

### Info:

Established: 2015  
 Headquarters: Seattle, WA

### Contact:

 206.512.3055  
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 www.eldergrow.org  
   

### Overview:

Eldergrow was founded in 2015 to bring nature indoors and provide renewed purpose to elders living in long-term care settings. We offer two innovative indoor gardening programs which give residents a meaningful connection to nature: the Therapeutic Horticulture Program and the DIY Culinary Herb Garden Program.

## Endorsements



We are delighted that we have received an endorsement from Teepa Snow, the celebrated dementia care advocate.



**700+**  
Gardens



**26**  
States



**200+**  
Educators

## 2022 Class Data

**41,452**  
residents in senior living communities impacted

**97%**  
of residents fully or partially met therapeutic goals

**93%**  
improved or maintained a positive emotional state

## Products & Services

### Therapeutic Horticulture Garden Program

Eldergrow Educators facilitate this full-service therapeutic garden program that engages residents and fosters sensory stimulation. This program comes complete with bi-monthly classes and garden maintenance by Educators.

### Culinary Herb Garden Program

Our self-managed, educational program offers residents the opportunity to learn & experience the many uses, benefits & tastes of herbs, delivered through our unique 'Herb of the Month' program.

### Eldergrow Gardens

Both gardens are built in partnership with a job training program which employs and trains disabled veterans and people living with disabilities. They each are filled with only non-toxic plants and organic soil.

## Media Contact

Sarah Dirckx • sarah.dirckx@eldergrow.org • 909-667-9102

## Overview:

Eldergrow was founded in 2015 by CEO Orla Concannon with the purpose of bringing nature indoors to residential and long-term care settings to foster a sense of renewed purpose in the residents. Now in 21 states and almost 200 communities on the continental US, Eldergrow continues to provide more and more residents with meaningful and therapeutic connections to nature. Eldergrow is driven by two innovative, therapeutic horticulture programs that feature mobile, indoor gardens. The original full-service therapeutic horticultural program comes with onsite Expert Educators and ongoing maintenance, while the new DIY culinary herb garden program is maintained and managed by communities with herbs and resources sent from Eldergrow monthly.

## Our Founder:



Orla Concannon graduated from Seattle University in 2015 with a Healthcare Executive MBA. As a life-long advocate for our elders, she has been dedicated to creating a sense of purpose and hope for residents through meaningful connections to nature. While in graduate school, she created Eldergrow as her business plan which won 1st Place Audience Award and 2nd Place Judges Award at the 17th Annual Harriet Stephenson Business Competition. Eldergrow also successfully completed University of Washington's Jones & Foster Accelerator Program for Innovative Start-Ups and was awarded seed money. Orla's passion, matched by a team of expert Eldergrow Educators, has propelled Eldergrow into a flourishing business.

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## Therapeutic Horticulture Garden Program



The innovative Therapeutic Horticulture program includes an indoor, mobile garden filled with organic soil and fragrant and colorful plants chosen to provide sensory stimulation and reminiscing opportunities for residents. An in-person Eldergrow Educator also conducts interactive classes and provides garden maintenance twice a month. The Educator builds relationships with the residents of their community and tracks their individual wellness goals set forth by the American Horticultural Therapy Association (6 wellness goals).

## Culinary Herb Garden Program



The ground-breaking DIY Culinary Herb Garden program includes a mobile, accessible indoor garden bed and comes with unique resources including recipes and activities that feature the Herb of the Month. Fresh herbs are shipped to communities every month, along with recipes and tutorials for activities directors and chefs to easily follow. The program allows senior residents to focus on the culinary aspect of gardening, playing off the growing farm-to-table movement. The herbs grown in the Eldergrow garden can then also be used in the community dining program.

**Both gardens are constructed in partnership with a job training program which employs and trains disabled veterans and adults living with disabilities.**

### Therapeutic Horticulture:

- Stimulates all 5 senses and memory
- Documented to reduce dementia risk factors by 36%
- Improves motor skills, self-esteem, and sleep
- Reduces agitation and significantly lowers cognitive decline in those living with dementia
- Purifies the air, calms the mind, and elevates mood

#### Sources:

*Nicola L Yeo, Lewis R Elliott, Alison Bethel, Mathew P White, Sarah G Dean, Ruth Garside, Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review, The Gerontologist, gnz019*

*Wolf, K.L., S. Krueger, and K. Flora. 2014. Healing and Therapy – A Literature Review. In: Green Cities: Good Health (www.greenhealth.washington.edu). School of Environmental and Forest Resources, College of the Environment, University of Washington.*

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