

Effects of green-care farms on QoL of people with a psychiatric and/or addiction history. Future research challenges on green care farming.

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# Three functions of a farm environment

- Cure (threatening, AAT, HT, etc.)
- Care (day-activity, rehabilitation, re-socialization)
- Prevention (burn-out, obesitas, etc.)





# Some results....

- ...let's do a quiz!



Which aspect on a green care farm do participants with psychiatric problems find most important?

- A: To work with animals
- B: To care for plants
- C: To have useful work
- D: To be part of a community



Which aspect on a farm do people with a drug- or alcohol addiction history appreciate the most?

- A: The animals
- B: The social contacts
- C: The respect of the farmer
- D: To be outside



# Future research directions

- Look at theories and approaches from the health care sector
- Does it work?
- What does work? The working elements of green care farms.



# The positive effects of green-care farming on the psychical, mental and social well-being of participants.

<i><b>Physical</b></i>	<i><b>Mental</b></i>	<i><b>Social</b></i>
Physical strength	Increased self-esteem	Re-socialization
Increased appetite	Persistence	Personal responsibility
Increased use of senses	Involvement and responsibility	Increased social contacts
Accomplishing more work	Relaxation	Increased self-respect
Becoming tired/ sleep better	Increased awareness	





# Questions?

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