

Summary

Diploma thesis „*Possibilities of using the principles of Horticultural Therapy for people with mental disabilities*“ examines the role of the garden in the life of people with mental disabilities. The aim of the work is to find out how the garden is used for the care of clients with mental disabilities in the Home of the Holy Family, through semi-structured interviews. The theoretical part of the thesis first considers the relationship of man to nature. The following is a definition of horticultural therapy and its use for different target groups. The thesis continues with a comprehensive definition of the concept of mental disability and also describes the specifics of communication with people with mental disabilities. In the practical part there is an analysis of semi-structured interviews, which took place with workers and clients of the Holy Family Home. Through interviews, the author investigated the relationship of clients and workers to the garden and how they use it in their lives.

Keywords

Horticultural therapy; mentally disabled people; garden; relaxation; gardening.

