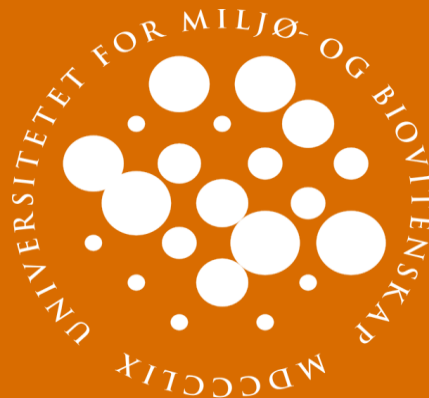


Research needs - Green Care in Norway

Bente Berget and Bjarne O. Braastad
Health UMB

Presented by Grete Patil



Background

- Ministry of Food & Agriculture
- Innovation Norway – ARENA – advisory board with representatives from governmental agencies, organisations working on Green Care, farmers and municipality representatives, the Research Council of Norway and from the research community
 - Action plan on Green Care including a outline of research needs
- Research Council of Norway
 - Asking for a report on State of the Art and Research Needs
 - First step to integrate research on GC in RCN research programs
- Report written during the Spring 2008 – coordinated by Bente
- Green Care included as a research topic in RCN program related to agriculture and land management - application deadline in Sept 2009

Reference group

Siri Anzjøn
Kjell Bruvoll
Gina Krogs vold
Silje Johnson
Kari Frøseth
Ingunn Grande
Ragnhild Nyland
Svein Guldal
Sidsel Sandberg
Marianne Haugland
Bjørg Nordanger
Einar Strumse
Øyvind Lyngstad
Jostein Vik
Ellen Marie Forsberg

Contributors

Bente Berget
Ingeborg Pedersen
Hilde Hauge
Bjarne O. Braastad
Erling Krogh
Linda Jolly
Sjur Baardsen
Marianne Th. Gonzalez
Sverre Grepperud
Eirik Romstad
Helena Nordh
Elin Aarø Strandli
Yngve Skaara
Margrete Nøkleby
Merete Larsmon
Dagfinn Bjørgen

Green Care in Norway

- Approx. 700 farms, but we are still counting ...
- On average 2 to 3 different types of programs per farm
- Pre-school and school children, child care, psychiatry, children with learning and behavioral difficulties, people with mental disabilities, ...
- Variation in time per week spent on the farm

The Green Care Farmer:

- More women than men (2/3 women)
- Higher educational level than the common farmer
- For 80 % the Green Care programs provide additional income to ordinary farming

Norwegian research on Green Care up to 2009

- Evaluation of programs and case descriptions
- Descriptive studies on type of studies, for whom and by whom, and of the program itself
- Only few studies on farmers motivation to run programs or health care personnel to advise clients to attend programs
- Few studies on participants satisfaction
- Limited work on economical outcome

- Intervention studies (mostly run as PhD projects and quantitative)
 - Animal assisted therapy and GC– Berget 2007, Pedersen (ongoing, qual & quan)
 - Teenagers, horse riding, self efficacy and mastering – Hauge (ongoing)
 - Therapeutic horticulture and GC – Gonzalez (ongoing)
- New PhD project at Lillehammer University College

Research needs - prioritised

- Forest and cultural landscape as an arena for rehabilitation, restoration and activity
- The farm as an arena for rehabilitation and activity
 - The farm as a pedagogical resource
 - Therapeutic horticulture and animal assisted interventions
 - “Green work” – vocational training
 - Child care, mentally disabled and people with dementia
- Motivation studies
- Organisational questions – standardisation of programs, bottle necks and possibilities
- Economical analysis

Forest and cultural landscape as an arena for rehabilitation, restoration and activity

- Possible benefits of the nearby physical nature environment for well-being and welfare in a medical and psychological perspective
 - Study affective and cognitive processes involved
 - Look for effects of Green Care activities on life quality
 - Study if and in what way Green Care is important for mental restitution
 - Study how the programs meet the needs by different groups, in particular among immigrants – first and second generation
- Grounded in theory on environmental psychology and restoration

The farm as an arena for rehabilitation and activity

- The farm as a pedagogical resource

- Document the general qualities and benefits in user specific activities on the farm
- Document the effects on learning by use of experimental and longitudinal studies and qualitative interviews. Standardized tests.
- Study the development in pupils personal qualifications and add these to the development in the general learning process and social competence
- Compare the standardized school learning goals with possibilities for learning on the farm

- Therapeutic horticulture (TH) and animal assisted interventions (AAI)
 - Develop standardized and replicable interventions
 - Study effect of restorative TH interventions - mental and physical health
 - Controlled studies on the effect on health, behavior and physiology in AAI, including follow-up studies
 - Mediation and moderation – what mediates the likely benefits and are the benefits the same for all participants? Theoretically grounded
 - Look at the advantages and limitations in different research design and methods including the instruments
 - Study the elements in AAI that might be complementary to more common therapeutic interventions
 - Studies on physical responses in interactions with animals in Green Care (oxytocin, etc.).

- “Green work” – vocational training

- Norwegian labor and welfare administration has initiated programs on vocational training for people who are out of work for different reasons
- The farm offers multiple opportunities for testing out work capacity and motivation at an individual level
- A possible therapeutic effect of the environment, animals and socializing in groups is valued (appreciated)
- Qualitative and longitudinal surveys among participants in vocational programs
- Analysis on farm qualities necessary for vocational programs and how they contribute in a transition phase for people entering ordinary work
- Development of new models for using the farm for vocational training
- Effect studies on health outcomes , life quality, mastering, work capacity and social interaction

- Child care

- No known studies on child care and Green care although Norway has many programs
- What elements of the farm setting may be of importance for development of a child's identity og which of them are in particular important to children growing up under challenging conditions
- Do temporarily residential programs in a the farm setting provide the same or better stability than other programs when the child is returning to home?

- People with mental disabilities

- Only a few known studies on programs for people with mental disabilities
- Systematic surveys and studies of a variety of effects of activities in nature environments
- Since very little is done, there is a need for developing research questions , research design, measures and so on

Motivation studies

- Study the farmers attitude towards Green Care, why do they initiate programs, what keeps them going, and why do some quit?
- Surveys on gender and other demographical differences among different client groups and the motivation for participating in various Green care interventions
- Survey on knowledge, attitudes and motivation for recommending and initiating Green Care programs among health care workers, pedagogical staff and family of possible clients. Uncover their opinions on what part of Green care that might contribute with therapeutic, pedagogical and behavioral effects.

- People with dementia

- Only a few reports on Green care for people with dementia
- National centre for dementia research has made evaluation reports and supported development of Green care
- Not many programs in Norway, but the number is slowly picking up
- Mostly daytime programs, but short term residential programs on the farm are discussed

- Studies on the effects on cognitive functioning, mastering and physical health
- Surveys on benefits for the clients family
- Evaluate the benefits for the health care sector and municipalities

Organisational questions

– standardisation of programs, bottle necks and possibilities

- Many farmers have short term contracts
- The health or social sector requests quality control
- Study the impact of the contract for the programs
- Look at the challenges with lack of long term contracts
- Does standardization of the programs improve the quality, effect and general attitude towards Green Care?
- How should the standardization be done?
- What is the impact of standardization on the communication between the different actors?

- Economical analysis

- Only a few surveys in Norway on economical importance of Green care programs for the farmer
- The existing ones indicates huge variation in economical outcome, the way they are organized, and the duration and size of the programs
- No socio or health economical analysis
- Identify and measure the municipalities costs when buying Green care services compared to traditional services
- Analysis of current economical incentives for initiating and prolonging Green Care programs
- Survey the contribution of the Green care programs to the total income on the farm
- Develop relevant methods for economical assessment of Green Care programs

Summing up

- Green Care represents a wide specter of programs
 - Research programs can only cover small pieces and often an idealized situation – generalization is challenged
- Require in most cases multi/interdisciplinary research teams and methods from health and social sciences
- Common goals - Need to overcome barriers related to different interest by the agricultural and the health care sector
- Funding!
 - Green Care included in Research Council program on agriculture and land management
 - Health related programs