

Activity: Gardening

Most Requested/ Suggested Equipment	Cost Code	Description
Kneeler Seat	\$	Low bench with foam cushion, legs can be used as handles when changing positions. < 10lbs. (Vendor # 2)
Scoot-n-Do	\$	Low scoot, with padded seat, cushion, and carry all tray. (Vendor # 3)
Knee Protectors/ Pads	\$	Waterproof, self-stick closures, also padded grips (Vendor # 4)
Modified Hand Tools	\$	Ergonomically correct hand tools with wide cushioned grips, (Vendors # 4 # 5, # 9)
Homemaking Cuff, Grip	\$	Allows gardeners to strap on the tool if they do not have use of their hands. (Vendor # 1, # 6)
Long Handled Tools	\$	For use by those in wheelchairs or other seated positions. 30"-39" extension handles. (Vendor # 2, # 4)
Soil Digger	\$	Oversized garden fork with 2 handles and cross-bar. (Vendor # 3)
Dibbles	\$	Long and T-handled dibbles. (Vendors # 7, # 8)

Activity Modifications:
<p>General: Reduce the need for certain tasks by changing garden design.</p> <ul style="list-style-type: none"> Place tools and gardens near water. Select plants appropriate for the location and the local rain. Choose species that will mature at the desired shape. Used raised beds and containers. Reduce lawn care activities by using mulch or ground cover instead. Select plants appropriate for the location and the local rain. Choose species that will mature at the desired shape. Use a pulley system for lowering and raising hanging plants. Enlarge handles with insulation tubing.

Vendor Resources:	
1	Grip Mate, 800-941-4505
2	Plow & Hearth, 800-627-1712
3	Gardeners Supply Company, 800-444-6417
4	Walt Nicke's Garden Talk, 800-822-4114
5	AM Leonard, Inc., 800-543-8955
6	Enrichments Catalogue, 800-323-5547
7	Kinsman Company, Inc., 800-733-5613
8	Langenbach, 800-362-1991
9	Access to Recreation, 800-634-4351

Other Contacts:	
10	The Able Gardener: Overcoming Barriers of Age and Physical Limitations, 802-823-5810
11	American Horticultural Therapy Association, 800-634-1603

Notes:
<p>For an expanded list of tools and activity modifications see: Accessible Gardening for People with Disabilities A Guide to Methods, Tools, and Plants By Janeen R. Adil</p> 