

## Gardening Tools

Our contributor for this week's article is Lee Lewis who works at MAC, Inc. in the Life Bridges Program. Thank you Lee!

Gardening causes back, hip and leg aches for people of all ages. Here are some of the best gardening tools for seniors to make tending to a garden enjoyable again.

Gardening is a great pastime for seniors. Tending to a garden with a wide variety of plants during warm months gives them great outdoor exposure, fresh air and important nutrients from the sun. It also gives them a great sense of accomplishment when they can finally harvest their crops or see their flowers/plants grow. It's a perfect hobby for people of age, but especially seniors who are looking for an outdoor hobby but don't like to go far from home.



Does the senior in your life have a green thumb? Check out some of these awesome gardening stools you can get them to really enhance their gardening experience. Gardening stools provide a lot of support and relieve a great deal of arthritic knee and back pain that can come with hunching over crops for hours.

There are all kinds of gardening stools, from rollers to seats to foldable kneeler/chair combinations. Read on for more options to consider.

Although the **Sunix Folding Garden Kneeler and Seat** has a similar design to many other options. It has an oversized foam comfort seat that is longer and wider than the others. Plus it also acts as a **comfortable knee pad when flipped over.**



It also features a rocker function to give knee and hips some movement while keeping you stable and allowing you to easily reach far away plants or areas. The convenient pouches on the side help you keep your favorite garden tools in close reach. When you're done gardening for the day, this lightweight tool folds for easy storage on a shelf or in the garage.

The **Pure Garden 20" Storage Cart & Scooter** may look a little childish, but this garden cart and scooter is actually one of the highest rated garden products on Amazon and a best seller. It's straightforward and easy to use, as a mobile **2 in 1 gardening seat and storage area.** It gives you easy access to your tools while gardening, while giving you a safe place to sit.

The seat lifts to reveal a removable tool tray for those times you need to work a little closer to the ground. There is plenty of storage for your tools in the inside bin.



The sturdy resin wheels are great for outdoor maneuvering even in wet dirt. And has a sturdy double wall construction.

For a slightly more industrial rolling seat, check out **Pure Garden Rolling Seat Scooter**.

Instead of a storage case, it comes with a 12" by 16" tool tray to store your gardening tools. It's heavier than the storage scooter, but it still gives you **great mobility** with 3" wide, sturdy wheels and sits you higher off the ground (13"). It's also cheaper than the scooter, even though it's slightly sturdier.



The **Original Garden Rocker Comfort Seat** is perfect for seniors for many reasons. It has a comfortable seat with a contoured surface. This contoured "U" design provides maximum back and hip support, as well as comfort. You can easily **adjust the height of this seat** to your unique desired height too.



What makes this seat unique is its rocking function, which may initially seem unstable and not great for a senior, but it actually gives you a lot of mobility. It's better on hips and knees than a standard stool because it allows the muscles

and joints to move around while working in the garden.

The **Premium Quality Garden Kneeler Bench** is a two-in-one seat and kneeler that's perfect for seniors because they can work on their knees if they feel the need to, but they can take a break by simply flipping it upside down and use it as a seated stool.

This particular combination product is great because it's incredibly lightweight and easy to flip, but can easily hold 220 lbs. It has a **wide base for maximum stability** and a soft foam padded area when working on your knees. The handles are designed to be at the right height to help you get up safely and quickly.



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**We will have more on this topic – keep watching! What was your favorite?**

**Till next week...**

Be well.

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