**Farming and Gardening Forever**

*Maine AgrAbility: we focus on your ability to farm and garden*

*Maine AgrAbility is a statewide partnership with the University of Maine Cooperative Extension, Goodwill Industries of Northern New England, and Alpha One independent living Centers. The Maine AgrAbility website is www.umaine.edu/agrability/*

**RESOURCES**

The National AgrAbility Project
http://www.agrability.org/Toolbox/browse.cfm?sub=22#1_6
The Toolbox, a searchable database of assistive technology solutions for farmers and gardeners.

Arthritis & Agriculture
The Arthritis Foundation is a partner with the National AgrAbility Project. Arthritis is all too common for farmers. This website will help you consider the work you do and be more mindful of its long-term effects.

21 states have AgrAbility programs. Many of them have resources of particular interest to gardeners:

Maine AgrAbility
https://www.pinterest.com/maineagrability/

Pennsylvania AgrAbility
https://www.pinterest.com/agrabilitypa/

Michigan AgrAbility
https://www.pinterest.com/MichAgrAbility/

West Virginia AgrAbility
http://greenthumbs.cedwvu.org/factsheets/
Accessible gardening fact sheets cover a wide range of gardening options: from hydroponics, to lasagna gardening, to hay bale gardening. A really informative site.

Ohio AgrAbility
http://agrability.osu.edu/factsheets.html
Ohio has produced a number of informative worksheets on various topics, including ergonomics, Universal Design, lifting, and heat stress.
Universal Design
http://www.ncsu.edu/project/design-projects/udi/center-for-universal-design
The Center for Universal Design at North Carolina State University is a center for research on Universal Design. UD is the idea that all environments and products, to the greatest extent possible, are usable by everyone regardless of their age, ability, or circumstance.

Sources of Ergonomic Tools

Lee Valley http://www.leevalley.com/us/
Gardening tools, woodworking tools,

Green Heron Tools http://greenherontools.com/
Farm and garden tools for women

Has a category for women’s hand tools (Sneeboer)

Gardener’s Supply http://www.gardeners.com/
Gardening tools and equipment, kneelers, scoots

Ben Meadows http://www.benmeadows.com/
Forestry equipment

Rittenhouse http://www.rittenhouse.ca
Equipment for gardeners and orchardists

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.