



National Unit specification: general information

Unit title: Horticultural Therapy (SCQF level 4)

Unit code: H1X7 10

Superclass: SE

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Summary

This Unit has been designed to develop candidates' understanding of therapeutic practices involving horticulture. Candidates will learn of the value of horticultural therapy to users, how to adapt horticultural techniques for therapy and will have the opportunity to make use of their knowledge and skills in horticulture to assist individuals with therapeutic needs to participate in gardening activities.

The Unit is for candidates with little or no experience of this subject. This is an optional Unit in the National Certificate in An Introduction to Horticulture at SCQF level 4. It is also suitable to be taken as a free-standing Unit.

Outcomes

- 1 Describe the function of horticultural therapy projects.
- 2 Explain adapted horticultural techniques for use on horticultural therapy projects.
- 3 Assist as a volunteer on a horticultural therapy project.

Recommended entry

While entry is at the discretion of the centre, it would benefit candidates to have completed the following Units in the National Certificate in Introduction to Horticulture (SCQF level 4):

- H09A 10 *Gardening Skills*
- H1YL 10 *Horticulture: Prepare an area for Landscaping*
- H1YH 10 *Horticulture: Create a Landscaped Site*
- H1YM 10 *Horticulture: Landscaped Aftercare*
- H1TN 10 *Horticultural and Greenkeeping Tools and Machinery: An Introduction*

General information (cont)

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Credit points and level

1 National Unit credit(s) at SCQF level 4: (6 SCQF credit points at SCQF level 4)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of CQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

National Unit specification: statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Outcome 1

Describe the function of horticultural therapy projects.

Performance Criteria

- (a) Describe horticultural therapy.
- (b) Identify different user groups for horticultural therapy.
- (c) Describe the benefits to participants in horticulture therapy projects.

Outcome 2

Explain adapted horticultural techniques for use on horticultural therapy projects.

Performance Criteria

- (a) Describe examples of adapted horticultural techniques.
- (b) Explain the need to modify and adapt horticultural techniques.
- (c) List tools and equipment used when adapting horticultural techniques.

Outcome 3

Assist as a volunteer on a horticultural therapy project.

Performance Criteria

- (a) Assist with planning a simple horticultural therapy project.
- (b) Participate and assist staff and participants in the horticultural therapy project.
- (c) Use tools and equipment safely.
- (d) Describe activities and personal involvement in the project.

National Unit specification: statement of standards (cont)

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Evidence Requirements for this Unit

Written and oral recorded evidence is required to demonstrate that candidates have achieved all Outcomes and Performance Criteria. Evidence will be generated under open-book supervised conditions. All practical activities must be carried out in accordance with health and safety legislation, including wearing PPE where necessary.

For Outcome 1 candidates must:

- ◆ provide an accurate brief description of horticultural therapy
- ◆ identify four different user groups for horticultural therapy
- ◆ describe four benefits to participants in horticultural therapy projects

For Outcome 2 candidates must:

- ◆ provide two examples of adapted horticultural techniques and explain why it was necessary to modify them
- ◆ list five tools and three items of equipment which might be used in a horticultural therapy project

For Outcome 3 candidates must:

Provide evidence of having assisted in a horticultural therapy project including:

- ◆ a project implementation plan
 - in assisting in implementing the plan candidates should include an initial assessment of the user and the most appropriate therapy for the user; together with plans for daily tasks as instructed by the supervisor
- ◆ assisting staff and participants in the horticultural therapy project
 - in assisting in the horticultural therapy project, tasks, carried out under supervision, will include a minimum of four from the following:
 - seed sowing — indoor/outdoor
 - bulb planting
 - container growing,
 - taking cuttings
 - soil management
 - composting
 - plant Identification
 - potting on/potting up
 - weed identification and control
 - general plant care
- ◆ using all tools and equipment safely and according to instructions
- ◆ describe activities and personal involvement in the project
 - the candidates must submit a diary or logbook which contains an accurate description of the activities undertaken together with an explanation of how they supported individuals

National Unit specification: support notes

Unit title: Horticultural Therapy (SCQF level 4)

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is aligned to the following LANTRA National Occupational Standards (NOS)

CS1	Maintain the safety of self and others in the workplace
CS6	Transport physical resources within the work area
CS13	Assist with the maintenance of grass surfaces
CS14	Assist with maintaining structures and surfaces
CS15	Assist with the preparation of equipment
CU17	Assist with the maintenance of equipment
CS48	Assist with planting and establishing plants
CS49	Assist with maintaining plants
CS50	Assist with the vegetative propagation of plants
CS51	Assist with the propagation of plants from seeds
CS52	Assist with harvesting, collecting and preparing crops
CU70	Assist with the control of pests, diseases and disorders
CS53	Assist with the preparation of the growing media

Horticultural Therapy is the engagement of a person in gardening activities facilitated by a trained therapist. It can be the active process in the context of a treatment plan and can be beneficial for people of all ages, backgrounds and abilities. Horticultural Therapists are specially educated/trained members of a rehabilitation team which can include doctors, psychologist, psychiatrists, occupational therapists and social workers.

The Unit offers opportunities for interested candidates to develop their knowledge of horticulture in a therapeutic context and ideally participate as a volunteer in a project which could involve an individual or a small group within different organisations such as NHS Trusts and Local Authority Social Work departments. The emphasis should be placed on the needs of individuals and how to make horticulture available and accessible to everyone who desires it, or who may benefit in a therapeutic sense.

Outcome 1 covers the basic knowledge of horticultural therapy as well as identifying user groups and their requirements. User groups include people who have been disadvantaged by age, circumstances or ability and can include people who are:

- ◆ elderly
- ◆ socially disadvantaged
- ◆ recovering from stroke or heart disease,
- ◆ blind or partially sighted
- ◆ in the early stages of dementia
- ◆ experiencing physical or learning difficulties
- ◆ substance abusers
- ◆ public offenders

National Unit specification: support notes (cont)

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Candidates will learn how users benefit from being involved in horticulture, working with plants and exposure to environmentalism. Proven benefits to users include:

- ◆ contribution to the rehabilitation process after an illness
- ◆ helps recovery from a wide range of conditions
- ◆ helps slow down deterioration seen in degenerative diseases
- ◆ provides physical exercise
- ◆ promotes health
- ◆ relieves tension, anger and aggressive feelings
- ◆ meeting new people/working as part of a team improves social interaction and communication
- ◆ teaches problem solving
- ◆ develops confidence, independence and self esteem
- ◆ a means of bringing improvement to their life
- ◆ help with learning a new skill which could lead to further opportunities

Visits and guest speakers are recommended to provide expert insight to horticultural therapy and how the needs of individuals vary according to task; situation and the specific capabilities and needs of the individual.

Outcome 2 introduces candidates to techniques for modifying and adapting accepted practice to suit user needs. Users of horticultural therapy projects are involved in all phases of gardening from propagation to selling products. Candidates will consider various gardening tasks and how they might be undertaken by users with specific needs. These will include:

- ◆ seed sowing — indoor/outdoor
- ◆ bulb planting
- ◆ container growing
- ◆ taking cuttings
- ◆ soil management
- ◆ composting
- ◆ plant identification
- ◆ Potting On/Potting Up
- ◆ weed identification and control
- ◆ general plant care

Candidates should be aware of modified tools, scoops, adjustable tables and large seeds and when they should be used to enhance user satisfaction of growing and creating garden features. Kneelers, raised beds and containers will make gardening possible or easier for particular users, while some users may require direct assistance to make the task feasible. Modified tools could include trowels, shovels, rakes, hoes, and spades with extended handles. Special seed dispensers for people with tremors are also available. Adapted tools could include extensions to normal tools using velcro strips, replacing handles with 'T' handles and making pots or planters from milk/juice cartons.

National Unit specification: support notes (cont)

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Outcome 3 is an opportunity for candidates to assist with users/clients/groups by volunteering for a project in which they will have the opportunity to assist in implementing knowledge of modified gardening to suit specific requirements.

Candidates will require approval and permission to assist with individuals and projects and centres are expected to assist candidates in finding appropriate placements. This could also be carried out in a centre with horticultural teaching areas and appropriately qualified staff.

Guidance on learning and teaching approaches for this Unit

Candidates will ideally have some gardening experience and be able to adapt horticultural activities to suit the specific needs of users. For this reason it would be best to deliver this Unit in the later stages of the Group Award if it is delivered as part of the National Certificate in An Introduction to Horticulture.

Case studies; group work and research into standard horticultural therapy methods would prepare the candidate for developing appropriate activities and approaches for specified situations.

The use of visits to projects and expert guest speakers will help expose candidates to the practice of horticultural therapy including examples of assistive tools and equipment. Observing instructors and occupational therapists in action with clients and groups would be beneficial and provide an insight in to what can be achieved.

The Unit should be an opportunity to highlight the prominence of horticulture therapy and promote it as a possible career area. The Unit should be made as practical and enjoyable as possible.

By adopting the above learning and teaching approaches and through the Outcomes and corresponding Evidence Requirements, the Unit should provide candidates with an opportunity to develop the following essential skills for life, learning and work:

Employability — through developing basic skills to an acceptable industrial standard and working on time limited tasks.

Citizenship — the Unit could provide opportunities to demonstrate citizenship skills if the Unit is delivered as part of a therapeutic project for a local health board, hospice or charity. The candidate would also be gaining a greater understanding of the importance of charity work.

Sustainability — the Unit could develop skills in sustainable development as it focuses on aspects of environmental improvement and maintenance.

National Unit specification: support notes (cont)

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Guidance on approaches to assessment for this Unit

Outcomes 1 and 2 may be assessed by means of written/oral questions, or alternatively perhaps an assignment or project.

Outcome 3 would best be assessed by means of performance activity supplemented by an assignment or project for which candidates should maintain a portfolio of evidence. In this Outcome extra care is required to ensure that evidence is assessed at the appropriate level.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

In this Unit candidates will develop knowledge and skills of therapeutic practices involving horticulture.

Candidates will

- ◆ learn about the value of horticultural therapy to users
- ◆ learn how to adapt horticultural techniques for therapy
- ◆ and will have the opportunity to make use of their knowledge and skills in horticulture to assist individuals with therapeutic needs to participate in gardening activities

This means that as candidates are doing this Unit they will be developing aspects of the Core Skills of *Communication*, *Problem Solving* and *Working with Others*.

Communication skills are developed when liaising with user groups and when recording evidence.

Problem solving will occur naturally when considering and modifying the approach to take with the different situations and user requirements.

Candidates will work with others, while assisting and devising horticultural therapy activities for specific horticultural therapy projects and individuals.

Additionally candidates will develop the Core Skill of *Numeracy* when measuring and estimating timings and costings associated with the horticultural therapy projects; and the Core Skill of *Information and Communication Technology (ICT)* when researching methods, tools, and equipment to be adopted or adapted.

National Unit specification: support notes (cont)

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Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

National Unit specification: support notes

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History of changes to Unit

Version	Description of change	Date

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