

Story: Runni Kartanonmäki, Iisalmi / Eastern Finland

Industry: Nursing and health care

Website: www.runninkartanonmaki.fi



Searching treasure map of life:

How does it feel to put sunflower seeds to a bird feeder or get red nails in elderly home? It was possible to get answers to these questions during our pilot week in December 2015 at Runnin Kartanonmäki in Iisalmi. Our health care students from Savo Vocational College made better life for elderly people together with pet care students from Upper-Savo Vocational College.

How to utilize Green Care in action:

The pilot week began with a lesson “What is a human being?” and continued with taking care of elderly people and getting along with different kind of animals at Tahko Farm in Nilsjä. We were very pleased all together, students, customers and teachers.

Good practices and benefits of Green Care:

Treasure map is the visual way to plan and dream things that we'll want to happen in our live. Pictures can be taken from magazines (pick up pictures of certain things we'd like to have or do in our live in future). Other way is to write “power sentences” or draw pictures. Dreaming and empowerment is the meaning of this map. When map is ready, we'll discuss about it with others. The map can be only for client her/himself or it can help interaction and start the discussion between client and guide/nurse.

Kartanonmäki, Finland

Located in Iisalmi, eastern Finland

Nursing home with elderly people

Indoor activities / Outdoor activities
with practical nurse students

Green Care activities

Treasure map - game

Pet care

Beauty actions – manicure

Outing together

Feeding winter birds outdoors

