

Endless Gardening

1. For the following questions, check the rating that best describes your feelings before and after this presentation.

	Before the Presentation			After the Presentation		
	Didn't Know	Knew the Basics	Knew Well	Don't Know	Know the Basics	Know Well
The Universal Design Principles can be applied to gardening.						
Raised garden beds can be ground level, semi-ambulatory, or wheelchair accessible.						
Ergonomic tools are designed to keep your wrist in a neutral position and ease the stress on your joints.						
Long-handled and telescoping tools can ease lower back pain by extending your reach.						
Combination kneelers serve a dual purpose by providing handles to assist you when getting up and can be turned over and used as a stool.						
Poor posture can lead to fatigue, joint pain, and strains.						
Switching tasks often can help prevent stiffness and joint pain.						
Stretching often can help prevent stiffness and joint pain.						
Sun protection is important and can be obtained by wearing lightweight, long-sleeved clothing, gloves, large brim hats, and sunscreen of at least SPF 15.						
There are different types of gloves to wear for hand protection depending on the task you are doing.						

2. Was the information in this presentation useful?
3. Do you plan to apply the principles from this presentation in your own life or the life of someone you know? If yes, which ones?

Age _____ Male Female County _____

Race/Ethnicity: _____ African American
 _____ American Indian/Alaska Native
 _____ Asian
 _____ Hawaiian/Pacific Islander
 _____ White
 _____ 2 or more mixed races