



Accessible Gardening

More Tools to Help in the Garden

The **40-piece Garden Tools Set** is perfect for any senior who is just getting into gardening. It gives you literally everything and anything you'd need in a garden of any size, including a tote bag, 5 rust resistant steel tools, a pair of pruning shears, a pair of work gloves, and lots of other gardening accessories. Best of all, it all fits inside a foldable, portable canvas bag with elastic loops to keep everything in place.



different colors plus 4 piece and 5 piece sets. Individual pieces are also available.

Gardening provides a great sense of the outdoors, peace of mind, and a great feeling of satisfaction when harvesting your vegetables or seeing your plants grow. This is one reason that gardening is a very popular hobby among seniors and the elderly. You can even garden in your wheelchair!

All of these items can be found on [amazon.com](https://www.amazon.com) or one of your favorite stores.



The ergonomically designed garden tools in the **FANHAQ Ergonomic Garden Tool Set** are another great idea for seniors. Mainly because they are easier to grip and hold. This is very helpful if you have

arthritis or general weakness in your hands. But they offer other benefits as well. With the design of some of the handles on these tools, there is less strain on the wrist and arm. They're also easier to use because they compensate for general weakness. This handy benefit reduces the strain on your entire body while performing difficult tasks. This set of ergonomic garden tools reduces stress on hands and wrists. The cushioned curved handles also give extra leverage to keep hands from tiring quickly. It comes in several

Location & Planters

Location: Inside or outside? Will the garden be in a greenhouse, on a windowsill, or in the great outdoors? Regardless of physical location, pathways in the garden should be easy to navigate and clear of obstacles. The pathway should be constructed of materials that provide a firm, stable surface. It should be wide enough to allow a wheelchair or walker access and should include areas wide enough to allow for turning around and direction changes. Ramps, rather than stairs or steps, should be

considered. Edges should be raised or clearly marked to keep gardeners on the path. In addition, there should be sitting areas, including benches and shade, to rest or just enjoy the sights, sounds, and scents of the garden.



Planters: Where will the plants grow? Containers, raised beds, and vertical gardens are all possibilities.

1. Containers can include pots, boxes, etc. made of a variety of materials. To facilitate ease of movement, they can be mounted on wheels, from wagons to trivets. Hanging containers, accessed by pulleys, are another possibility.
2. Raised beds can bring plants close to all gardeners, be they wheelchair bound or ambulatory. When designing raised beds

there are several things to consider: height (wheelchair accessible beds should be 28" to 34" , those for ambulatory can be higher), front or side reach (if accessible from one side, bed should be 24" or less, if accessible from 2 sides the width of the bed can be up to 48" wide), knee and toe space (can a wheelchair fit under the bed or will the bed be accessible from the side only), and shape (rectangular, square, "L" or "U" shaped; solid sides or beds built on legs or placed on table tops). In addition, edges wide enough for sitting can be helpful.

3. Vertical gardens can be as simple as stakes and strings, trellises, towers, cages, or as elaborate as planting walls.

Previous information from <https://ucanr.edu/> under Accessible Gardening.

Happy 11th Birthday to the very first wifi iPad that came out April 3, 2010. I was one of the lucky ones to get it delivered that first Saturday by UPS. Wonderful day! And look where we are today – can't live without these incredible machines!

Till next week...

Be well.



If you have suggestions for upcoming newsletter topics, problems you are experiencing, please call or send me an email. I love challenges!

Give us a call or email and we will be glad to answer questions about the resources we have. **Please call** and ask at 410-742-0505, ext. 118 – Cindy Robinson **Or, email** Janet Parke at jparke@macinc.org

Let us know if you would like to receive this weekly Information Newsletter in your email. We will be glad to send it to you. Send an email to llewis@macinc.org



Janet Parke

With over 25 years of Technology Experience for people with limitations
jparke@macinc.org or 410-742-0505 ext. 191

Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy or treatment. We are not endorsing companies that we mention.