

If Only I Could...

- *"Make my garden less work."* Try new lightweight, sharper tools that are easier to use."
- *"Have a smaller garden with lots of flowers and vegetables."* In a raised bed you can fill it with good soil, plant closer together and easily rotate crops.
- *"Water less and still have healthy plants."* Drip irrigation can deliver the right amount of water needed.
- *"Garden without having to kneel or bend."* Raised beds can be any height you want. Make the sides wider so you can sit while you work.
- *"Have time to enjoy my garden."* Work in the garden, but don't over do it. Set a timer to remind you to take frequent breaks and rest. You will enjoy your garden more.



Master Gardeners are here to help – We care about YOU!

Master Gardeners of Sussex County are eager to help you with your gardening problems. A variety of forums are available – public workshops, educational displays, speakers' bureau, fact sheets – even a demonstration garden!

Our help line (302) 856-2585 ext. 535 operates from April through October to answer questions.

Delaware Cooperative Extension
16483 County Seat Highway
Georgetown, DE 19947

This institution is an equal opportunity provider.

<http://extension.udel.edu/lawngarden/>



Accessible Gardening Tips



Garden Smart ...
Garden Easy...

Cope With Limitations...

Don't stop gardening if mobility changes. Look for tools that meet your specific needs. Consider wide paths for easy access and pathway materials that create a hard surface of non-skid material. Keep a water source close by. Scale your garden to fit your needs. Six containers or a 3' x 3' area can yield an abundant harvest. Visual limitations – use masses of bright color or hang wind chimes to help with orientation.



Tools Make a Difference

- **Lightweight tools relieve stress on hands and arms**
- **Telescoping pruners, loppers, rakes, hoes and cultivators**
- **Trowels with curved ergonomic or cushioned handles**
- **Kneeling pads or benches**
- **Lightweight garden carts with wide handles to push and pull easily**
- **Consider adapting tools with foam tubing**
- **Use a tool carrier, carpenter's apron or bucket for your frequently used garden tools**

All About You!

We want you to garden **smart!** Gardening can be **easy!** Check with your doctor for limitations you need to be aware of. Work during the time of day that you **feel best.**

Pace yourself! Rest often and drink plenty of water. Make sure you wear a hat, gloves and **sunscreen** for your protection.

Vary your activity to prevent repetitive motions that stress joints.

Design your garden based on **your capabilities!** Keep the area small enough for you to maintain.

ENJOY your time planning and working your garden!