

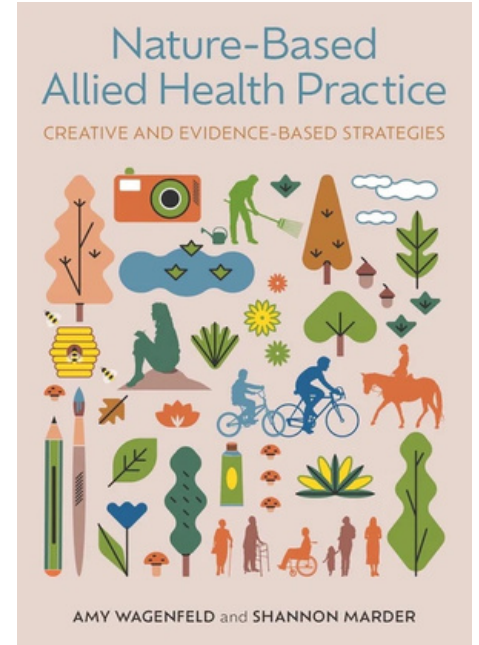
MINDING THE GAP

NATURE'S ROLE IN HEALTH AND WELLBEING

THE BOOK

Nature Based Allied Health Practice includes several unique features. They are:

- **Case Narratives** and photos of current therapy programs offered outside and the research that supports these programs.
- **Nuggets of Nature**—information linking the positive benefits of nature to health and quick activities to support interacting with nature.
- **This Much I Know** testimonials are woven into the chapters. These are personal comments and reflections from children, adolescents, young adults, adults, and older adults who are sharing their thoughts about being outside for therapy or simply the joys of experiencing nature and how it is meaningful and purposeful for them.
- Two practical **Readiness Checklists** for two types of outdoor therapy program models designed to help plan, organize and facilitate the process and ease the transition from indoor to outdoor therapy.



NUGGET OF NATURE: CARING FOR MIND AND BODY - ADAPT A GARDEN HAND TOOL

This modification can turn a standard hand garden tool into one that is more comfortable and ergonomic. There are ergonomically designed garden tools on the market, which you may find helpful and worthy of purchase; trial them before purchasing, if possible.

MATERIALS

- Plumber's foam pipe insulation, approximately 1.5" diameter
- 18" duct tape
- 18" compression wrap (also known as athletic wrap or Coban)
- Scissors

STEPS

1. Cut a piece of foam the length of the garden tool handle.
2. Cut a vertical slit to open the foam.
3. Place foam over the handle of the garden tool.
4. Secure in place by wrapping the duct tape around the foam.
5. Make certain there are no uncomfortable seams, to reduce the risk of blisters.
6. Using the same procedure as in step 4, cover the tape with athletic web wrap to allow for a better grip surface.
7. Again, make certain there are no uncomfortable seams, to reduce the risk of blisters.
8. When the wrap gets dirty, remove it, and replace with a clean piece of wrap.



FOR PURCHASE



<https://us.jkp.com/products/naturebased-allied-health-practice>