

Easier Landscaping and Gardening

Updated 10/16/2019

Tips for designing and adapting your garden to prevent hassles, aches and injuries.

- **Use continuous, solid edging between plant beds and lawns.**
 - Limits weeds from growing into plant beds
 - Increases ease of edging with a blade edger or weed eater
- **Design landscape plantings to minimize open mulched areas**
 - Reduces space where weeds will grow
- **Plant perennial plants that will last multiple seasons in plant beds**
 - Reduces the need to install new plants every growing season
- **Use raised beds (maximum 4 ft. wide), containers, or vertical gardening methods**
 - Reduces bending over
 - Reduces weeds and ground-level pests
- **Use the right equipment for the job:**
 - Use tools sized for YOUR hands, keep wrists straight
 - Use braces or tools with arm support to stabilize or grip, if needed
 - Keep tools sharp
 - Use a PVC pipe and a kitchen funnel to make a stand-up seeder
 - Use a 4-wheeled garden cart; don't over load it
 - When working at ground-level, use garden kneelers or low seats
- **Raking, cultivating, hoeing, shoveling:**
 - Use a wide stance
 - Keep your back straight (not stooped), aligned (not twisted)
 - Use digging tools with wide foot support
 - Use longer handled cultivators, hoes, and rakes when working the ground (~57" +)
 - When cultivating or hoeing use push-pull motion (not chopping motion)
 - Use add-on handles for more lifting leverage and wrist stabilization
 - Alternate standing stance (Left side-Right side)

- **When gardening with low vision/blindness:**
 - Keep tools together and easy to move
 - Use a tactile grid on garden beds
 - Use a notched piece of wood for a tactile row-maker and seed spacer
 - Keep a weatherproof radio on to help locate starting point
 - Walking surfaces should be even and provide traction
 - Use plants with scent, taste, or tactile interest
 - Avoid plants that are sharp or irritating to touch
 - Yellow, white, and blue are easiest to see for those with low vision
 - Use rope as a guide to garden areas

- **Use easier irrigation methods:**
 - Short coil-type garden hoses
 - Tree drip-irrigation bags to establish new trees/shrubs
 - Micro-irrigation systems (use with a timer that attaches to hose faucet)

- **Reduce the physical stress of gardening:**
 - Stretch before and after gardening (see last page)
 - Alternate gardening activities frequently
 - Sit down frequently
 - DRINK WATER FREQUENTLY- bring it outside with you
 - Set a timer to remind you to switch activities, stances, or take breaks
 - For emergency situations, keep a phone with you, and any critical medications or devices you may need (inhaler, epi-pen, etc.).

- **Wear the right gardening gear:**
 - Gloves- should allow comfortable movement and circulation
 - Shoes- should provide insect protection, proper soles, arch support, good traction
 - Hats- sun protection for face/neck, air flow
 - Eye-protection- wear comfortable safety glasses when pruning, weed-eating, weeding shrub beds, etc.
 - Pants/Shirts- should be loose-fitting, stretchy, and quick-drying. Should protect from sun, insects, thorns.

Adaptive Gardening Supplies

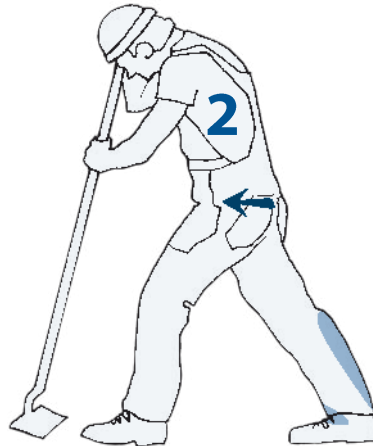
- **Comfort House** (raised garden beds, adaptive aids, etc.)
www.comforthouse.com
- **ArthritisSupplies.com** (Peta tools, grip aids, etc. See “around the house” link for garden tools.)
www.arthritissupplies.com
- **Wolf Garten** (long-handled tools)
wolfgarten.us
- **eziMate** (add-on tool handles)
www.ezimateusa.com
- **Active Hands** (hand grip aids, other adaptive aids)
www.activehands.com
- **Foxgloves Inc.** (garden gloves)
foxglovesinc.com
- **Predator Tools** (digging tools)
www.predatortools.com
- **Fiskars** (long-handled and ergonomic tools)
www2.fiskars.com
- **Hoss Tools** (specialty tools)
hosstools.com
- **Gardener’s Supply Company** (gardening supplies)
www.gardeners.com

Approximately 4 minutes

Before you do any work in the garden, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.



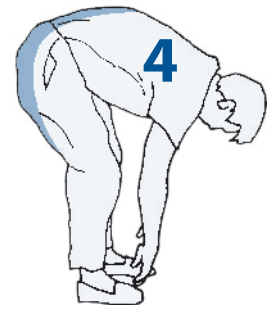
10-15 seconds
(page 55)



10-15 seconds
each leg
(page 71)



10 seconds
each leg
(page 75)



10-15 seconds
(page 54)



3-5 seconds
2 times
(page 46)



10-15 seconds
(page 46)



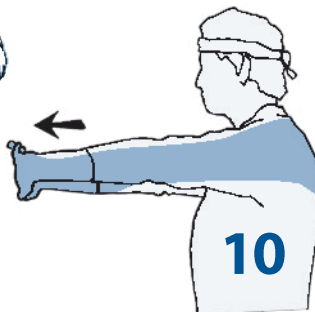
10 seconds
(page 66)



10 seconds
each arm
(page 44)



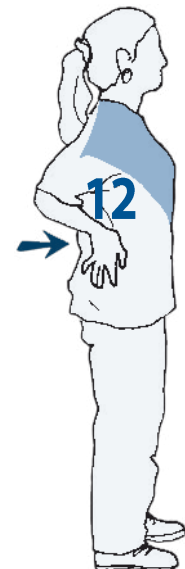
8-10 seconds
each side
(page 44)



5-10 seconds
(page 45)



8-10 seconds
each side
(page 81)



8-10 seconds
2 times
(page 46)