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With Physical Disabilities A Guide To Methods  
Tools And Plants

# **Accessible Gardening For People With Physical Disabilities A Guide To Methods Tools And Plants**

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## **Accessible Gardening For People With**

Gardening with disabilities is not only possible, but it's a great way to maintain one's lifestyle and happiness during a time of physical adversity. Gardeners with disabilities are people who are very much attuned to the outdoors. Having a garden that's suited to the needs of the disabled can be a vital part of recovery and care.

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## **Disabled Gardener Ideas: How To Create An Enabled Garden**

Accessible Gardening for People With Physical Disabilities: A Guide to Methods, Tools, and Plants [Janeen R. Adil] on Amazon.com. \*FREE\* shipping on qualifying offers. Provides information on developing, planting, and maintaining a garden for those with limited mobility

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Gardens can be helpful to people with a range of physical, emotional, and mental limitations. Use these accessible gardening tips to revamp your outdoor areas to create beautiful, accessible, and therapeutic gardens.

## **Accessible Gardening Tips | Better Homes & Gardens**

Gardening can become part of a healthy and active lifestyle for people with disability with some simple adaptations to the garden, gardener, and plants. Adapting the Garden There are many ways to adapt the garden for access starting with appropriate grades and paving, careful selection and placement of planters, and vertical gardening techniques such as hanging baskets and larger raised beds.

## **Accessible Gardening : NCHPAD - Building Healthy Inclusive ...**

Raised Garden Beds for Disabled — When a person becomes

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disabled and unable to enjoy the simple hobbies we all take for granted, one method of alleviating this is to create an easy access raised bed garden. Gardening is a very therapeutic means of relaxing if no strain is put on the disabled person's painful often restricted joints.

## **A Raised Garden Beds for Disabled Person | Housesumo.com**

Accessible Gardening for Therapeutic Horticulture environment where people of all ages, backgrounds, and abilities can come together, connected by the simple fact that we all rely on the earth to survive.

## **Accessible Gardening for Therapeutic Horticulture**

Garden design for the elderly and disabled. ... Easy access to your garden, layout design tips and landscaping services that may help if you are elderly, disabled or gardening from a

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wheelchair are covered on, or linked from this page. ... Garden design and layout tips for elderly and disabled people, the technical stuff and things to consider ...

## **garden design for elderly and disabled people ...**

Maybe your loved one has difficulty holding gardening tools or moving plants or soil from one point in the garden to another. Luckily, there are many companies that have realized that there is a market for adaptive gardening tools and supplies. The following is a list of some of the best adaptive gardening tools for gardeners with disabilities.

## **Ergonomic and Adaptive Gardening Tools**

Another way to make a raised garden accessible is to create roll-under space. This can make gardening from a wheelchair a little easier since everything is in front of you instead of having to turn your body. Here the height of the roll-under space should be

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27 inches minimum. Width should be 30 inches minimum.

## **Wheelchair Accessible Gardens - Universal Design Style**

Accessible gardens are no different and are created for people with special needs. Gardening for specific needs might include sensory gardens for the blind, wheelchair accessible gardens for the handicapped, senior garden tips for the aging and accessible garden tools for those suffering from arthritis and other physical limitations.

## **Accessible Gardens Archives - Gardening Know How**

Gardening for People with Disabilities - Av collectionb of resources from the Reeve Foundation. Accessible Gardening Bring Mother Earth Within Reach. By Lori Hungate Healthy Gardening Tips - Tips to make gardening easier and more comfortable even if you have physical limitations. Horticultural Therapy - Create an Enabled Garden by Joyce Schillen

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## **Handicap Accessible Gardening - In The Country Garden & Gifts**

Accessible Gardening for Senior Living Homes and Special Needs Schools The circular layout of raised garden beds helps foster social interaction between gardeners, while the work itself improves fitness and acts as a liason between the senses of touch, sight and smell.

## **Wheelchair Accessible Raised Beds ... - Green Circle Garden**

How to Make a High Raised Garden Box for the Handicapped ... 2017 . elderly couple relaxing in wheelchairs in the sun image by L. Shat from Fotolia.com. People of all ages and abilities enjoy working in the garden. It is peaceful and relaxing to be outside in nature, and pulling weeds, planting seeds or harvesting vegetables can provide a



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## **How to Make a High Raised Garden Box for the Handicapped ...**

Accessible Gardening by Joann Woy is filled with useful tips and ideas to help senior citizens and/or disabled people continue to garden. There are quite a few line drawings as well. Because this book was published in 1997, some of the information in the Appendix may be outdated.

## **Accessible Gardening: Joann Woy: 9780811726528: Amazon.com ...**

It provides an enjoyable and leisurely activity for a growing number of people in the United States. This growing population includes many elderly and disabled individuals. Anyone can enjoy the benefits of gardening by choosing the proper garden design that encourages an accessible, safe and comfortable gardening experience.

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**[www.sdcdgn.org](http://www.sdcdgn.org)**

Accessible gardens for persons with disabilities are designed to provide access to gardening activities or simply provide a garden experience for persons of all ages and abilities allowing full participation in the pleasurable activity of growing plants.

## **Accessible Gardens for Persons with Disabilities - Water**

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Gardening is a healthy, stimulating activity that can be enjoyed by people of all abilities. Gardening equipment and tools can be modified to suit people with disabilities. Your garden can be landscaped so that garden beds are easily accessible and safe.

## **Gardening - people with disabilities - Better Health Channel**

Accessible gardens are designed to eliminate barriers, allowing

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people of all ages and abilities to come together to garden. They can help senior gardeners as well as younger people with limited mobility. The pathways are wide enough for a wheelchair and often paved or made of crushed stone.

## **Accessible Gardens - Gardening Solutions - University of**

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For wheelchair accessible gardens, raised beds 18-24 inches high are recommended. Planters 30-36 inches tall will reduce the need for bending over while gardening from a standing position. Standing planters are another good option; they cost less and require less soil than similar height raised beds.

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