

**A Sensory Garden** is one that invites visitors to use all their senses: sight, sound, smell, touch, and taste. In settings such as an Extended Care Facility, like Edgewater Haven, raised beds that are chair height can provide easy access to everyone despite limitations. Residents enjoy picking blueberries and strawberries for a nice treat. Many residents sit in the garden with family or caregivers, which can prompt memories and conversation about gardening with a beloved parent or grandparent.

You can also create a ground level Sensory Garden geared for children that can be an introduction to colors, shapes, fragrances, and textures. Sounds from bubbling water, birds, insects and plants moving in the wind create an interesting natural soundtrack for young learners.

For everyone, it can be a soothing respite from today's hectic world.

In this garden look for these elements to stimulate your senses.

## **Taste:**

**Blueberries and strawberries.**  
Yum.

**Herbs** like peppermint, oregano, dill, and chives. Take a leaf and put on your tongue.

Many flowers are edible like **Nasturtiums, Pansies, and Lavender.**





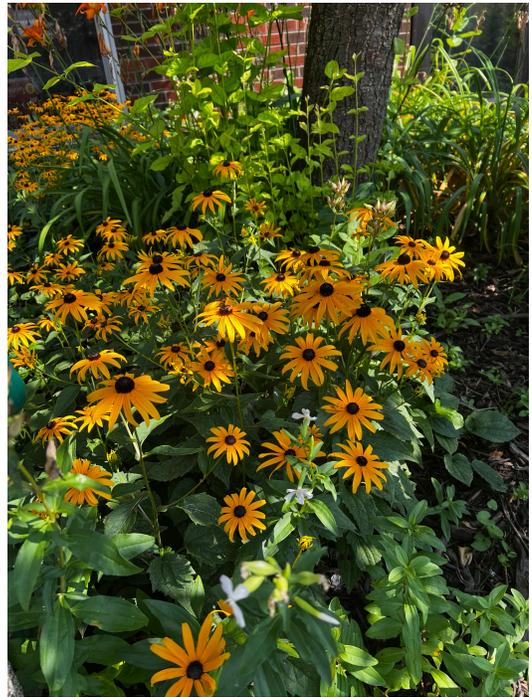
## Sight

Perennials such as **Russian Sage** with large, airy, silvery leaves and lavender flowers;

**Love Lies Bleeding (Amaranthus)** with long, dramatic red plumes;

Cheerful yellow, daisy-like **Black Eyed Susans (Rudbeckia)**

Assorted annual flowers: blooms of every color of the rainbow; **Coleus** with colorful multicolor leaves; bright chartreuse green trailing leaves of **Sweet Potato vine**, colorful flowers of **Cosmos**, **Cone flowers (Echinacea)**, varied leaves of shrubs, and **Hostas** and Interesting spiral shapes of **Ornamental kale**.



## Smell

**Herbs:** Chocolate Mint & Lemon Thyme, Dill. Crush a leaf between your fingers and take a whiff.

**Flowers:** Heliotrope, Peonies, and Lilies. The “Popcorn Plant” a tropical shrub grown as an annual here is fast growing, producing large yellow flowers by mid summer. It is popular with residents who look for it every year, Close your eyes, Rub the leaves together, and smell rich, buttery popcorn.

**Trees:** Japanese Lilac



## Sound:

Listen to the wind blowing through the tall grasses or making the wind chimes ring. Pollinators, like different kinds of bees, buzz around the colorful flowers, like **Monarda (Bee Balm)** or **Rudbeckia (Black Eyed Susans)**



## Touch

**Lamb's Ear:** soft and fuzzy leaves; **cactus:** pokey with sharp spikes; soft **grass seed heads;** and **Amaranthus** with its soft plumes.

