

Kukkia Kaikille - bringing joy, boosting mood, increasing functional capacity and social engagement amongst the elderly through flower experiences



Program Components

- *Training for elder care practitioners so they feel confident hosting simple flower workshops
- *Monthly+ flower deliveries and workshops to each partner
- *Ongoing workshop support from Kukkia Kaikille program staff and from FloweRescue's 'Kukkakeiju' volunteers
- *Monitoring and evaluating the socio-emotional well-being impact of the flower workshops

Kukkia kaikille

- Workshop attendees can participate in whatever way feels best for them, this might mean:
- *Tying a bouquet or making an arrangement of their own
 - *Choosing flowers and asking someone else to help them tie a bouquet
 - *Making a small arrangement in a vase or even in a cup
 - *Singing flower songs and telling stories
 - *Quietly enjoying the colors, smells and textures of the flowers

"Mielihyvä kukista ja kauniista itsetehdyistä kimpusta kesti viimeksi kotona melkein viikon. Kiitos!"
- osallistuja Hertsikanrannassa tapahtuu ry

"Tuli rauhallinen ja hyvä mieli. Oli mukavaa tehdä yhdessä ja nähdä muita. Sosiaalinen kanssakäyminen on minulle hyvin tärkeää."
- osallistuja Kinaporin Seniorikeskuksessa





**103 flower
workshops**

**96% of participants
report that the
workshop helps their
well-being;
97% of hosts
observed increased
socialization**

**775
Osallistumis-
kertoja**

**During the
pilot year ...
(May '22-April '23)**

**13 kukkakeiju
volunteers**

**90 elder care
practitioners
trained through 11
partner
organizations**

