

Greenspace in residential care

There is a growing body of evidence demonstrating the benefits of green space to physical and psychological wellbeing. Short term positive effects have been demonstrated in psychological stress, mood, attention, and even memory. This project seeks to understand the value of greenspace to older people in residential care with a view to developing guidelines and interventions to help improve quality of life.



Exposure to greenery is known to have positive impact on people's health and well-being. Research has shown that being exposed to green space or greenery is related to faster recovery from surgery, reduced stress, and better mental health. For older adults, 'horticultural therapy' in residential care settings has been shown to have therapeutic effects. However, such interventions may work only for those who participate, and may not be feasible to implement for a prolonged period. It is possible that the simple presence of greenery has

positive health impact on residents in care facilities, but research does not seem to have examined how the presence of greenery (indoor, courtyard, and immediate outdoor) is related to their quality of life. We seek to understand

whether, to what extent, and what characteristics (type, arrangement, maintenance) of greenery in residential care settings can contribute to residents' mental health



Research Leader and Partners

Professor Takemi Sugiyama's research focuses on the nexus between health and design. After more than 10 years of research experience in diverse areas such as architectural design, urban design, behavioural and spatial epidemiology, he has recently joined ACU to further work on interdisciplinary research involving the built

environment, active living and health. Dr Sugiyama's current research focuses on neighbourhood environmental attributes associated with older adults' physical activity and sedentary behaviour, characteristics of indoor environments in relation to occupiers' activity and wellbeing, and the health impact of active and

sedentary transport. He has published more than 70 peer-reviewed articles in public health and environmental design and is a chief investigator in the NHMRC Centre of Research Excellence in Healthy and Liveable Communities. He is a certified architect (Japan)



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