



A Guide for Gardeners

Assistive technology is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database www.askned.com.au to view a range of products online.

Use this guide to think about simple ways you can make gardening easier and more comfortable.

Work surface height

Raised garden beds, large pot plants and hanging baskets reduce the need for bending and are easier to access. A potting bench at waist or seated height allows for work to be done comfortably.

Physical environment

A well thought out and tidy physical environment helps keep your garden area organised and reduces hazards. Consider using slip resistant paving and tiling for garden paths. Ensure adequate lighting by using outdoor sensor lights or solar lights. Where possible keep garden bed, tools and work surfaces close together.

Easy care gardens

Self-watering systems such as drippers and tap timers are water wise options which save you time and energy. Native plants and drought tolerant species require less watering and care. Consider replacing annual plants with perennial species that do not need replanting and lawns with ground covers, paving or mulched areas to reduce the need for mowing.

Lightweight

Small lightweight tools conserve energy and may be easier to lift and manipulate.

Tools

Thick, slip resistant handles can make tools easier to hold and they require less force to operate. Tools with a ratchet mechanism which cut in stages or lock rather than requiring continuous grip force are easier to use, especially for those with arthritis. Garden tap turners are designed to provide leverage and an increased grip size for taps.

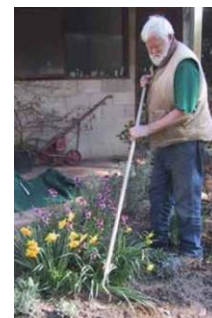
Long Handles

Long handled tools reduce the need to bend and can be used standing or sitting. They also reduce the amount of effort required to complete a task by acting as a lever. Long-handled tongs or a Reacher can be used to pick up and place seedlings.

Getting down low

Garden kneelers with soft padding and handles can provide relief for those who have difficulty maintaining or rising from a kneeling position.

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Manual Handling Principles

Following these principles can reduce your chance of injury or pain while gardening.

- Position your feet forward and shoulder distance apart.
- Face the direction of movement.
- Keep your head up and looking forward.
- Keep your knees bent, bottom out and back neutral.
- Use momentum as you lift.
- Keep the load close to your body.

Other Handy Hints

- Prepare with gentle stretches and warm-up exercises.
- Wear appropriate shoes with a flat, slip resistant sole.
- Spend only short periods at one activity.
- Change positions frequently to reduce the risk of overstressing any one part of the body.
- Alternate the heavier tasks with less physically demanding activities.
- If a walking aid is used for mobility, ensure it is used in the garden to avoid falls.
- Plan what to do to get help if a fall does occur.



Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you.

Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.

Did you know Indigo also offer a range of other services? Please ask us when you call, or visit www.indigosolutions.org.au