

Selected References Relevant to Access To Nature for Older Adults

- Agency for Healthcare Research and Quality (2007). Environmental scan of instruments to inform consumer choice in assisted living facilities. Retrieved from:

 http://www.ahrq.gov/legacy/research/ltcscan/ltcappa.pdf
- Anderzhon, J. W., Fraley, I. L., & Green, M. (2007). <u>Design for aging: Post-occupancy evaluations.</u> New York: John Wiley & Sons.
- Babyak, M., J. A. Blumenthal, et al. (2001). "Exercise was more effective in the long term than sertraline or exercise plus setraline for major depression in older adults." <u>Evidence-based Mental Health</u> **4**(4): 105.
- Barnicle, T. and K. S. Midden (2003). "The effects of a horticulture activity program on the psychological well-being of older people in a long-term care facility." <u>HortTechnology</u> **13**(1): 81-85.
- Beauchemin, K. M. and P. Hays (1997). "Phototherapy is a useful adjunct in the treatment of depressed inpatients." <u>Acta Psychiatr Scand</u> **95**(5): 424-7.
- Berentsen, V. D., Grefsrød, E. E., & Eek, A. (2008). <u>Gardens for people with dementia: Design and use.</u>

 Tønsberg, Norway: Norwegian Centre for Research. Available in English from http://www.aldringoghelse.no/?PageID=1610&ItemID=1711
- Betrabet, G. (1996). "The garden as a restorative environment." Journal of Therapeutic Horticulture 8: 15-20.
- Brawley, E. C. (1997). <u>Designing for Alzheimer's Disease: Strategies for Creating Better Care Environments</u>. New York, Wiley.
- Brawley, E. C. (2001). "Environmental design for Alzheimer's disease: A quality of life issue." <u>Aging & Mental</u> Health **5**(Suppl1): S79-S83.
- Brawley, E. C. (2006). <u>Design Innovations for Aging and Alzheimer's: Creating Caring Environments</u>. Hoboken, NJ, Wiley.
- Brown, R. D. and T. J. Gillespie (1995). Microclimatic Landscape Design. New York, John Wiley & Sons.
- Browne, C. A. (1992). <u>The role of nature for the promotion of well-being of the elderly</u>. The Role of Horticulture in Human Well-Being and Social Development: A National Symposium, Portland, OR, Timber Press.
- Brownson, R. C., E. A. Baker, et al. (2001). "Environmental and policy determinants of physical activity in the United States." <u>American Journal of Public Health</u> **91**(12): 1995-2003.
- Brummett, W. J. (1997). <u>The essence of home:Design solutions for assisted living housing</u>. New York, Van Nostrand Reinhold.
- Calkins, M. (1988). <u>Design for Dementia: Planning Environments for the Elderly and the Confused</u>. Owings Mills, MD, National Health Publishing.
- Calkins, M. and B. R. Connell (2003). Mary, Mary, quite contrary: How do you get people to use your garden? Joint Conference of the National Council on Aging and the American Society on Aging, Chicago, IL.
- Carpman, J. R. (1993). Gaining access to nature. <u>Design that Cares: Planning Health Facilities for Patients and</u> Visitors. J. R. Carpman and M. A. Grant. San Francisco, Jossey-Bass: 199-216.
- Carstens, D. Y. (1982). "Behavioral research applied to the redesign of exterior spaces: Housing for the elderly." EDRA: Environmental Design Research Association **13**: 354-369.
- Carstens, D. Y. (1993). <u>Site Planning and Design for the Elderly: Issues, Guidelines, and Alternatives.</u> New York, John Wiley & Sons.
- Carstens, D. Y. (1998). Outdoor spaces in housing for the elderly. <u>People Places: Design Guidelines for Urban</u> Open <u>Space</u>. C. C. Marcus and C. Francis. New York, John Wiley & Sons.
- Chalfont, G. and S. Rodiek (2005). "Building edge: An ecological approach to research and design of environments for people with dementia." <u>Alzheimer's Care Quarterly: Environmental Innovations in Care 6(4):</u> 341-348.

- Chalfont, G., & Walker, A. (2013). <u>Dementia green care handbook of therapeutic design and practice.</u> Sheffield, UK: Safehouse Books.
- Chaudhury, H. & Cooke, H. (2013). "Developing a physical environmental evaluation component of the "Dementia Care Mapping" (DCM) Tool." In A. Joseph & U. Nanda (Eds.), <u>Development of Tools for Healthcare Environments Research and Practice</u> (pp. 45-52). Environmental Design Research Association (EDRA).
- Cohen, U. and G. Weisman (1991). <u>Holding on to Home: Designing Environments for People with Dementia</u>. Baltimore, MD, John Hopkins University Press.
- Cohen-Mansfield, J. and P. Werner (1998b). Visits to an outdoor garden: Impact on behavior and mood of nursing home residents who pace. Research and Practice in Alzheimer's Disease Intervention in Gerontology. B. J. Vellas, G. Fitten and G. Frisconi. Paris, Serdi Publishing: 419-436.
- Cohen-Mansfield, J. and P. Werner (1999). "Outdoor wandering parks for persons with dementia: a survey of characteristics and use." <u>Alzheimer Disease and Associated Disorders</u> **13**(2): 109-17.
- Cohen-Mansfield, J. and P. Werner (2001). "Nonpharmacologic interventions for inappropriate behaviors in dementia: A review, summary, and critique." American Journal of Geriatric Psychiatry **9**(4): 361-381.
- Coleman, M. T., S. Looney, et al. (2002). "The Eden Alternative: Findings after 1 year of implementation." <u>Journal of Gerontology: Medical Sciences</u> **57A**(7): M422-M427.
- Connell, B. R. (2002). Health benefits of going outdoors among nursing home residents, Department of Veterans Affairs, Research and Development. **15**.
- Cooper Marcus, C. and Barnes, M. (1995). <u>Gardens in Healthcare Facilities</u>: <u>Uses, Therapeutic Benefits, and Design Recommendations</u>. Martinez, CA, Center for Health Design.
- Cooper Marcus, C. and M. Barnes, Eds. (1999). <u>Healing Gardens: Therapeutic Benefits and Design</u> Recommendations. New York, Wiley.
- Cooper Marcus, C. and N. A. Sachs (2013). <u>Therapeutic Landscapes: An Evidence-based Approach to Designing Healing Gardens and Restorative Outdoor Spaces</u>, John Wiley & Sons.
- Coupland, C., D. Wood, et al. (1993). "Physical inactivity is an independent risk factor for hip fracture in the elderly." <u>Journal of Epidemiology and Community Health</u> **47**(6): 441-443.
- Cranz, G. and C. Young (2005). "The role of design in inhibiting or promoting use of common open space: The case of Redwood Gardens, Berkeley, CA." <u>Journal of Housing for the Elderly</u> **19**(3/4): 71-93.
- Cranz, G. and C. Young (2005). The role of design in inhibiting or promoting use of common open space: The case of Redwood Gardens, Berkeley, CA. <u>The Role of the Outdoors Iin Residential Environments for Aging.</u> S. Rodiek and B. Schwarz. New York, The Haworth Press, Inc.: 71-93.
- Cutler, L. J. (2000). Assessment of physical environments of older adults. <u>Assessing Older Persons: Measures, Meaning, and Practical Applications</u>. R. L. Kane and R. A. Kane. New York, Oxford University Press: 360-379.
- Cutler, L. J. and R. A. Kane (2005). As great as all outdoors: A study of outdoor spaces as a neglected resource for nursing home residents. The Role of the Outdoors in Residential Environments for Aging. S. Rodiek and B. Schwarz. New York, The Haworth Press, Inc.: 29-48.
- Day, K., D. Carreon, et al. (2000). "The therapeutic design of environments for people with dementia: a review of the empirical research." <u>Gerontologist</u> **40**(4): 397-416.
- Detweiler, M. B., T. Sharma, J. G. Detweiler, P. F. Murphy, S. Lane, J. Carman, A. S. Chudhary, M. H. Halling and K. Y. Kim (2012). "What is the evidence to support the use of therapeutic gardens for the elderly?"

 <u>Psychiatry investigation</u> **9**(2): 100-110.
- Dunnett, N. and M. Qasim (2000). "Perceived benefits to human well-being of urban gardens." <u>HortTechnology</u> **10**(1): 40-45.
- Gerlach-Spriggs, N., R. E. Kaufman, et al. (1998). <u>Restorative Gardens: The Healing Landscape</u>. New Haven, Yale University Press.
- Godbey, G. and M. Blazey (1983). "Old People in Urban Parks: An Exploratory Investigation." <u>Journal of Leisure Research</u> **15**(3): 229-244.

- Golant, S. M., & Hyde, J. (2008). <u>The assisted living residence: A vision for the future.</u> Baltimore: Johns Hopkins University Press.
- Grant, C. F. and J. D. Wineman (2007). "The Garden-Use Model: An Environmental Tool for Increasing the Use of Outdoor Space by Residents with Dementia in Long-Term Care Facilities." <u>Journal of Housing for the Elderly</u> **21**(1-2): 89-115.
- Hartig, T. and G. W. Evans (1993). Psychological foundations of nature experience. <u>Behavioral and Environment: Psychological and Geographic Approaches</u>. T. Garling and R. G. Golledge. Amsterdan, Elsevier (North-Holland): 427-457.
- Hartig, T., M. Mang, et al. (1991). "Restorative effects of natural Environment experiences." <u>Environment and</u> Behavior **23**(1): 3-26.
- Hawes, C. and C. D. Phillips (2000). <u>A National Study of Assisted Living for the Frail Elderly: Final Summary Report</u>. Washington DC, Department of Health and Human Services.
- Heath, Y. and R. Gifford (2001). "Post-occupancy evaluation of therapeutic gardens in a multi-level care facility for the aged." <u>Activities, Adaptation, and Aging</u> **25**(2): 21-43.
- Herzog, T. R., A. M. Black, et al. (1997). "Reflection and attentional recovery as distinctive benefits of restorative environments." <u>Journal of Environmental Psychology</u> **17**: 165-170.
- Hiatt, L. G. (1982). "The importance of the physical environment." <u>Nursing Homes</u> **31**(5): 2-10.
- Hinman, B. (1996). "Landscape design criteria for senior facilities." Spectrum (NASLI) 10(1): 23-25.
- Howell, S. C. (1980). Designing for Aging: Patterns of Use. Cambridge, MA, The MIT Press.
- Jo, H., S. Rodiek, E. Fujii, Y. Miyazaki, B.-J. Park and S.-W. Ann (2013). "Physiological and Psychological Response to Floral Scent." <u>HortScience</u> **48**(1): 82-88.
- Joseph, A. (2006). <u>Health promotion by design in long-term care settings.</u> Concord, CA: Center for Health Design.
- Joseph, A., C. Zimring, et al. (2005). "Presence and visibility of outdoor and indoor physical activity features and participation in physical activity among older adults in retirement communities." <u>Journal of Housing for the Elderly</u> **19**(3/4): 141-165.
- Kane, R. L. and R. A. Kane (2000). <u>Assessing older persons: Measures, meaning and practical applications</u>. New York, Oxford University Press.
- Kaplan, R. and S. Kaplan (1989). <u>The Experience of Nature: A Psychological Perspective</u>. New York, NY, Cambridge University Press.
- Kaplan, R., S. Kaplan, et al. (1998). <u>With People in Mind: Design and Management of Everyday Nature</u>. Washington, DC, Island Press.
- Kaplan, S. and R. Kaplan (2003). "Health, supportive environments, and the reasonable person model." <u>American Journal of Public Health</u> **93**(9): 1484-1489.
- Kaup, M. L. (2011). "The Significance of the Door in Nursing Homes: A Symbol of Control in the Domestic Sphere." <u>Home Cultures</u> **8**(1): 25-41.
- Keane, W. L., A. Cislo, et al. (2003). "Defining the dementia market." Assisted Living Today 10(3): 14-17.
- Kearney, A. R. and D. Winterbottom (2006). Nearby nature and long-term care facility residents: Benefits and design recommendations. <u>The Role of the Outdoors in Residential Environments for Aging</u>. S. Rodiek and B. Schwarz. New York, The Haworth Press, Inc.: 7-28.
- Kellert, S. R. and E. O. Wilson, Eds. (1993). The Biophilia Hypothesis. Washington, DC, Island Press.
- Koltyn, K. F. (2001). "The association between physical activity and quality of life in older women." <u>Womens</u> Health Issues **11**(6): 471-80.
- Kono, A., I. Kai, et al. (2004). "Frequency of going outdoors: A predictor of functional and psychosocial change among ambulatory frail elders living at home." <u>Journal of Gerontology: Medical Sciences</u> **59A**(3): 275-280.
- Kovach, C., G. Weisman, et al. (1997). "Impacts of a therapeutic environment for dementia care." <u>American Journal of Alzheimer's Disease</u>: 99-110.
- Kweon, B. S., W. C. Sullivan, et al. (1998). "Green common spaces and the social integration of inner-city older adults." <u>Environment and Behavior</u> **30**(6): 832-858.

- Lambert, G. W., C. Reid, et al. (2002). "Effect of sunlight and season on serotonin turnover in the brain." <u>Lancet</u> **360**(9348): 1840-2.
- Langer, E. J. and J. Rodin (1976). "The effects of choice and enhanced personal responsibility for the aged: A field experiment in an institutional setting." <u>Journal of Personality and Social Psychology</u> **34**(2): 191-198.
- Lantz, M. S. and E. N. Buchalter (2001). "Pseudodementia: Cognitive decline caused by untreated depression may be reversed with treatment." <u>Geriatrics</u> **56**(10): 42-43.
- Lawton, M. (1996). The impact of the environment on aging and behavior. <u>Handbook of the psychology of</u> aging. J. Birren and K. Schare. New York, Van Nostrand Reinhold.
- Lawton, M. P. (1980). Environment and aging. Pacific Grove, CA, Brooks/Cole.
- Leproult, R., E. F. Colecchia, et al. (2001). "Transition from dim to bright light in the morning induces an immediate elevation of cortisol levels." <u>Journal of Clinical Endocrinology & Metabolism</u> **86**(1): 151-157.
- Lewis, C. A. (1996). <u>Green Nature / Human Nature: The Meaning of Plants in our Lives</u>. Urbana, University of Illinois Press.
- Lewis, J. F. and R. H. Mattson (1988). "Gardening may reduce blood pressure of elderly people: Activity suggestions and models for intervention." Journal of Therapeutic Horticulture **3**: 25-37.
- Lomranz, J., S. Bergman, et al. (1988). "Indoor and outdoor Activities of aged women and men as related to depression and well-being." <u>International Journal of Aging and Human Development</u> **26**(4).
- Lovering, H. J. (1990). "Alzheimer's disease and outdoor space: Issues in environmental design." <u>American</u> Journal of Alzheimer's Care and Related Disorders & Research: 33-40.
- Lu, Z., S. D. Rodiek, M. M. Shepley and M. Duffy (2011). "Influences of Physical Environment on Corridor Walking Among Assisted Living Residents Findings From Focus Group Discussions." <u>Journal of Applied</u> Gerontology **30**(4): 463-484.
- Mather, J. A., D. Nemecek, et al. (1997). "The effect of a walled garden on behavior of individuals with Alzheimer's." <u>American Journal of Alzheimer's Disease</u> **12**(6): 252-257.
- McBey, M. A. (1985). "The therapeutic aspects of gardens and gardening: An aspect of total patient care." Journal of Advanced Nursing **10**(6): 591-595.
- McBride, D. (1999). Nursing home gardens. <u>Healing Gardens: Therapeutic Benefits and Design</u>
 <u>Recommendations.</u> C. C. Marcus and M. Barnes. New York, Wiley.
- McMinn, B. G. and L. Hinton (2000). "Confined to barracks: The effects of indoor confinement on agressive behavior among inpatients of an acute psychogeriatric unit." <u>American Journal of Alzheimer's Disease</u> **15**(1): 36-41.
- Messer, E. R. (1996). "The primary colors of nature: The essentials of therapeutic landscapes." <u>Journal of Therapeutic Horticulture</u> **8**: 26-31.
- Mezey, M., N. N. Dubler, et al. (2002). "What impact do setting and transitions have on the quality of life at the end of life and the quality of the dying process?" <u>The Gerontologist</u> **42**(Special Issue III): 54-67.
- Mooney, P. and P. L. Nicell (1992). "The importance of exterior environment for Alzheimer residents: Effective care and risk management." <u>Healthcare Management Forum</u> **5**(2): 23-29.
- Mooney, P. F. and S. L. Milstein (1994). <u>Assessing the benefits of a therapeutic horticulture program for seniors in intermediate care</u>. The healing dimensions of people-plant relations: Proceedings of a research symposium, University of California, Davis.
- Moos, R. H., S. Lemke, et al. (1987). Priorities for design and management in residential settings for the elderly. <u>Housing the Aged: Design Directives and Policy Considerations</u>. V. Regnier and J. Pynoos. New York, Elsevier: 179-205.
- Namazi, K. H. and B. D. Johnson (1992). "Pertinent autonomy for residents with dementias: modification of the physical environment to enhance independence." <u>American Journal of Alzheimer's Disease and</u>
 Related Disorders & Research **7**(1): 16-21.
- Naylor, E., P. D. Penev, et al. (2000). "Daily social and physical activity increases slow-wave sleep and daytime neuropsychological performance in the elderly." <u>Sleep</u> **23**(1): 87-95.

- Ory, M. G., R. P. Abeles, et al. (1992). Introduction: An overview of research on aging, health and behavior.

 Aging, Health and Behavior. M. G. Ory, R. P. Abeles and P. D. Lipman. Newbury Park, CA, Sage: 1-23.
- Ottosson, J. and P. Grahn (2006). Measures of restoration in geriatric care residents: The influence of nature on elderly peoples' power of concentration, blood pressure and pulse rate. The Role of the Outdoors in Residential Environments for Aging. S. Rodiek and B. Schwarz. New York, The Haworth Press, Inc.: 227-256.
- Ousset, P. J., F. Nourhashemi, et al. (1998). "Therapeutic gardens." <u>Archives of Gerontology and Geriatrics</u> **26**(Supplement 1): 369-372.
- Pachana, N. A. (2002). "Designing therapeutic environments for residential care facilities." <u>Geriatric Residential</u> Care: 209-226.
- Paquet, C., D. St-Arnaud-McKenzie, et al. (2003). "Direct and indirect effects of everyday emotions on food intake of elderly patients in institutions." <u>Journal of Gerontology: Medical Sciences</u> **58A**(2): 153-158.
- Parry-Jones, W. L. (1990). "Natural landscape, psychology, well-being and mental health." <u>Landscape Research</u> **15**(2): 7-11.
- Randall, P., S. J. Burkhardt, et al. (1990). "Exterior space for patients with Alzheimer's disease and related disorders." <u>The American Journal of Alzheimer's Care and Related Disorders and Research</u> **5**: 31-37.
- Rantakokko, M., M. Mänty, S. Iwarsson, T. Törmäkangas, R. Leinonen, E. Heikkinen and T. Rantanen (2009).

 "Fear of moving outdoors and development of outdoor walking difficulty in older people." <u>Journal of the American Geriatrics Society</u> **57**(4): 634-640.
- Regnier, V. (1985). <u>Behavioral and environmental aspects of outdoor space use in housing for the elderly</u>. Los Angeles, Andrus Gerontology Center, University of Southern California.
- Regnier, V. (2002). <u>Design for Assisted Living: Guidelines for Housing the Physically and Mentally Frail</u>. New York, John Wiley and Sons.
- Regnier, V. and A. Denton (2009). "Ten new and emerging trends in residential group living environments." NeuroRehabilitation **25**(3): 169-188.
- Rockaway, R. J. L. (1994). Garden designs for the elderly: A guide to designing successful outdoor landscapes. Landscape Architecture. Athens, GA, University of Georgia.
- Rodiek, S. D. (2002). "Influence of an outdoor garden on mood and stress in older persons." <u>Journal of Therapeutic Horticulture</u> **13**: 13-21.
- Rodiek, S. (2005). "Resident perceptions of physical environment features that influence outdoor usage at assisted living facilities." <u>Journal of Housing for the Elderly</u> **19**(3-4): 95-107.
- Rodiek, S. and B. Schwarz, Eds. (2005). <u>The Role of the Outdoors in Residential Environments for Aging</u>. New York, The Haworth Press, Inc.
- Rodiek, S. D. and J. T. Fried (2005). "Access to the outdoors: Using photographic comparison to assess preferences of assisted living residents." <u>Landscape and Urban Planning</u> **73**(2-3): 184-199.
- Rodiek, S. (2006). "A missing link: Can enhanced outdoor space improve seniors housing?" <u>Seniors Housing</u> and <u>Care Journal</u> **14**: 3-19.
- Rodiek, S. and B. Schwarz, Eds. (2007). <u>Outdoor Environments for People with Dementia</u>. Binghamton, NY, Haworth Press.
- Rodiek, S. (2008). "A New Tool for Evaluating Senior Living Environments." <u>Seniors Housing & Care Journal</u> **16**(1): 3-9.
- Rodiek, S. (2009). <u>Access to nature for older adults [3-DVD set].</u> College Station, TX: Center for Health Systems & Design.
- Rodiek, S., & Lee, C. (2009). "External space: Increasing outdoor usage in residential facilities for older adults." World Health Design 2(4): 49-55. Retrieved from http://www.worldhealthdesign.com/External-space-Increasing-outdoor-usage-in-facilities-for-older-adults.aspx
- Rodiek, S., Boggess, M. M., Lee, C., Booth, G. J., & Morris, A. (2013). "Can Better Outdoor Environments Lead to Cost Benefits in Assisted Living Facilities Through Increased Word-of-Mouth Referrals?" <u>Health Environments Research & Design Journal (HERD)</u> **6**(2).

- Rodiek, S., Lee, C., & Nejati, A. (2014). "You Can't Get There From Here: Reaching the Outdoors in Senior Housing." Journal of Housing for the Elderly **28**(1): 63-84.
- Rodiek, S., Nejati, A., Bardenhagen, E., Lee, C., & Senes, G. (in press). "The Seniors' Outdoor Survey (SOS): An Observational Tool for Assessing Outdoor Environments at Long-Term Care Settings." <u>The</u> Gerontologist.
- Rodin, J. (1986). "Aging and health: Effects of the sense of control." Science 233(4770): 1271-1276.
- Rowles, G. D. (1978). <u>Prisoners of Space? Exploring the Geographic Experience of Older People</u>. Boulder, CO, Westview Press.
- Ruga, T. C. (1996). "Planning creative outdoor spaces." Provider 22(2): 31-33.
- Salamy, V. M. (1996). "Stress management through garden design." <u>Journal of Therapeutic Horticulture</u> **8**: 32-35.
- Scheer, F. A. and R. M. Buijs (1999). "Light affects morning salivary cortisol in humans." <u>Journal of Clinical Endocrinology and Metabolism</u> **84**(9): 3395-3398.
- Schwarz, B. and R. Brent, Eds. (1999). <u>Aging, Autonomy, and Architecture: Advances in Assisted Living</u>. Baltimore, MD, Johns Hopkins University Press.
- Seeman, T. E. (2000). "Health promoting effects of friends and family on health outcomes in older adults." American Journal of Health Promotion **14**(6): 362-370.
- Sloane, P. D., C. M. Mitchell, G. Weisman, S. Zimmerman, K. M. L. Foley, M. Lynn, M. Calkins, M. P. Lawton, J. Teresi and L. Grant (2002). "The Therapeutic Environment Screening Survey for Nursing Homes (TESS-NH) An Observational Instrument for Assessing the Physical Environment of Institutional Settings for Persons With Dementia." <a href="https://doi.org/10.1007/jhp.10.2007
- Stein, L. K. (1997). "Horticultural therapy in residential long-term care: Applications from research on health, aging, and institutional life." <u>Activities, Adaptation, and Aging</u> **22**(1/2): 107-124.
- Stoneham, J. and P. Thoday (1996). <u>Landscape Design for Elderly and Disabled People</u>. Woodbridge, Suffolk, Garden Art Press.
- Stoneham, J. and R. Jones (1997). Residential landscapes: Their contribution to the quality of older people's lives. <u>Horticultural therapy and the older adult population</u>, Part 1. S. E. Wells. New York, Haworth Press: 17-26.
- Sugiyama, T. and C. W. Thompson (2007). "Outdoor environments, activity and the well-being of older people: conceptualising environmental support." <u>Environment and Planning</u> **39**(8): 1943-1960.
- Talbot, J. F. and R. Kaplan (1991). "The benefits of nearby nature for elderly apartment residents." International Journal of Aging and Human Development **33**(2): 119-130.
- Tang, J. T. and R. D. Brown (in press). The effect of viewing a landscape on physiological health of elderly women. The Role of the Outdoors in Residential Environments for Aging. S. Rodiek and B. Schwarz. New York, The Haworth Press, Inc.
- Taylor, L., F. J. Whittington, et al. (2003). "Assessing the effectiveness of a walking program on physical function of residents living in an assisted living facility." <u>Journal of Community Health Nursing</u> **20**(1): 15-26.
- Thomas, W. H. (1996). <u>Life Worth Living: How Someone You Love Can Still Enjoy Life in a Nursing Home: The Eden Alternative in Action</u>. Acton, MA, VanderWyk & Burnham.
- Topo, P., H. Kotilainen and U. Eloniemi-Sulkava (2012). "Affordances of the Care Environment for People With Dementia: An Assessment Study." <u>Health Environments Research & Design Journal (HERD)</u> **5**(4): 118-138.
- Troxel, D. (2005). "The last great frontier in long-term care: Let's get our elders outside." <u>Alzheimer's Care</u> Quarterly **6**(4): 332-334.
- Turner, K. D. (2001). Childhood Memories of Landscapes as a Restorative Tool in Designing Outdoor Environments for Alzheimer Patients. <u>Landscape Architecture</u>. Amherst, University of Massachusetts.
- Tyson, M. M. (1998). The Healing Landscape: Therapeutic Outdoor Environments. New York, McGraw-Hill.
- Ulrich, R. S. (1984). "View through a window may influence recovery from surgery." Science 224: 420-421.

- Ulrich, R. S. (1999). Effects of gardens on health outcomes: Theory and research. <u>Healing Gardens: Therapeutic Benefits and Design Recommendations</u>. C. Cooper Marcus and M. Barnes. New York, John Wiley & Sons: 27-86.
- Ulrich, R. S. (2001). Effects of healthcare environmental design on medical outcomes. <u>Design and Health: The Therapeutic Benefits of Design</u>. A. Dilani. Stockholm, AB Svensk Byggtjanst, 49-59.
- Ulrich, R. S. and R. Parsons (1992). <u>Influences of passive experiences with plants on individual well-being and health</u>. The Role of Horticulture in Human Well-being and Social Development, Portland, OR, Timber Press.
- Ulrich, R. S., C. Zimring, X. Zhu, J. DuBose, H.-B. Seo, Y.-S. Choi, X. Quan and A. Joseph (2008). "A review of the research literature on evidence-based healthcare design." <u>HERD</u> **1**(3): 61-125.
- Ulrich, R. S., O. Lunden, et al. (1993). <u>Effects of exposure to nature and abstract pictures on patients recovering from open heart surgery</u>. Society for Psychophysiological Research Thirty-Third Annual Meeting, Rottach-Egern, Germany, Cambridge University Press.
- Ulrich, R. S., R. F. Simons, et al. (1991). "Stress recovery during exposure to natural and urban environments." Journal of Environmental Psychology **11**: 201-230.
- Van Cauwenberg, J., I. De Bourdeaudhuij, F. De Meester, D. Van Dyck, J. Salmon, P. Clarys and B. Deforche (2011). "Relationship between the physical environment and physical activity in older adults: a systematic review." Health & Place **17**(2): 458-469.
- Wang, Z., S. Rodiek and M. Shepley (2006). "Residential site environments and yard activities of older adults." Report on University Research **2**: 37-57.
- Warner, S. B. J. (1994). <u>The periodic rediscoveries of restorative gardens: 1100 to the present</u>. The Healing Dimensions of People-Plant Relations, Davis, CA, University of California.
- Wells, S. E. (1997). Horticultural therapy and the older adult population. New York, Haworth Press.
- Whall, A. L., M. E. Black, et al. (1997). "The effect of natural environments upon agitation and aggression in late stage dementia patients." <u>American Journal of Alzheimer's Disease</u> **12**(5): 216-220.
- Wilson, L. M. (1972). "Intensive care delirium: The effect of outside deprivation in a windowless unit." <u>Archives</u> of Internal Medicine **130**: 225-226.
- Wong, C. H., S. F. Wong, et al. (2003). "Habitual walking and its correlation to better physical function: implications for prevention of physical disability in older persons." <u>J Gerontol A Biol Sci Med Sci</u> **58**(6): 555-60.
- Zeisel, J. (1999). Life-quality Alzheimer care in assisted living. <u>Aging, Autonomy, and Architecture: Advances in Assisted Living</u>. B. Schwarz and R. Brent. Baltimore, MD, Johns Hopkins University: 110-129.
- Zeisel, J. (2009). <u>I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's</u>. New York, Penguin.
- Zeisel, J. and M. M. Tyson (1999). Alzheimer's Treatment Gardens. <u>Healing Gardens</u>. C. Cooper Marcus and M. Barnes. New York, Wiley: 437-504.
- Zeisel, J., G. Epp, et al. (1977). <u>Low Rise Housing for Older People: Behavioral Criteria for Design</u>. Washington, D.C, U.S. Government Printing Office.
- Zeisel, J., J. Hyde, et al. (1994). "Best practices: An environment-behavior (E-B) model for Alzheimer special care units." <u>American Journal of Alzheimer's Care and Related Disorders & Research 9</u>: 4-21.