

Innovation & Development Commons
Brown Bag Lunch – June 27, 2019
Everyone Welcome!
Learning and Development Centre Room 0505
UHNBC, Prince George
12:15pm – 1:00pm



Georgia Betkus, BHSoc
Graduate Student
University of Northern British Columbia

Meg Labron, BA
Graduate Student
University of Northern British Columbia



Co-Creating Meaningful Patient Oriented Participatory Research on Gardening and Horticultural Therapy in a Long-Term Care Facility

Older adult residents in a Long-term and Assisted Living care facility in northern British Columbia partnered with researchers from the University of Northern British Columbia and representatives of the Northern Health Authority to inform development and planning of new gardening and horticulture program focused on promotion of the natural environment in their facility.

The objective of this co-directed study follows a participatory approach as our inter-disciplinary team worked with older adult residents to define the scope of this project. Together, residents and researchers conducted an environmental scan and researchers are currently conducting a knowledge synthesis of existing horticulture practices in long term care facilities. Weekly meetings with residents in their facility were conducted to ensure that the project is resident-driven. This involves co-searching online, identifying search terms, and scanning of retrieved resources. Though this project began with one patient partner expressing her own desires, it has expanded to a larger group of residents. They are enthusiastic to undertake a resident-driven approach to researching and designing a project to improve opportunities for horticulture for themselves and other residents.

This presentation will discuss the co-design process of patient-oriented research employed on our project in a long-term care facility setting with a focus on methods and benefits of engagement with patients. In conclusion, a key aspect of our project is ensuring that the promotion of health and wellbeing of the residents is prioritized and that the interventions developed are delivered in a way that meets the needs of residents in an inclusive manner.