Record Nr. UNINA9910647769303321

Titolo Therapeutic landscape design: methods, design strategies and new

scientific approaches / / Stefano Capolongo, Monica Botta, Andrea

Rebecchi, editors

Pubbl/distr/stampa Cham, Switzerland:,: Springer,, [2023]

©2023

ISBN 3-031-09439-5

Edizione [1st ed. 2023.]

Descrizione fisica 1 online resource (131 pages)

Collana SpringerBriefs in applied sciences and technology

Disciplina 615.8515

Soggetti Gardening - Therapeutic use

Lingua di pubblicazione Inglese

Formato Materiale a stampa

Livello bibliografico Monografia

Nota di bibliografia Includes bibliographical references.

Nota di contenuto Intro -- Foreword -- Preface -- Contents -- Urban Health: Applying

Therapeutic Landscape Design. Methods, Design Strategies and New Scientific Approaches -- 1 Research Outlook -- 2 Why Do Towns and Cities Need Therapeutic Landscapes? -- 3 Evidence Base -- 3.1 Biophilia -- 3.2 Attention Restoration Theory -- 3.3 Salutogenesis -- 4 Putting Theory Into Practice -- 5 Design Guidelines -- 6 Applying Biophilic Design -- 7 Applying Salutogenic Design -- 8 Conclusion --References -- Biophilic Design: Nine Ways to Enhance Physical and Psychological Health and Wellbeing in Our Built Environments -- 1 Introduction -- 2 Biophilia -- 2.1 Biophilia and Biophobia -- 2.2 An Evolutionary History of Biophilia -- 3 From Biophilia to Biophilic Design -- 3.1 Design by Nature: The Legacy of Stephen Kellert -- 3.2 The 15 Patterns of Biophilic Design by Terrapin Bright Green -- 3.3 Thirteen Years of Biophilic Design Theories: A Comparative Analysis --4 The Future of the Biophilic Design -- References -- Growing the Seeds of Well-Being in the Garden -- 1 Introduction -- 2 The Impact of Nature on People -- 2.1 Caring for Plants -- 2.2 Plants as a Medicine for Elderly -- 2.3 Nature as a Therapy for Life -- 3 The Five Senses in Relation to the Nature -- 4 Community Garden -- 5 Horticultural Therapy for Companies -- 6 Conclusions -- References --Design of Natural Places for Care: Strategies and Case Studies -- 1 Introduction: Gardens for Health -- 1.1 Italian Context -- 1.2 Gardens

for People with Dementia -- 2 Case Study: Healing Garden-Garden of Happiness -- 2.1 Design Methodology -- 2.2 Garden Design Description -- 2.3 Results: Therapeutic Target -- 3 Case Study: Alzheimer Garden "II Faggio" -- 3.1 Design Methodology -- 3.2 Garden Design Description -- 3.3 Findings: Therapeutic Target -- References. Therapeutic Architecture. Assessment Tools and Design Strategies for Healing Gardens Implementation -- 1 Introduction -- 2 Theoretical Background -- 3 Purpose and Method -- 4 Findings and Discussion --4.1 Frequency of Use -- 4.2 Daily Time Usage -- 4.3 Purpose of Usage -- 4.4 Self-Reported Health and Wellbeing Outcomes -- 4.5 Design Strategies -- 5 Conclusions -- References -- Approaches to Post-Occupancy Evaluation and Wellbeing in Designed Space -- 1 Two Gaps: Before and After Occupancy -- 2 How We Live and Inhabit Space -- 3 Three Approaches to Post-occupancy Evaluation -- 3.1 The Experimental Approach -- 3.2 The Social Construction of Design Success -- 3.3 Performance and Quality -- 3.4 Evolution and Success of the Approaches -- 4 Evaluation for Wellbeing: Current Challenges --References -- A "Prosthetic Environment" for Individuals with Dementia -- 1 Introduction -- 2 General Features of Prosthetic Environments --3 Sensory Abnormalities in Individuals with Dementia: Vision -- 3.1 Reduced Contrast Sensitivity -- 3.2 Impaired Movement Perception --3.3 Difficulty in Identifying Colours -- 3.4 Lighting -- 4 Examples of Adaptation of Specific Environments -- 5 Conclusions -- References -- Light, Circadian Rhythms and Health -- 1 Chronobiology and Circadian Rhythms -- 1.1 Molecular Organization -- 1.2 Circadian Individual Preference (Chronotype) -- 2 Light -- 2.1 Mechanisms for Vision: Image and Non-image Forming -- 2.2 Natural Light, Artificial Light? -- 2.3 Light and Damage to the Retina -- 2.4 Light and Sleep -- 2.5 Urban Light -- 2.6 Domestic Light -- 3 Beneficial Effects of Light Modulation in Special Settings -- 3.1 Intensive Care Units -- 3.2 Elderly Care Homes -- 3.3 Psychiatric Settings -- 3.4 Workplaces -- 4 Natural Light and Green Spaces: The Healing Gardens -- 4.1 Patients with Alzheimer Disease. 4.2 People Living in Elderly Care Homes -- 4.3 Children -- 5 Conclusions -- References -- Green Spaces and Public Health in Urban Contexts -- 1 Health Determinants, Physical Activity and Green Areas -- 2 Green Spaces and Health: Insights from the Literature -- 3 Health Inequalities and Access to Green Spaces -- 4 Discussion: Strategies, Tools and the Italian Situation -- 5 Conclusions -- References -- Active Cities & Description -- Health: A Children Perspective -- 1 The Active Cities Approach -- 2 Children in Cities: A Complex Relationship -- 3 The Walk-To-School Research -- References -- Design for All: Strategy to Achieve Inclusive and Healthier Environments -- 1 Introduction -- 2 Design for All Strategy -- 3 Achieving Inclusive and Healthier Environment Through Design for All Strategy -- 3.1 Design Process: Users' Involvement -- 3.2 Design Process: Users' Activities and Context -- 3.3 Design Solutions: Principles and Goals of Universal Design -- 4 Case Studies: Design for All in Healthcare Design -- 4.1 St. Olavs Hospital -- 4.2 Grenville Ward Garden-Royal Cornwall Hospital -- 5 Conclusions -- References.

Sommario/riassunto

Through an approach strongly oriented to socio-health contexts and healthcare facilities, with multidisciplinary contributions on the methodological and technical aspects, or legislative issues, the book provides tools and design strategies to plan and realize therapeutic places and healing gardens for care, rehabilitation, interaction, and social inclusion. It addresses all the technical and medical professionals - like Architects, Urban Planners, Agronomist, Sociologists, Epidemiologists, Public Health experts, Policy Makers, etc. - wishing to

explore the link between built environment, well-being, and health, referring in particular to the direct relationship between places and therapy.