolo Community Care Continuum
Residential Units: One 5-bedroom farmhouse
Maximum Number of Clients: 10
Location: Davis, CA
Date: Founded in 1979
Size: 10 acres

BEAUTIFYING AREAS NEAR THE HOUSE

CONNECTING ACTIVELY USED SPACES ON-SITE

TRELLISED ARCHWAY

RAIN GARDEN, PICNIC TABLE, AND PERGOLA

ROCK GARDEN

BUTTERFLY AND HUMMINGBIRD GARDEN & BOULDER SEATING

WORKS CITED:
