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HOSPITAL GARDEN AS THE PLACE FOR THERAPY AND CONVALESCENCE

Summary

Hospital gardens are planted at hospital buildings for their recreational and treatment properties, designed to increase the therapeutic effects in the patients. Properly designed hospital gardens may play the role of therapeutic gardens. The paper presents hospital gardens as a place for therapy and convalescence in the light of studies on the beneficial effects of space on the man, and on the basis of selected examples of such gardens solutions. It also indicates the therapeutic qualities that should be taken into account in design of hospital gardens. It has been shown that hospital gardens of high therapeutic potential are characterized by three, mutually integrated components: homeliness and safety, variance and diversification, and sensory character of space created with the aid of appropriate spatial features and distribution of elements. Provided fulfillment of the identified criteria in shaping therapeutic space, the hospital gardens may form an essential element of therapy, and also the basis for creation of human friendly space.