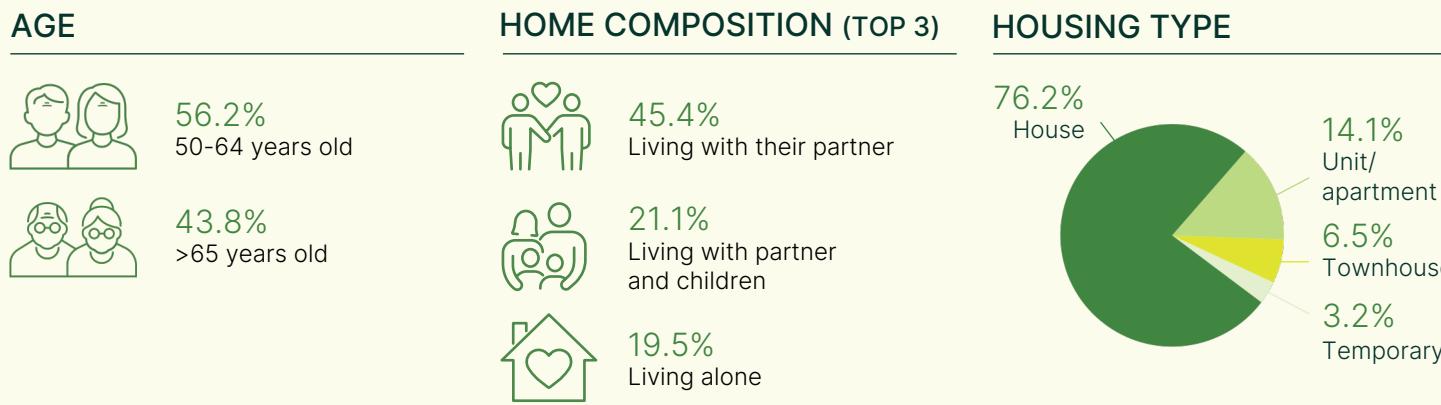


“IF I COULDN’T GARDEN, I WOULDN’T ENJOY LIFE”:

Older Adults’ Perspectives on Housing and Gardening in Victoria and New South Wales



MOST COMMON REASONS FOR GARDENING



HOUSING-RELATED ASPIRATIONS

- 01 Gardening stability
- 02 Suitable space
- 03 Housing and neighbourhoods that prioritise nature

“Move to a home that has a bigger yard and access to sunlight.”



HOUSING-RELATED CHALLENGES

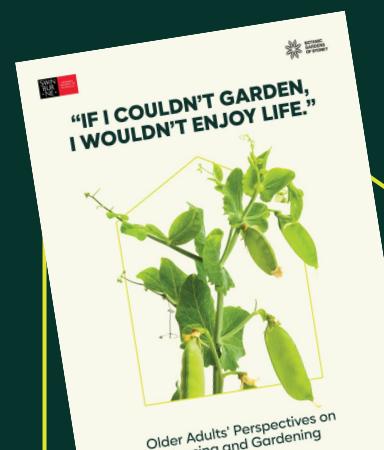
- 01 Space
- 02 Renting
- 03 Neighbourhood issues

“Tricky when you’re renting as you can’t do anything too big or permanent.”

RECOMMENDATIONS

-  Gardening assistance programs
-  More secure renting
-  Garden-friendly apartments
-  A policy focus on health equity

“I’d like to see gardening programs, advice, etc., specifically for those of us living in apartments.”



Goodall, Z., Kingsley, J. [co-first authors], Mackelprang, J. L., Stone, W., & Pettitt, P. (2025). “If I couldn’t garden, I wouldn’t enjoy life”: Older adults’ perspectives on housing and gardening. Swinburne University of Technology and Botanic Gardens of Sydney.

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