

Gardening

Creating and maintaining a garden can become more challenging as we get older. Here are some ways of making gardening easier and safer.

- Large handles on tools can provide a more comfortable grip and reduce strain on the joints.
- Long handled tools provide greater leverage and reduce back strain.
- Small and lighter tools prevent strain.
- Smaller tool heads create less resistance in the soil and will be easier to lift with a load.



Atom Lawn Edger

A lightweight lawn edger available in either an electric or petrol powered model. It is pushed along like a wheelbarrow.



Garden Kneelers and Seats

Kneelers have a soft pad to protect the knees and raised hand grips to assist with kneeling down and standing up. Some can be reversed and used as a seat. These may also be used inside the house for non-garden related activities. These items are only appropriate for those with good balance.



Secateurs

Secateurs are small pruning shears that can be anvil or bypass types. A ratchet mechanism can enable you to use less force when pruning. Some secateurs have the ability to hold onto a stem once it has been cut.

Trial the secateurs as the grip will vary for different brands.



Peta Fist Grip Garden Hand Tools

These have moulded plastic upright handles which keep the wrist in a neutral position to minimise strain and enable a firmer hold on the tools.



Coil Hose Spray

This hose stretches over ten metres and follows the users movements around the garden. It automatically snaps back into a neat coil for easy storage. It comes with a spray handle for greater control.



Wolf Battery Powered Mower

This mower weighs only 15kg and is suitable for people who have difficulty starting and pushing standard mowers.

Other Gardening Tips

- Bring the garden up to you by gardening in pots or raised garden beds.
- Spend only short periods on any one activity and vary with less demanding tasks.
- Include low maintenance plants in your garden.
- Lightweight secateurs with a ratchet system need less strength to operate.

For more information, please contact

Assistive Technology Australia™

(previously known as Independent Living Centre NSW)

Shop 4019, Level 4, Westpoint Shopping Centre, 17 Patrick Street, Blacktown NSW 2148

Infoline: 1300 452 679 Email: help@at-aust.org Web: www.at-aust.org



www.facebook.com/ilcnsw



www.youtube.com/ilcnsw

Disclaimer: Assistive Technology Australia™ provides information on assistive technology and services. Visit our website to search for products on our @Magic database. We do not sell or hire any products. The provision of this information does not constitute a recommendation. Responsibility for final selection of items rests with the individual.

Supported by:



Australian Government
Department of Health



Communities
& Justice