

Turning Over a New Leaf: Links Between Nature Access and Outcomes in Long-Term Care



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ZOOM LINK:
<https://utoronto.zoom.us/j/86779011004>

Natural environments (e.g., vegetation, daylight, fresh air, sky, water, weather, and animals) in healthcare design are thought to promote health. This presentation will describe a study that examined the relationships between the natural environment and the mental health and well-being of older adults living with Alzheimer's disease and related dementias (residents) and of their professional caregivers in long-term care homes.

The design, usage, and exposure to natural environments in long-term care homes were significantly associated with outcomes such as work-related stress, burnout, turnover intention, and responsive behavior in secure and non-secure home areas. Practical implications derived from the finding will present opportunities for future research and potential interventions to include in the transformation of long-term care homes.

Dr. Peggy Chi is a licensed landscape architect whose work focuses on research, knowledge mobilization, and use of evidence to inform the design and decision-making of aging environments.

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