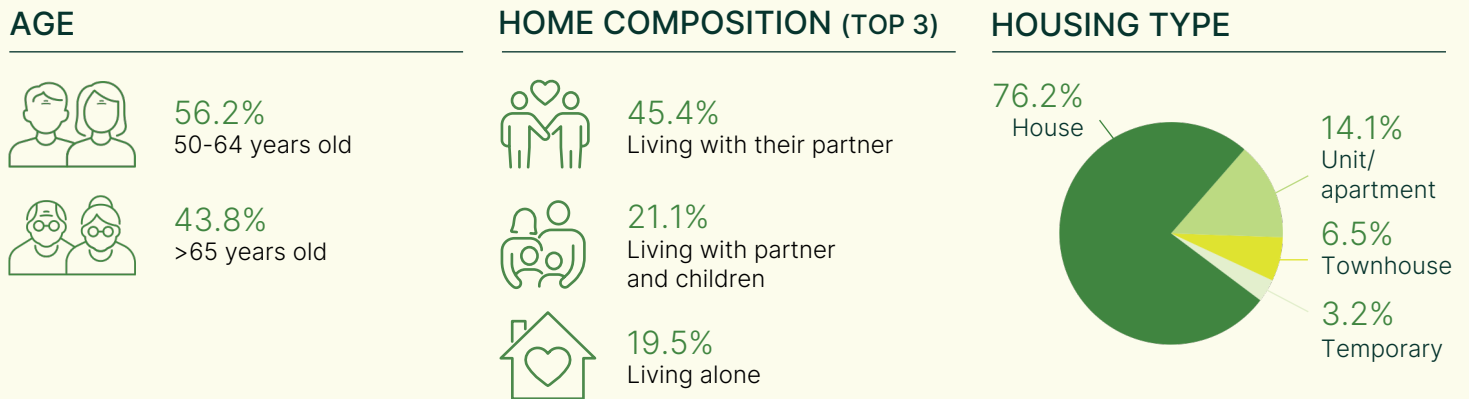


# “IF I COULDN’T GARDEN, I WOULDN’T ENJOY LIFE”:

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



### MOST COMMON REASONS FOR GARDENING


**88.7%**  
Connect with nature


**80%**  
To relax


**71.4%**  
Growing food


### HOUSING-RELATED ASPIRATIONS

- Gardening stability
- Suitable space
- Housing and neighbourhoods that prioritise nature

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





### HOUSING-RELATED CHALLENGES

- Space
- Renting
- 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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