

Developing a Sensory Garden for Adults with Disabilities



1. Ensure the whole space is set out to be a positive sensory experience.
2. Use a mix of raised beds for ease of access/working height. Ideally the beds should not be more than 2m wide so people can reach to the centre from either side.



3. Grow plants that the people like to eat.
4. Include a BBQ / fire pit so you can celebrate harvests with a community dining-in event.



5. When laying out planting beds think in terms of organic gardening principles: companion planting both deters pests and attracts beneficial pollinators.



6. Utilise the vertical and provide for experiences of light and shade by training beans, grapes, pears over arches over a pathway to create a tunnel.
7. Include a water feature to cool the air, calm clients and encourage wildlife – which provides additional pest protection as well as enhancing the sensory experience.



8. Add seating to the space – it is vital in any garden that you can rest, admire your handiwork, 'stop and smell the roses'.



9. Vary path surfaces both to provide interest underfoot, and different habitats to encourage bio-diversity
10. Ensure the garden includes both sheltered and exposed areas to allow clients to experience rain on their skin, wind in their hair, sun on their face, cooling shade.