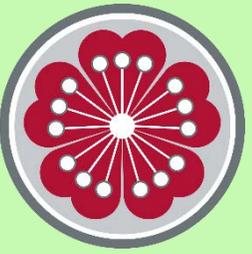


Easier Gardening for Everyone



Cowlitz County Master Gardeners

Cheryl Coddington and Dale Wheeler

March 21, 2023



Easier Gardening for Everyone

Gardening with physical limitations means “ordinary” gardening activities that most people take for granted, may require adaptations and ingenuity.



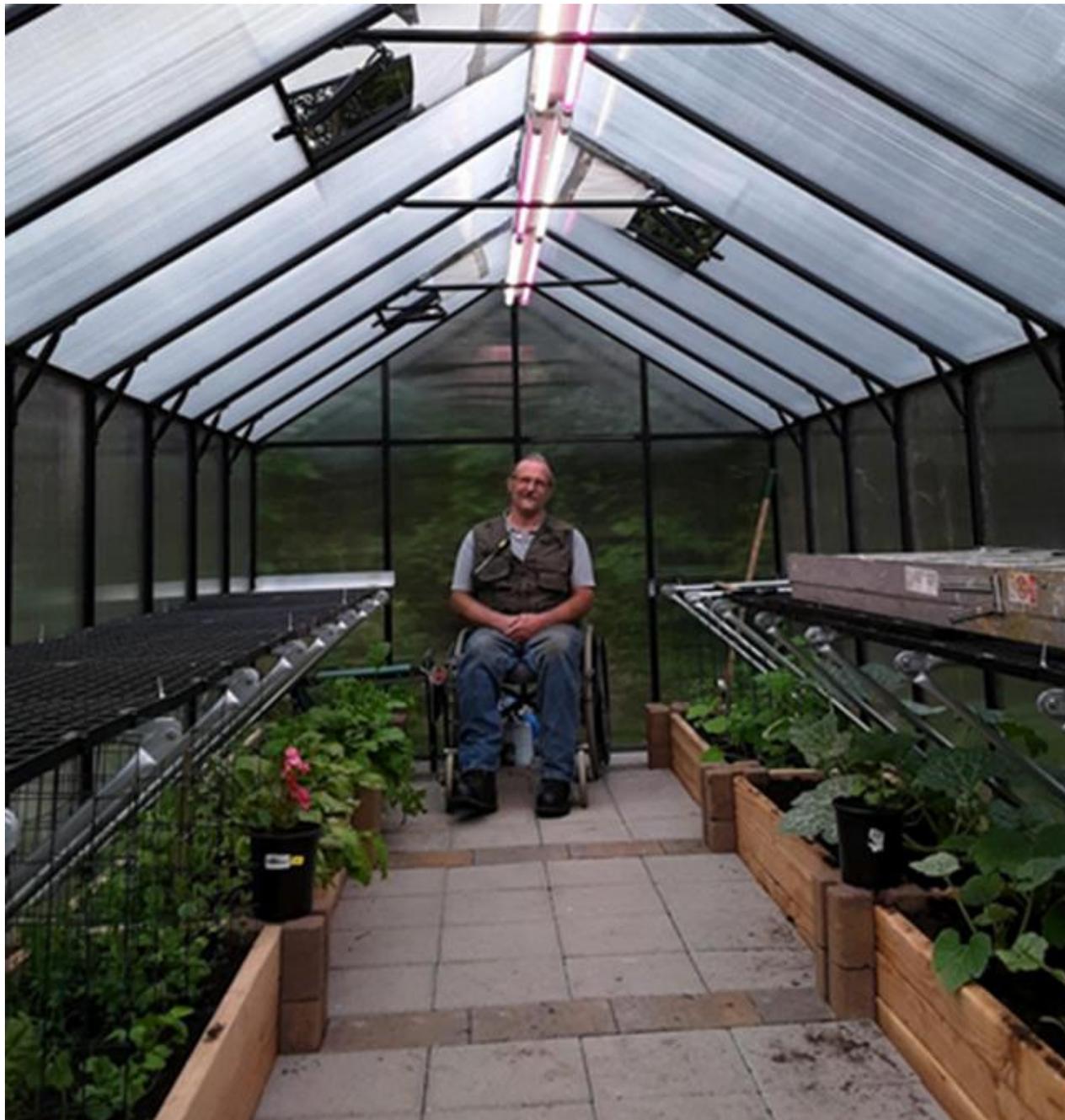
Our Backgrounds



Cheryl Coddington



Dale Wheeler



- Problem solving
- Creativity
- Assistance
- Planning and Preparation
- Knowing the location of resources for ideas and to creatively use ideas for your specific situation

Easier Gardening for Everyone

Introduction

Benefits of Gardening

Easier Gardening for Everyone

Body Mechanics

Surfaces and Seating

**Ground-level Gardens, Raised Beds,
Containers, and Planter Boxes**

Tools

Conclusion



Easier Gardening for Everyone

Gardening?

1) It's going to be hard



Easier Gardening for Everyone

Gardening?

- 1) It's going to be hard
- 2) It's going to be frustrating



Easier Gardening for Everyone

Gardening?

- 1) It's going to be hard
- 2) It's going to be frustrating
- 3) It won't be worth the effort



Easier Gardening for Everyone

Gardening?

- 1) It's going to be hard
- 2) It's going to be frustrating
- 3) It won't be worth the effort
- 4) How could gardening possibly benefit me?



“Regardless of ability or disability, the pursuit of gardening can enhance physical condition, can provide relief from tension, and can surround an individual with the sense of accomplishment. There truly is not an individual among us who cannot experience renewal when embraced with the stimulation of the garden setting!”

- Steven H. Davis, Executive Director,
American Horticultural Therapy Association



Benefits of Gardening

Emotional benefits

1) Creates pride in accomplishments



Benefits of Gardening

Emotional benefits

- 1) Creates pride in accomplishments
- 2) Builds self-confidence and independence
 - by being responsible for plant care



Benefits of Gardening

Emotional benefits

- 1) Creates pride in accomplishments
- 2) Builds self-confidence and independence
 - by being responsible for plant care
- 3) Stress-reducer
 - by releasing tensions and anxiety
 - can be a healthy outlet for feelings of anger / aggression



Benefits of Gardening

Emotional benefits

4) Creates enthusiasm and promotes interest in what lies ahead

Planting a garden is an act of faith

“To live in expectation is to live”



Benefits of Gardening

Social benefits

~75% of US households are involved in some form of gardening

∴ easy to find someone or group with a common interest



Benefits of Gardening

Intellectual benefits

- sharpens powers of observation



Benefits of Gardening

Intellectual benefits

- sharpens powers of observation
- **heightens curiosity**



Benefits of Gardening

Intellectual benefits

- sharpens powers of observation
- heightens curiosity
- **involves problem solving**



Benefits of Gardening

Intellectual benefits

- sharpens powers of observation
- heightens curiosity
- involves problem solving
- **stimulates creativity to try new things**



Benefits of Gardening

Intellectual benefits

- sharpens powers of observation
- heightens curiosity
- involves problem solving
- stimulates creativity to try new things
- **LIFE LONG LEARNING**



Benefits of Gardening

Physical benefits

When gardening, think of all you can

see



Benefits of Gardening

Physical benefits

When gardening, think of all you can
see

smell



Benefits of Gardening

Physical benefits

When gardening, think of all you can

see

smell

touch



Benefits of Gardening

Physical benefits

When gardening, think of all you can

see

smell

touch

taste



Benefits of Gardening

Physical benefits

When gardening, think of all you can

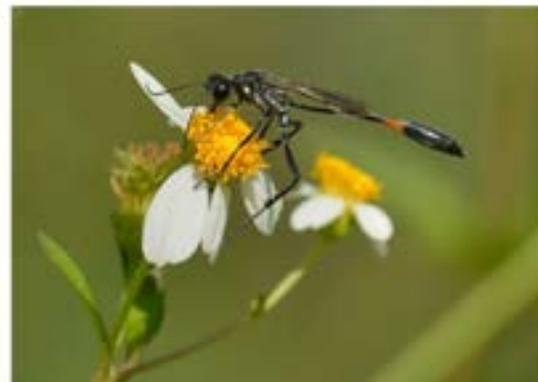
see

smell

touch

taste

hear



Benefits of Gardening

Physical benefits

When gardening, think of all you can

see

smell

touch

taste

hear

Enjoy the fresh air and sunshine!



Benefits of Gardening

Physical benefits

1) fine and gross motor skills



Benefits of Gardening

Physical benefits

- 1) fine and gross motor skills
- 2) stretching and strengthening



Benefits of Gardening

Physical benefits

- 1) fine and gross motor skills
- 2) stretching and strengthening
- 3) coordination**



Benefits of Gardening

Physical benefits

- 1) fine and gross motor skills
- 2) stretching and strengthening
- 3) coordination
- 4) stamina**



Benefits of Gardening

Physical benefits

- 1) fine and gross motor skills
- 2) stretching and strengthening
- 3) coordination
- 4) stamina
- 5) **flexibility**



Benefits of Gardening

Physical benefits

- 1) fine and gross motor skills
- 2) stretching and strengthening
- 3) coordination
- 4) stamina
- 5) flexibility
- 6) use entire body !



Easier Gardening for Everyone

Do you wish gardening was easier?

After all,

You may have limited strength



Easier Gardening for Everyone

Do you wish gardening was easier?

After all,

You may have limited strength

You may have limited mobility



Easier Gardening for Everyone

Do you wish gardening was easier?

After all,

You may have limited strength

You may have limited mobility

You may have difficulty

sitting, kneeling, stooping, reaching, standing



Easier Gardening for Everyone

YOUR particular abilities will determine which adaptations will work best for you



Easier Gardening for Everyone

If you limit what you do in the garden because you anticipate having aches and pains, consider the reasons you are experiencing aches and pains



Easier Gardening for Everyone

Ask yourself:

1) Can I still work on my
rose garden / window box / garden bed



Easier Gardening for Everyone

Ask yourself:

1) Can I still work on my
rose garden
window box
garden bed



2) What **TASKS** must I do to tend my plants?



Easier Gardening for Everyone

Body Mechanics

Work in “the zone”

Between shoulders and knees and $\frac{1}{2}$ arm's length in front

Easier Gardening for Everyone

Body Mechanics

- Bend from your hips and knees rather than your back

Easier Gardening for Everyone

Body Mechanics

- Bend from your hips and knees rather than your back
- Carry items in front of you

Easier Gardening for Everyone

Body Mechanics

- Bend from your hips and knees rather than your back
- Carry items in front of you
- Push before Pulling

Easier Gardening for Everyone

Body Mechanics

- Bend from your hips and knees rather than your back
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- Push before Pulling
- Pull before Lifting

Easier Gardening for Everyone

Body Mechanics

- Bend from your hips and knees rather than your back
- Carry items in front of you
- Push before Pulling
- Pull before Lifting
- **Keep your eyes straight ahead**

- squatting
- sitting
- kneeling



Easier Gardening for Everyone

Body Mechanics

Hands



Easier Gardening for Everyone

Ask yourself:

1) Can I still work on my
rose garden
window box
garden bed

2) What **TASKS** must I do to tend my plants?

3) What **BARRIERS** prevent me from gardening?

Identify the specific barriers prevent

gardening tasks





Mobility – Pathways and Garden Surfaces

Consider your walkways and garden surfaces

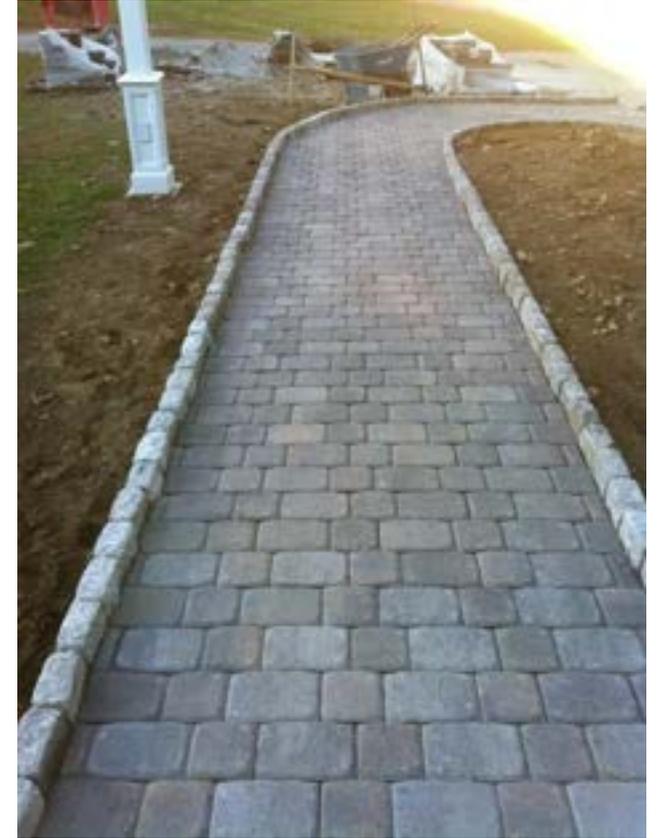
- level surface



Mobility – Pathways and Garden Surfaces

Consider your walkways and garden surfaces

- level surface
- edge guides to keep mobility aids on pathway



Mobility – Pathways and Garden Surfaces

Consider your walkways and garden surfaces

- level surface
- edge guides to keep mobility aids on pathway
- firm, smooth path or ramp
(wheelchair / walking aids)

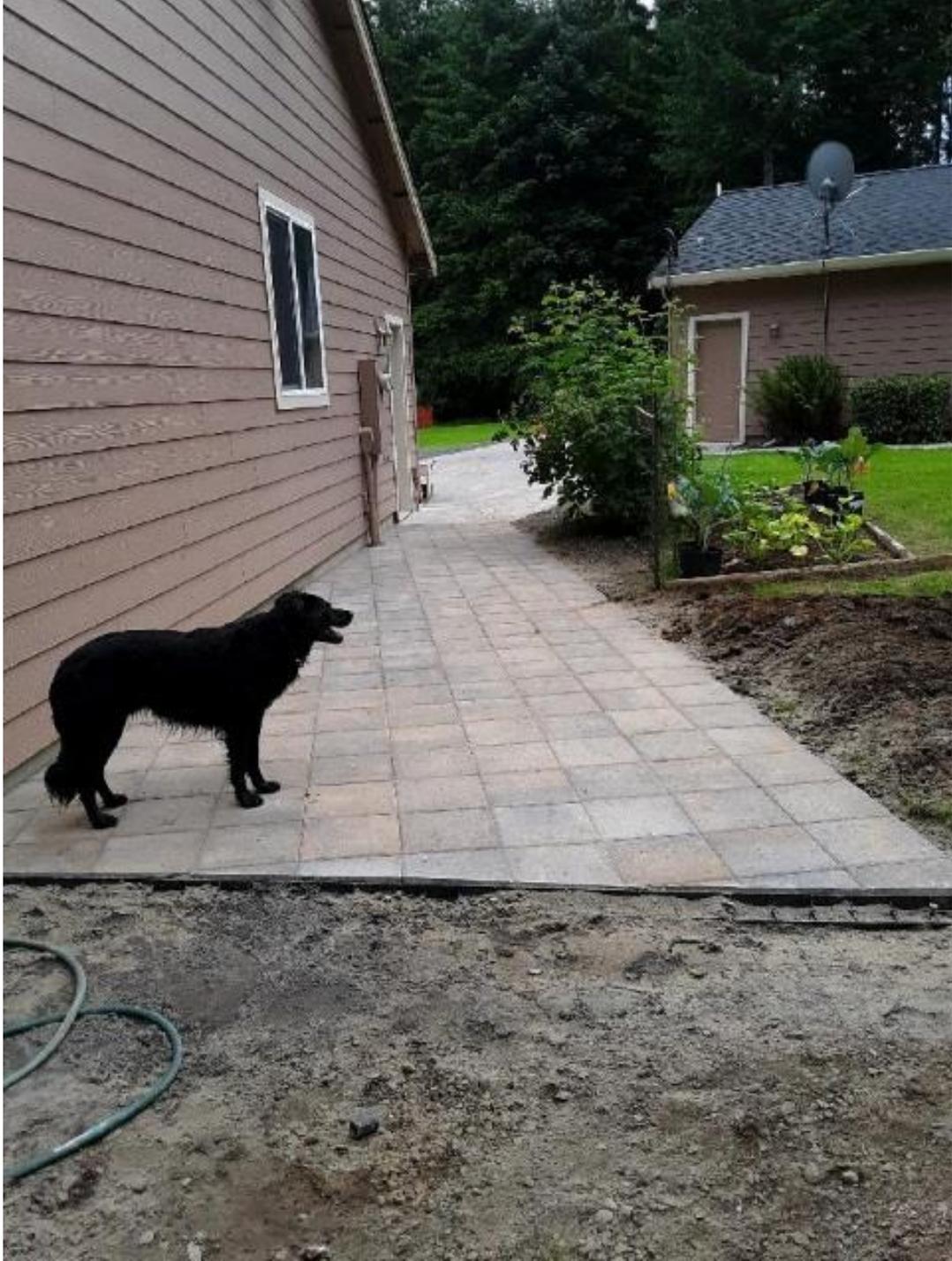




Accessibility

How must I make my
garden spaces accessible?

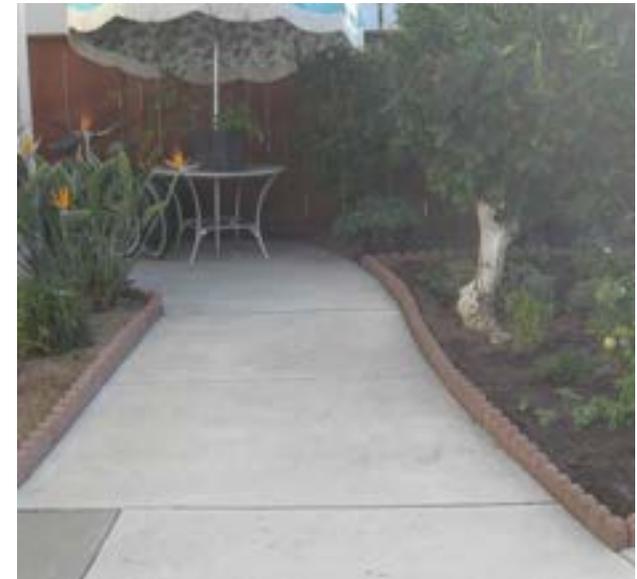




Mobility – Pathways and Garden Surfaces

Consider your walkways and garden surfaces

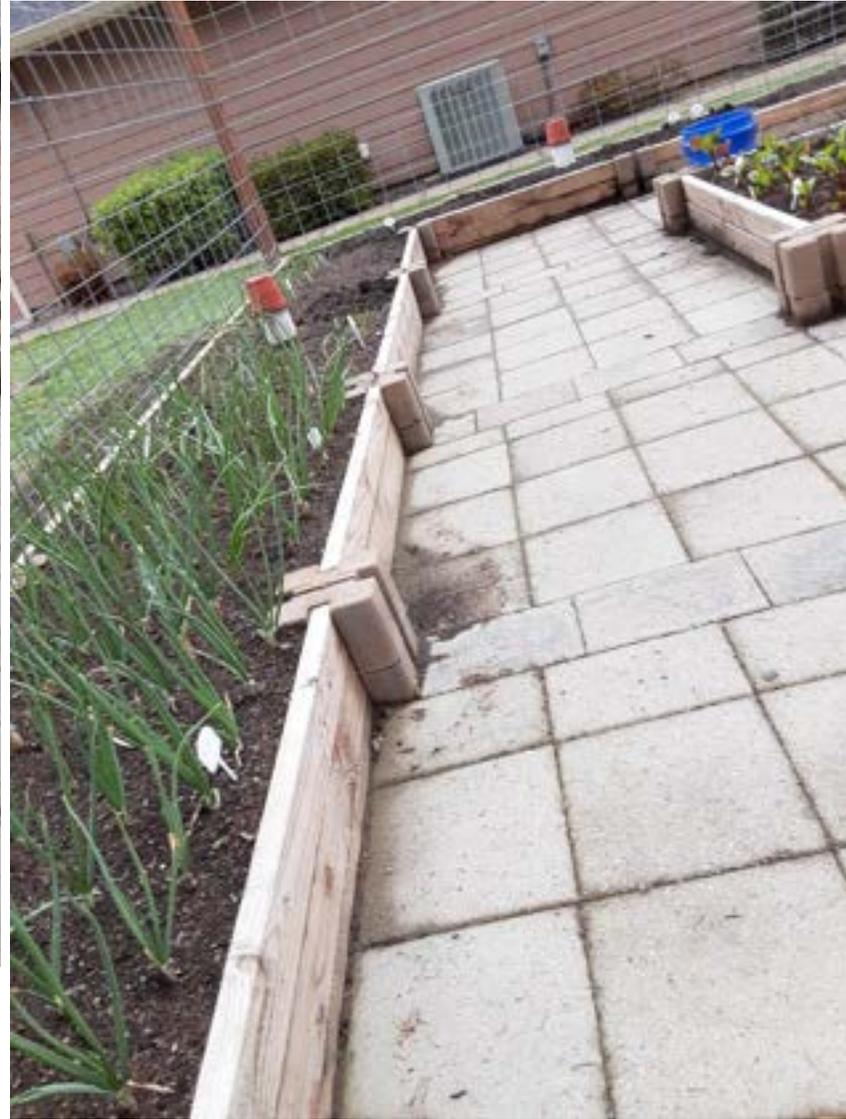
- level surface
- edge guides to keep mobility aids on pathway
- firm, smooth path or ramp
(wheelchair / walking aids)
- appropriate width to accommodate mobility aids

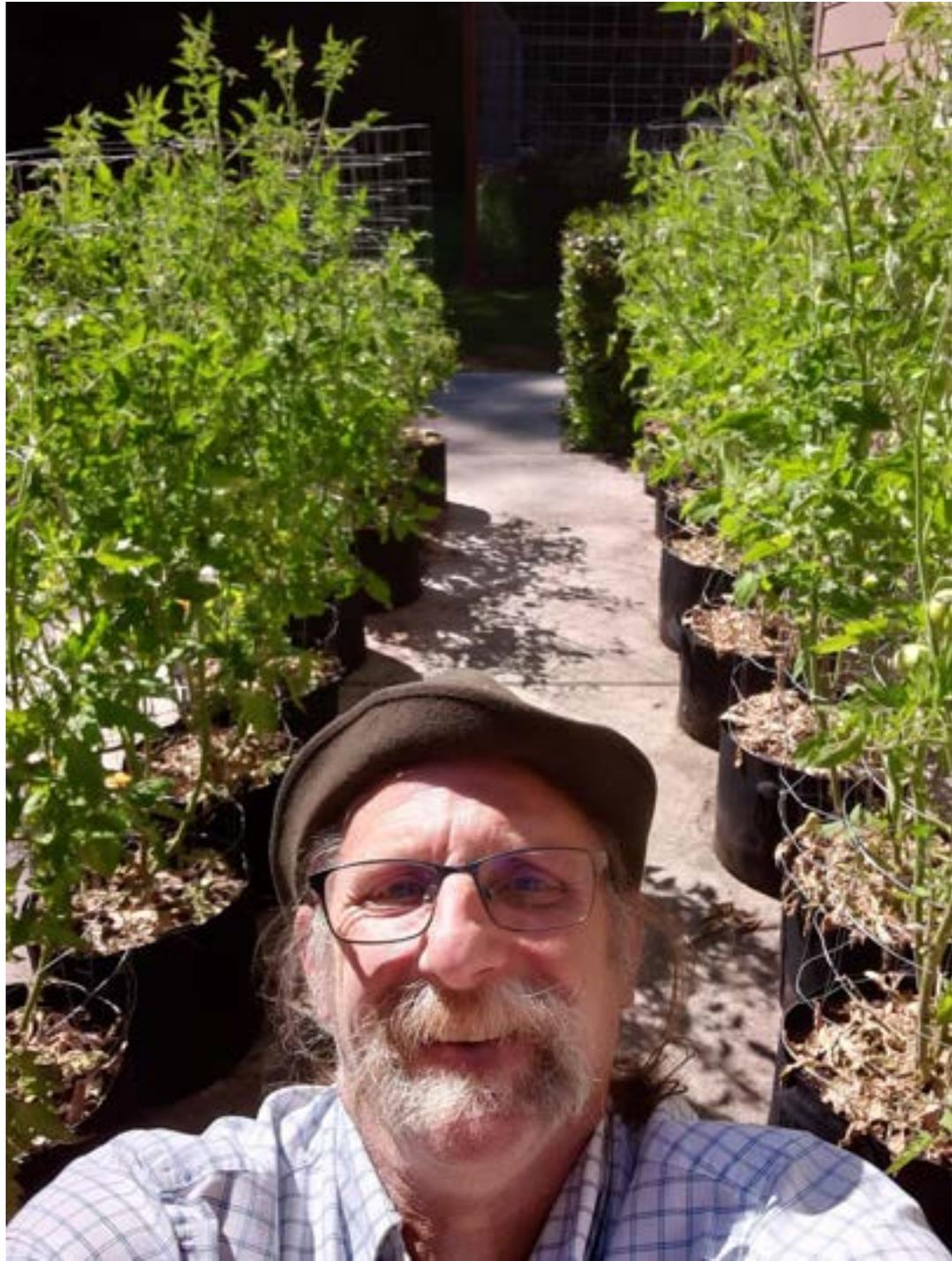












Mobility - Pathways

How to get from your house to your garden

Pathways

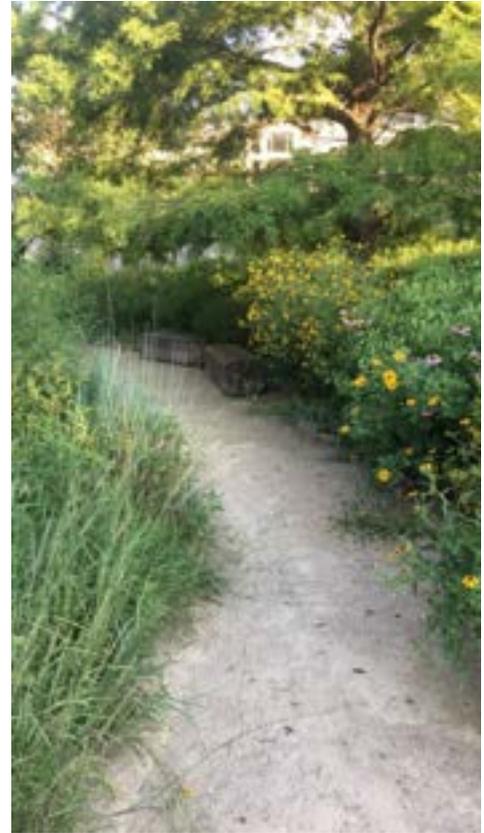
Materials

packed soil

crushed rock



gravel





Mobility - Pathways

How to get from your house to your garden

Pathways

Materials

packed soil
crushed rock
concrete

gravel
sandstone pavers
asphalt





Mobility - Pathways

How to get from your house to your garden
Pathways

Materials

packed soil

crushed rock

concrete

brick

wood planks



gravel

sandstone pavers

asphalt

grass



Mobility - Pathways

How to get from your house to your garden

Pathways

Materials



packed soil
crushed rock
concrete
brick
wood planks
artificial turf

gravel
sandstone pavers
asphalt
grass
wood chips
indoor/outdoor carpeting



Contractors / Landscapers may be needed

Mobility - Pathways

Pathways to AVOID



Seating

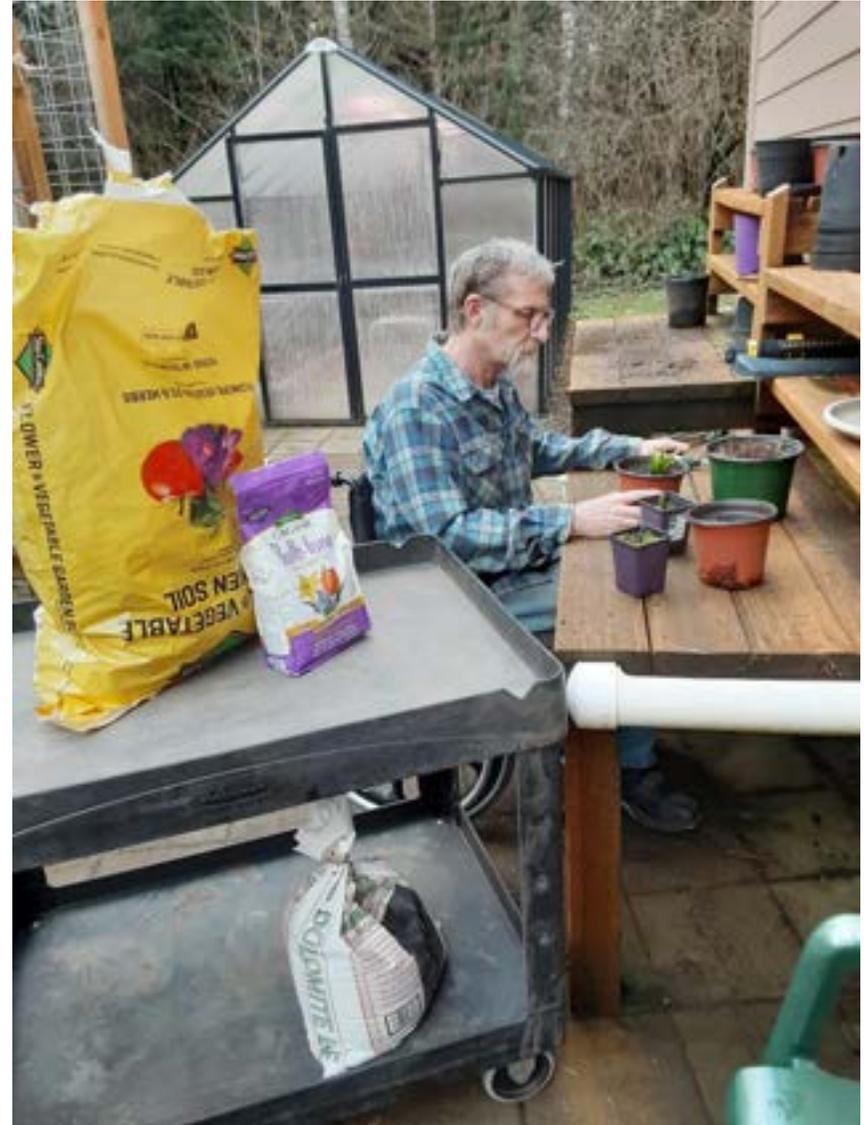
- strategically placed benches or chairs for resting spots



Work Bench



Work Bench



Potting Bench



Ground-level Gardens, Raised Beds, and Planter Boxes

Ground-level Garden

– has special challenges for gardeners

1) soil is out of reach



Ground-level Gardens, Raised Beds, and Planter Boxes

Ground-level Garden

– has special challenges for gardeners

1) soil is out of reach

2) standard tools are too short, too long, too heavy



Ground-level Gardens, Raised Beds, and Planter Boxes

Ground-level Garden

– has special challenges for gardeners

- 1) soil is out of reach
- 2) standard tools are too short, too long, too heavy
- 3) mobility can be extremely challenging



Ground-level Gardens, Raised Beds, and Planter Boxes

Ground-level Garden

– has special challenges for gardeners

- 1) soil is out of reach
- 2) standard tools are too short, too long, too heavy
- 3) mobility can be extremely challenging
- 4) harvesting inaccessible crops may be impossible



Ground-level Gardens, Raised Beds, and Planter Boxes

Raised Beds, Planter Boxes, and Containers

– these can accommodate a variety of abilities



Ground-level Gardens, Raised Beds, and Planter Boxes

Raised Beds, Planter Boxes, and Containers

– these can accommodate a variety of abilities



Ground-level Gardens, Raised Beds, and Planter Boxes

Benefits of Raised Beds

- short / long low / high whatever is best for you
- assembly may be a kit or personal design



Ground-level Gardens, Raised Beds, and Planter Boxes

Benefits of Raised Beds

- no pathways to take up space (higher yield / square foot)



Ground-level Gardens, Raised Beds, and Planter Boxes

Benefits of Raised Beds

- no pathways to take up space (higher yield / square foot)
- since soil is not walked upon, it does not need to be heavily cultivated (rototilled / manual cultivation)



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- earlier planting (warmer soil)



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- can be placed anywhere in your landscape design (sun / accessibility)



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- close planting crowds out most weeds (shades soil / less maintenance)



Ground-level Gardens, Raised Beds, and Planter Boxes

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- trellis can be added



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- earlier planting (warmer soil)
- can be placed anywhere in your landscape design (sun / accessibility)
- close planting crowds out most weeds (shades soil / less maintenance)
- trellis can be added
- tending can be done from a seated position or standing with minimal bending









Ground-level Gardens, Raised Beds, and Planter Boxes

Disadvantages of Raised Beds

- soil dries out quickly



Ground-level Gardens, Raised Beds, and Planter Boxes

Disadvantages of Raised Beds

- soil dries out quickly
- tall plants grow out of reach



Ground-level Gardens, Raised Beds, and Planter Boxes

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Ground-level Gardens, Raised Beds, and Planter Boxes

Disadvantages of Raised Beds

- soil dries out quickly
- tall plants grow out of reach
- too much heat damages plants
- frame may require upkeep



Ground-level Gardens, Raised Beds, and Planter Boxes

Raised Beds, Planter Boxes, and Containers

– these can accommodate a variety of abilities



Parallel Gardening



Image from EpicGardening

Forward Facing

Raised bed with roll under space



Image from AccessibleGardens

Vertical Gardening

Train climbing fruits and vegetables on a trellis or use stacked or otherwise vertical growing spaces









Straw Bale Gardening

Bales can be placed on the ground or on stacked pallets for height adjustability



Straw Bale Gardening

Bales can be placed on the ground or on stacked pallets for height adjustability



Straw Bale Gardening

Bales can be placed on the ground or on stacked pallets for height adjustability

Consider crop height when placing bales on an elevated surface



Straw Bale Gardening

Bales can be placed on the ground or on stacked pallets for height adjustability

Consider crop height when placing bales on an elevated surface



Water access

**Consider spigot height
and access point**





Easier Gardening for Everyone

Tools and tool modifications











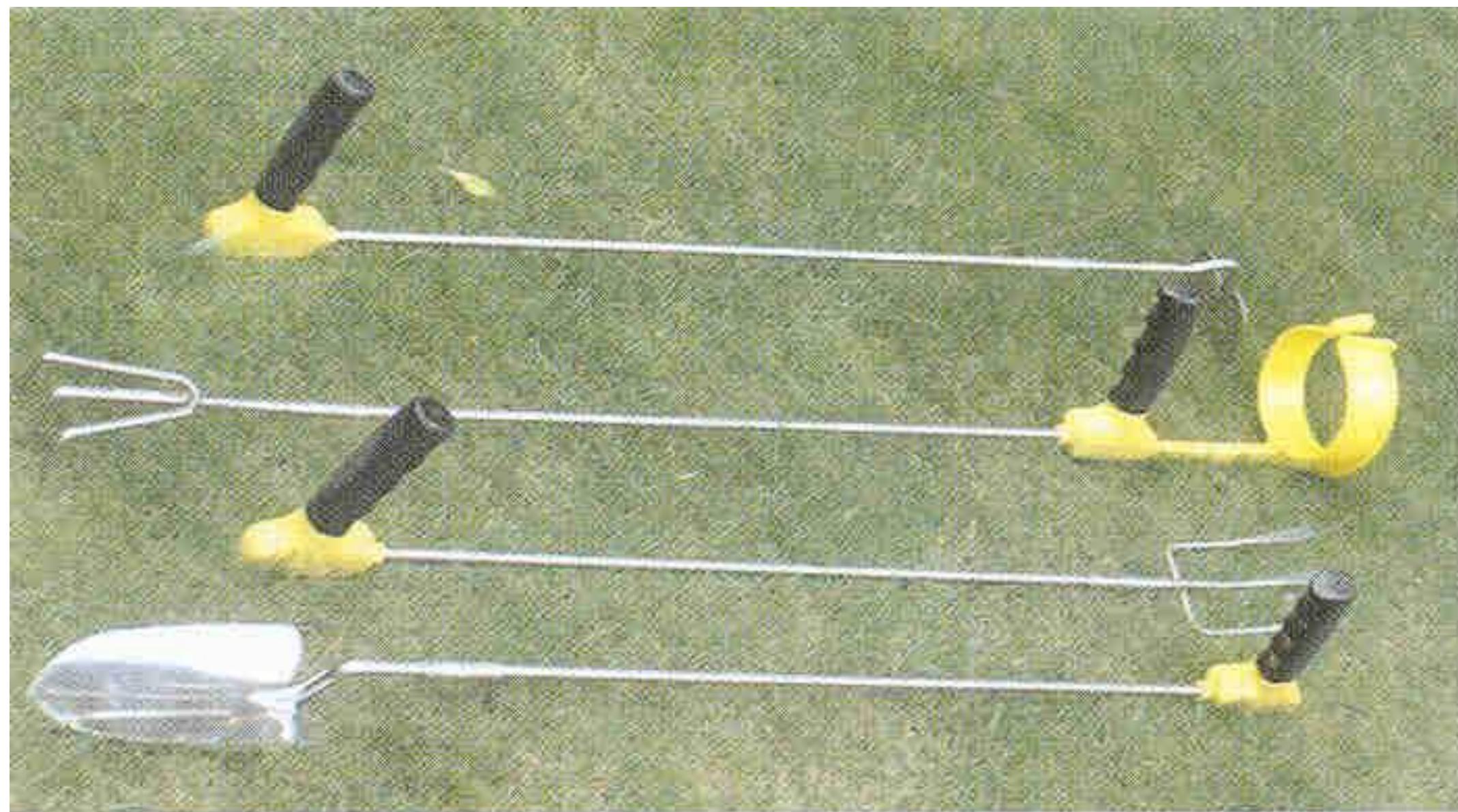
Utility Cart













Easier Gardening for Everyone

Conclusion

Benefits of Gardening

Easier Gardening for Everyone

Body Mechanics

Surfaces and Seating

**Ground-level Gardens, Raised Beds,
Containers, and Planter Boxes**

Tools



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Questions

