Overview of Accessible Gardening Tools and Tips

Bringing the garden to you

- Garden in raised beds, trellises or containers that minimize bending and stooping.
- Use plant supports to help keep otherwise ground-sprawling plants more upright and easier to reach.
- Use a seat on wheels to move around beds without standing and crouching repeatedly.
- Use a stool, foam pad, or kneeling pad with handrails while working near the ground.

Watering

- Achieve a longer reach while watering hanging baskets and raised beds by attaching watering wands of various lengths.
- Try a commercially available seeder for gardeners, including syringe-type dispensers or a trowel with a built-in seed dispenser.
- Use one of the many brands of self-coiling hoses now available.
- Improve your grip on the hose spigot with an enlarged knob or faucet adapter.

Tools

- Make use of tool carts for transport of tools, materials and soil products.
- Wear gloves to protect your hands and joints. Some are specifically made for people with arthritis.
- Reduce hand fatigue and increase leverage while pruning with ratchet pruners.
- Choose ergonomic tools with large grips.
- Try long-handled and telescopic tools that allow people to extend their reach to the ground from a sitting position.
- Use D-grips and fist-grips, which are beneficial for those with arthritis or chronic back pain.
- Keep your wrist in a neutral position by using tools designed for individuals with arthritis and other upper extremity limitations.
- Try the long handled grabber as an aid in planting bulbs, harvesting fruits and vegetables, and picking up odds and ends around the garden and yard.

The Maine AgrAbility project is supported by funds from the USDA National Institute of Food and Agriculture (NIFA) under sponsored project number 2014-41590-22324.