



# Horticultural Therapy Association of Victoria

## PUBLICATIONS

### Horticultural Therapy

This is a personal account of Norm Allan's experiences whilst working with Horticultural Therapy at the Transport and Accident Commission Rehabilitation Centre at Glen Waverley.

### Starting a Horticultural Therapy Program

This booklet outlines approaches to starting a horticultural therapy program with emphasis on outdoor activities. It examines key issues to be aware of and offers suggestions for establishing the garden.

### Raised Garden Beds

Raised beds are built to provide easier access for gardening. Raised garden beds can be designed to meet the needs of the elderly, frail or people with a disability to make gardening more accessible and enjoyable for them. There are also suggestions on height and design.

### Sensory Gardens

A sensory garden is one that stimulates the use of the five senses - fragrant plants, interesting surfaces to touch, a variety of visual stimuli, herbs, vegetables and fruit to taste and the gentle rustle of leaves. This booklet contains ideas and suggestions on how to create your own sensory garden.

**Books** - cost \$7.00 each (\$6.00 for members). **Set (4 Books)** - cost \$25 (\$20 for members).  
Postage and handling costs are applicable at \$2 per book (within Australia).  
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Email: [contactus@htav.org.au](mailto:contactus@htav.org.au)

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