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Nota di contenuto	Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces; Copyright; Contents; Foreword; Acknowledgments; Chapter 1: Introduction; References; Chapter 2: History of Hospital Outdoor Space; References; Chapter 3: Theory, Research, and Design Implications; The View through a Window; The Importance of Research; Research informs design; Research informs policy; Evidence-Based Design; Research on Benefits of Nature Exposure; Virtual nature, real nature; Scent, "forest bathing," and "green exercise"; Nature and the city Theoretical and Philosophical UnderpinningsBiophilia; Prospect-refuge theory; Stress: The "fight or flight" response; Stress reduction theory; Attention restoration theory; Other Pertinent Theories for Evidence-Based Healthcare Design; Emotional congruence theory; The aesthetic placebo; Nature and pleasure; Next Steps; References; Chapter 4: Types and Locations of Therapeutic Landscapes in Healthcare; Extensive Landscaped Grounds; Advantages; Disadvantages; Borrowed Landscape; Advantages; Disadvantages; Nature and Fitness Trails;

Advantages; Disadvantages; Landscaped Setback; Advantages
Disadvantages Front Porch; Advantages; Disadvantages; Entry Garden;
Advantages; Disadvantages; Backyard Garden; Advantages;
Disadvantages; A "Tucked Away" Garden; Advantages; Disadvantages;
Courtyard; Advantages; Disadvantages; The Hole-in-a-Donut Garden;
Advantages; Disadvantages; Plaza; Advantages; Disadvantages; Roof
Garden; Advantages; Disadvantages; Roof Terrace; Advantages;
Disadvantages; A Peripheral Garden; Advantages; Disadvantages;
Atrium Garden; Advantages; Disadvantages; Viewing Garden;
Advantages; Disadvantages; Chapter 5: The Participatory Design
Process; Legacy Health Overview
Purpose of Legacy Health therapeutic gardens Design process;
Organizing Staff to Conceptualize Needs; Design team meeting no. 1;
Design team meeting no. 2; Design team meeting no. 3; Benefits of the
Design Team Process; So, How Do We Start?; Key points for designers;
Key points for the healthcare team; References; Chapter 6: General
Design Guidelines for Healthcare Facilities; Overarching Design
Considerations; Safety, security, and privacy; Accessibility-ADA and
Universal Design; Physical and emotional comfort; Positive distraction;
Engagement with nature (biophilia)
Maintenance and aesthetics Sustainability; Programming and Site
Planning Considerations; Programming and site planning guidelines;
Specific Physical Design Guidelines for All Therapeutic Gardens; General
considerations; Visual access; Physical access; Pathways; Seating;
Utilities; Lighting; Water features; Other garden elements; References;
Chapter 7: Children's Hospital Gardens; The Challenge of Multiple User
Groups; Design Guidelines; General guidelines; Pathways; Seating;
Planting; Utilities; Case Studies; References; Chapter 8: Gardens for
Cancer Patients; References
Chapter 9: Gardens for the Frail Elderly

Sommario/riassunto

This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical info
