



# Garden Smart...Garden Easy...



*Gardening is therapy for mind, body and soul*

## Tips for Gardening Smart, Gardening Easy



• Garden without having to kneel or bend by creating raised beds at any height you want. The sides can be wide enough to sit on.



• Make gardening less work by using lightweight, telescoping, ergonomic tools.

• Water less and still have healthy plants by using drip irrigation or soaker hoses.

• A kneeling pad is easier on knees. Some have handles to make it easier to get up and flip over into a bench.



• Use a tool carrier, carpenter's apron or bucket for tools. Keep tools handy in a mailbox nearby.



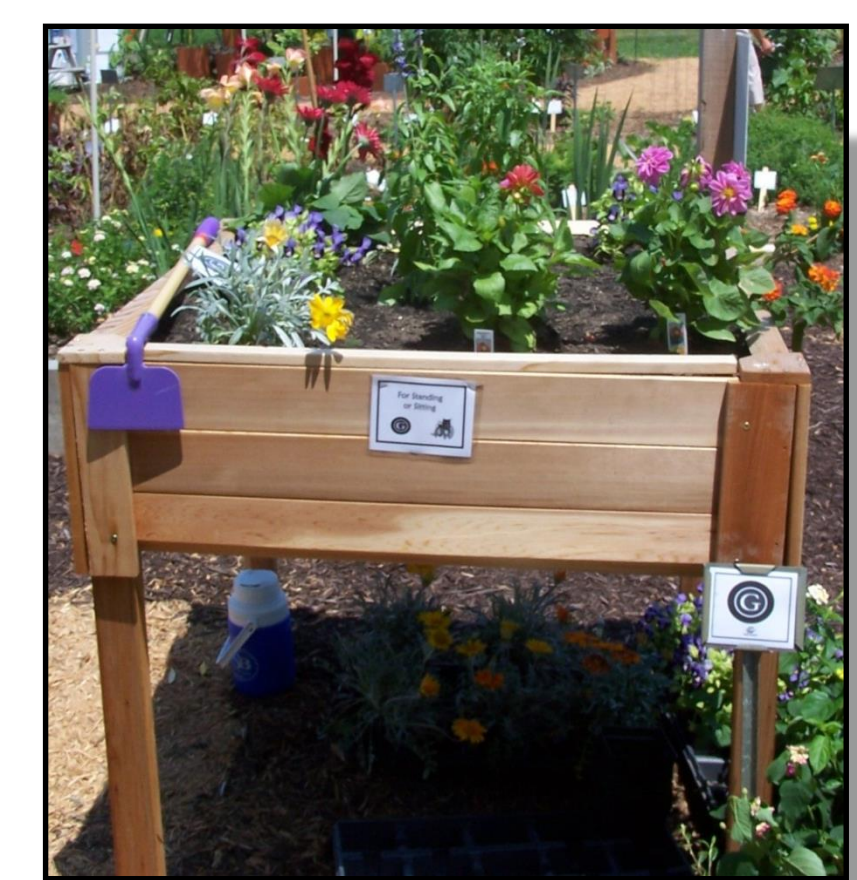
Don't stop gardening if mobility changes. Gardening can be easy. Check with your doctor and rehab professionals for guidance. Make sure they know how important gardening is to you.

Pace yourself. Work during the time of day that you feel best. Set a timer as a reminder to take frequent breaks. Vary your activity to prevent repetitive motions that stress joints.



Make sure you wear a hat, gloves and sunscreen for your protection. Drink plenty of water.

Scale your garden to fit your needs and your capabilities. Consolidate the garden into less space with raised beds filled with good soil so you can put plants closer together. Garden in all sorts of containers.



Paths between beds should be level and smooth, but textured for safe traction. Make sure there is enough room to maneuver between beds.

Choose plants well adapted to your site. Look for pest-resistant, drought-resistant varieties for easier care.

Enjoy your time planning and working in your garden!



## Choose or Adapt Tools to Fit Your Needs

Trowels and other hand tools are available with ergonomic or cushioned handles.



Telescoping pruners, loppers, rakes, hoes and cultivators reach farther.



Lightweight pruners with gear mechanisms or rotating handles relieve stress on hands and arms and increase cutting power.



Lightweight garden carts with wide handles are easier to push and pull. Some tip over so you can push or scoop in whatever you want from ground level.

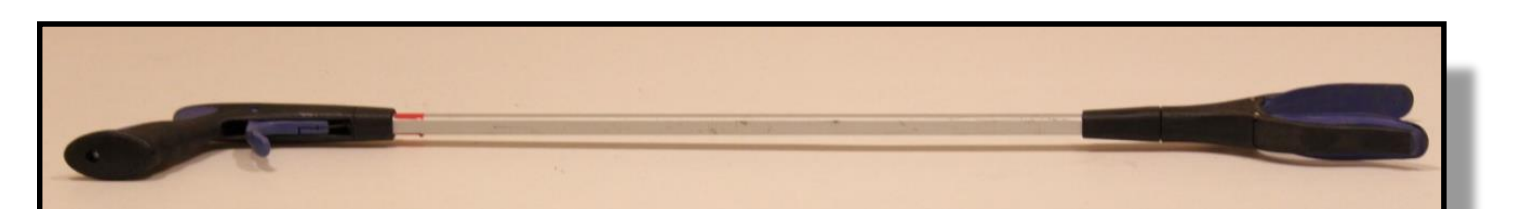
Adapt the tools you already have. Tape foam tubing around shovel handles to make them softer and provide a wider grip.



Cut PVC piping to waist height and drop seeds through it into the ground without bending over. A funnel on the end of the pipe ensures accuracy.

Weeding tools can help lift out weeds rather than pulling them out, which puts pressure on hands and wrists.

Use reachers to pick up sticks.



## Contact Sussex County Master Gardeners

Master Gardeners of Sussex County are eager to help you! A variety of forums are available, from public workshops, educational displays, a speakers' bureau and fact sheets to a demonstration garden at the Elbert N. and Ann V. Carvel Research and Education Center in Georgetown. For more information or to schedule a presentation on accessible gardening for your group, contact the Sussex County Master Gardeners at (302) 856-2585 ext. 544.



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