Endless Gardening

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Benefits of Gardening

• Gardening should be a joy, not a chore.
• Gardening can be a form of exercise.
• The most important gardening tool is your body!
Changes Caused by Aging

• Vision
• Muscular and Skeletal
• Disease and Chronic Conditions
• Temperature Adaptability
Universal Design Principles

• “Universal Design” encompasses the design of products and environments that can serve and be usable by as many people as possible – regardless of age, ability, or circumstance.
Universal Design Principles

Pathways

• Firm, smooth, level
• Accessible width of at least 36”
• Follow ADA guidelines for ramps
• Clearly marked beginning and ending
• Avoid abrupt drop-offs
Universal Design Principles

Raised Garden Beds

• Reduce the need to bend or stoop
• Edges can provide a place to sit
• Can be made wheelchair accessible
• Styles are endless
  – Actual raised beds
  – Hanging baskets and large pots
  – Vertical gardens
Universal Design Principles

Adaptive Tools

• Long-handled tools
• Ergonomic handled tools
• Pistol grip tools
• Kneelers/Stools
• Caddies
Universal Design Principles

Long-Handled Tools

• Ease lower back strain
• Can be used standing or sitting
• Extend your reach
Universal Design Principles

Ergonomic and Pistol Grip Tools

• Feature specially shaped handles
• Reduce stress on joints
• Provide additional leverage
Universal Design Principles

Kneelers, Stools, and Caddies

• Can help with knee and back pain
• Can help with mobility
• Provide rest from standing
Gardening Tips & Tricks

- Respect Pain
- Posture
- Switch Tasks Often
- Wear Gloves
- Use Your Largest Strongest Joints
- Sun Protection
- Avoid Dehydration
Questions?

Contact your local Cooperative Extension Service

or visit

www.uaex.edu