Abstract

Over fourteen years ago, the concept of “gray and green” was first introduced by Wright and Lund (2000) to represent a new awareness and a call for increased scholarship at the intersection of environmental issues and the aging process. This review paper revisits that concept with a fresh perspective on the specific role of gardens and gardening in the aging experience. As example, gardening is one of the most popular home-based leisure activities in the US and represents an important activity in the lives of older adults in a variety of residential settings. Yet, there has been a lack of any comprehensive and multidisciplinary (science and humanities) examination of the nexus between gardening and the aging experience, and in particular with research connections to stewardship and caring. In this paper, we review contemporary articles demonstrating the multidisciplinarity of gardening and the aging process. First, we will focus on the beneficial psychological effects resulting from the cultivation of caring, including personal contentment and artistic expression. Second, we will focus on stewardship and how gardening increases health, community awareness, and a connection to future generations. On the surface, this may demonstrate a separation between the humanities and science, but we will clarify a symbiotic relationship between the two disciplines in our conclusion.
I wanted to share my process of creating a garden design sketch, which is part of the initial schematic design phase. I start by drawing over a photo of the site. I choose the most descriptive photo, one that provides the most informative, unobstructed view of the site. In this case, it was a photo taken from an upper level of the yard, so the viewers has a slightly downward perspective, which can be very helpful in understanding the space. The next step is to figure out the perspective lines, this example happens to be easy and provides us with some obvious clues. The red lines on the photo below show the edges of the lawn which is close to rectangular. That means we can use the parallel side lines to help us find the vanishing point and horizon line.

Social gerontology: A multidisciplinary perspective (9th ed.). Upper Saddle River, NJ: Pearson. The scholars who study aging are called gerontologists. The people they study go by several names, most commonly "older people," "elders," and "the elderly." Biological aging refers to the physical changes that accompany the aging process, while psychological aging refers to the psychological changes that occur. Social aging refers to the changes in a person's roles and relationships as the person ages.

For Your Review. Think about an older person whom you know. To what extent has this person experienced psychological aging? To what extent has this person experienced social aging?

12.2 The Perception and Experience of Aging.

Learning Objectives.