

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.