



Life-filled kitchen gardens

The elderly in the day centre Centro de Día de La Paz in Baracaldo (Vizcaya) were able to rediscover enjoyment for rural life in the big city thanks to the horticulture and gardening activities, carried out by the centre in its goal of promoting a more active way of aging.

This activity, which is already part of their daily routine, has provided them with numerous therapeutic benefits arising from the emotional bond they establish with the plants.

Thanks to their work in the small organic kitchen garden, the seniors feel useful and have the chance to enjoy physical exercise, improve their self-esteem and lift their spirits in general.

This so-called “hortoterapia” has further contributed to a series of cognitive developments in attention, concentration and memory in the elderly.