

Adapted Gardening Tools



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Gardening is an excellent way to practice wellness. It benefits the mind, body and spirit, and it is excellent for both physical and mental health. Spending time in nature helps reduce stress and improve overall well-being. Gardening can also be a rewarding and satisfying hobby. Growing your own fresh fruits and vegetables can be a healthy and delicious way to add more produce to your diet. These adapted gardening tools can make gardening an enjoyable and beneficial hobby for everyone.



[Long-reach gardening tools](#) allow individuals to do standing work without causing muscle or back strain. This tool would be ideal for someone using a wheelchair or a scooter as they can maneuver the tools from a seated position. They can also clip onto a wrist cuff making the tool much easier to move.



A [wrist cuff](#) is a beneficial accessory to use with adaptive gardening equipment. Some companies selling these tools have special wrist cuffs that easily attach to their products. This is ideal for individuals with decreased mobility or diminished strength in their hands as it utilizes the arm and wrist.



[Ergonomic hand tools](#) are designed with a curved grip handle which would benefit individuals with diminished strength/limited muscle control in their hands and wrist. These tools, made for close range use, also have short handles which can help those with lowered vision.



[Claw gardening gloves](#) make digging and weeding easy as they don't require any grip strength to use. These would be ideal for someone with hand or shoulder weakness/diminished muscle as they are a close-range tool and use direct strength from the user. (indoor/outdoor use)



[Ergonomic garden clippers](#) have an easy-grip design so that those with diminished hand grip or reduced dexterity can easily hold on to the tool.



A [hand tool weed puller](#) allows for close-range control and has a lightweight design ideal for individuals with diminished handgrip. This tool would also be beneficial for individuals with single arm use as it doesn't require two-handed control.



A [foldable water can](#) would be helpful for indoor gardening as it can be easily stored. This watering can also has a lightweight design so it is easy to use. The angle of the spout can also be adjusted so the user does not need to use strength to tip it.



[Kneeler & seats](#) are ideal for individuals who cannot stand for long periods of time or who cannot kneel on a hard surface. This stool provides a cushion to kneel on with handles that can assist the user in moving from a sitting to standing position. When used as a seat, bags can be placed over the handles to carry tools for the user.



Adding padding to a tool is great for someone with a weaker grip or who needs a heavier handle for stability. Some examples are to use tape, foam padding, a cotton clothesline or bicycle grips to improve grip.



A [retractable garden hose reel](#) is easier to handle than a garden hose. To use it, simply extend the hose to the required length; once there, it will automatically lock into place. The hose retracts back to its original position when pulled.



[Container gardening](#) is a great option for indoor gardening as it allows the gardener to choose the position (height) of the plants so that they are easily accessible. It also limits the amount of strain on the person gardening as the containers can be placed at a seated level which would be ideal for individuals who use wheelchairs. The plants are also easier to water and prune in containers, so it decreases the amount of physical effort to maintain them.



[Grow lights](#) can be an essential upgrade to an indoor garden, providing light in spaces without ideal sunlight. They come in a variety of different sizes and shapes to accommodate almost any living space. Some containers gardens have [grow lights attached](#).



[Elevated Garden Bed](#) is accessible to all and can be placed on a backyard, patio, or balcony. This garden is easily accessible for those who use a wheelchair.



[Vertical Gardening](#) is a fantastic way to raise plants with minimal space. Container gardening decreases the physical labor required to maintain an expansive garden while also making it much simpler to care for a plant. Additionally, gardening can be made simpler by using [pots on wheels](#) because they can be moved about with ease.



Sensory gardens stimulate all the senses and invite visitors to touch, observe, and listen to the garden. To appeal to sight, offer a variety of plant color, shape, size, texture, and pattern. Aromatic plants like roses, honeysuckle, and jasmine, as well as various herbs, will appeal to sense of smell. Adding a fountain to your garden will create soothing sound effects for your ears. Different sounds can be heard from grasses and leaves of trees rustling in the wind. Using plants that are attractive to wildlife is also a great way to incorporate sound, such as bees or other insect pollinators. Plants with a furry texture and a spikiness to their leaves are a great way to appeal to touch.





NCHPAD

The logo graphic for NCHPAD, featuring a stylized blue figure of a person in a wheelchair, positioned below the text.

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NCHPAD is a National Center on Disability supported by Grant/Cooperative Agreement Number NU27DD000022 from the Centers for Disease Control and Prevention (CDC).