

Djur, natur och hälsa – sociala och ekonomiska effekter – SLU Skara, 19 maj 2014

- Grön omsorg – ur ett brukarperspektiv:
The core of green care – from the users' perspective
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What is Green Care?

- There are several forms of Green Care services:
- “Green Care”, “Social Farming” or “Farming for Health”
- Green Care: Social and Therapeutic Horticulture, Animal assisted therapy, Care Farming, Facilitated green exercise as treatment, Ecotherapy, and Wilderness therapy; Nature therapy.
- Norway: Inn på Tunet (Into the courtyard)
- Sweden: Grön Arena

Forskning om verksamma mekanismer i grön omsorg

- Ökad/fokuserad uppmärksamhet
 - Fysisk aktivitet
 - Positiv social kontakt
 - Stressreduktion
 - Naturmiljön ger rum för reflexion och upplevelse av mening
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- **Sammansatta faktorer – svårt att renodla**
 - **Forskningen ännu i sin början**



The farm

- a spacious place that offers



Contact



Action



Knowledge



Community

- in a natural environment



- **Recovery-Oriented Green Care Services – a research-project to increase the knowledge on Green Care**
- **Hedmark University College, Norway**
- **Some publications and information available on hihm.no**
- **Concluding conference 21-22 May 2014**



Recovery

Three different interpretations of the concept of recovery :

1. Process of improvement without treatment
2. Result of effective treatment
3. Personal process of change

(SCIE 2008, Hummelvoll 2012)

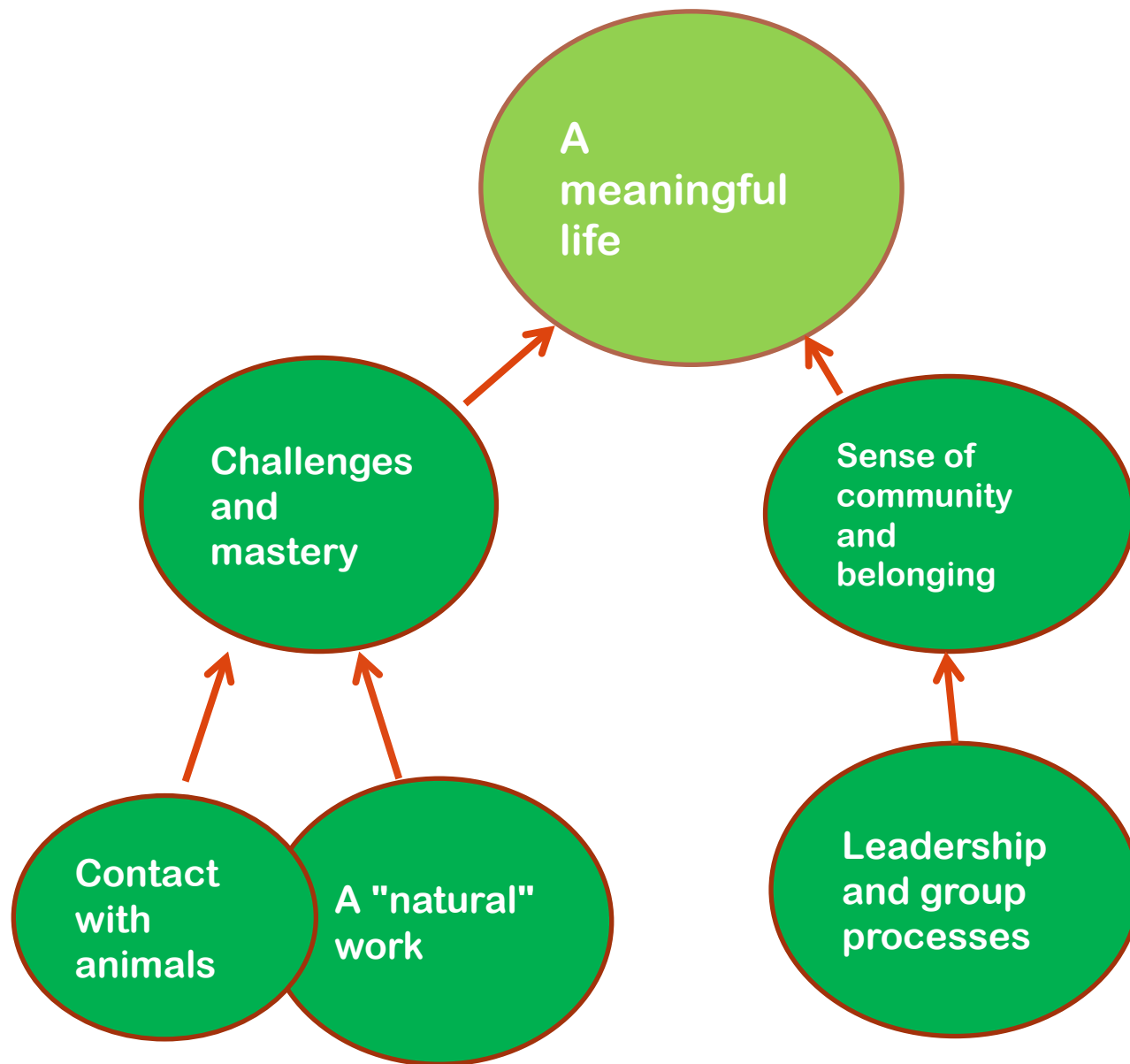


Method

- Exploratory, descriptive and qualitative method
- A modified Grounded Theory model
- Qualitative semi-structured interviews with 20 participants in Green Care Services
- Aged: 22-55 years, Mostly 35-40 years
- Proximately same number of sex



Main category	A meaningful life				
Category	Contact with animals	A "natural" work	Leadership and group processes	Challenges and mastery	Sense of community and belonging
Indicators	Proximity and care for animals	Continuity in everyday life	Being active and accomplishing tasks together.	Encouraged and challenged to accomplish new activities	Joint activities give social belongingness
	Animals gives proximity without ulterior motives	Recurrence time gives meaning with day and the life	To be respected by others	Physically heavy work feels meaningful	Equality with others on the farm
	Mastery of animal care and activities	Meaningful Activity	Having a meal together and talk about the day's tasks and experiences	Outdoor work	Increased social life outside the farm
	Animals are depending on me	Active participation in community	A supervisor who can communicate and gather the group	The experience of being physically tired by the work - the experience of using one's body	To be seen as a whole person
	Coping horse gives increased self-esteem	Coping gives increased self-esteem and experience of growing			
		To experience the years alternations - sowing and harvesting			



Green care - positive experiences

- The participants have:
 - developed a daily routine and structure,
 - experienced meaningful activities – by being physically active - without feelings of pressure,
 - been working together for a common purpose,
 - developed skills and increased self-esteem,
 - experienced social interaction and opportunities for enlarged social contacts.



Factors that Green Care share with some other treatment services:

- Development of a daily routine and structure.
- Participation and production through meaningful activities (but not in a pressured environment).
- Social interaction and opportunities for social contact.
- Working with others for a common purpose.
- Opportunities to be involved and 'to have a say' in the running of activities
- Development of skills, competence and identity; and the development of self-esteem and the esteem of others
- Opportunities for physical activity
- Association with work, occasional receipt of nominal pay or expenses
- Possible opportunities for paid employment
- Potential access to products and outputs of the farms or garden (Sempik et al. 2010)



Factors specifically connecting to the contact with nature within Green Care:

- Sense of connectedness with nature, possibly fulfilling a spiritual need
- View of nature as inherently peaceful and exerting a calming effect
- Sense of wellbeing through the belief that nature and fresh air are inherently healthy
- 'Fascination' with nature i.e. being able to engage with it without great effort
- Opportunity for nurturing plants and animals and the satisfaction and fulfillment that ensues
- Protecting nature – fulfillment of the desire to protect the environment from damage from pesticides and other chemicals
- Working together with nature in order to maintain or improve it
- Engagement with a dynamic system i.e. through changing seasons and weather
- Being governed by the needs of the environment through the need to plant and harvest at appropriate times – the environment as demanding of labor. (Sempik et al. 2010)



THANK you for listening!!



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