

## 🌿 Maude's Garden 🌿

What makes this space a memory garden? We applied and built on the key features of therapeutic landscape design in our process of creating a garden for people living with memory loss and their loved ones.

### Accessibility through Universal Design

Design allows people to encounter garden in their own way, no matter limitations

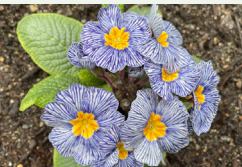
- **ADA-compliant path** Crushed, compacted gravel on (6ft wide, 80 ft long) path and all open spaces, to provide a smooth walking surface that can also accommodate wheelchairs, walkers, canes.
- **Raised garden bed** The creative stone garden bed is made of recycled concrete and mortar studded with sea glass. The flagstone cap is a sitting area or a supportive place to lean over for interacting with plants.
- **Ample seating** Multiple benches, in addition to seating on edge of center bed and movable chairs/tables.



### Profusion of People/Plant Interactions, Special Features:

Conscious provisions of spaces and places for restoration, horticulture education, therapy, and for social exchanges. The garden promotes four seasons of sensory stimulation.

- **Planting design** We focus on non-toxic plants that offer one or more of these qualities: bright color, interesting texture, aroma, taste, native plant status (a top request from community), low maintenance. We will eventually have a specimen tree, fragrance corridor, and themed garden beds.
- **Elements of discovery, whimsy, special features** We not only want the garden to be accessible, but we want the garden to be a place of moments of discovery, feeling of coherence, remembrance. Examples: The spiral shape of the path is echoed in the rock herb spiral within the bed, and echoed again in the musical sculpture on finds along the path.
- **Two gathering spaces**, each which opens into one end of the garden pathway.



### Well-Defined Parameters; Recognizable Placemaking

Edges of garden spaces and special zones of activities within the garden are often intensified to redirect attention to garden displays. A simple, unified and easily comprehended place.

- **Well-defined pathway edges** Edges are a mix of Cedar, Oak, and Big Leaf Maple logs. Thanks to the simple design, we hope it is clear where one is meant to travel through, sit, or interact with something in the garden.
- **The relatively small size of the garden** is a benefit; when one looks into the garden from most any point, it is possible to see the whole thing. No one can get lost or wander away unnoticed. It will be possible for couples to walk together; or for a care partner to sit and relax while their loved one explores on their own.
- **Classic, recognizable water feature** A water feature was a top request in our focus group, and it is needed to create a buffer from city sounds. We chose one closely resembling a classic garden water feature, over a more modern art form. For people living with memory loss or dementia, familiar visuals can trigger emotions and long-term memories. The garden bed has one flagstone section of a different color, located in the spot right in front of the fountain, encouraging a visitor to sit in this special spot and reflect while looking at flowing water in the fountain.

### Scheduled Programs and Activities

A horticultural therapy (HT) program guiding and promoting a program of activities and experiences in the garden is critical.

In our minds, while HT doesn't need to take place in a garden, a memory garden needs HT or HT-inspired activities and programs to be a memory garden! In a memory garden, there is an intentional offering of engagement opportunities for people living with memory loss and their caregivers and care partners. Towards this goal, we launching the Spring season of the adapted Garden Discovery Walk program that will now take place in Maude's Garden. This program combines social engagement, time exploring the garden, and participation in a HT-inspired draft activity, which emphasizes mindfulness, creativity, fine-motor skills, procedural, long-term memory for 'how to do things', and a relaxed time with one's partner. We are planning on growing our offerings over time.



Updates are available here: [thememoryhub.org/garden](http://thememoryhub.org/garden)

Maude's Garden was ultimately made possible by amazing team work and philanthropic donations facilitated through the Memory Hub and UW Medicine Advancement and constant encouragement of UW MBWC director Thomas Grabowski. We also thank the members of our focus group, our community members for donations of plants and labor, our hardscape contractor Stone Soup Gardens, and the Frye Art Museum for allowing this project on their property, helping with the irrigation plan, and handling on-site security. Questions? Contact Genevieve at [gwanucha@uw.edu](mailto:gwanucha@uw.edu)