



Making Gardening Simple

Consider making a few simple changes to your outdoor area to make gardening safer and more effective.

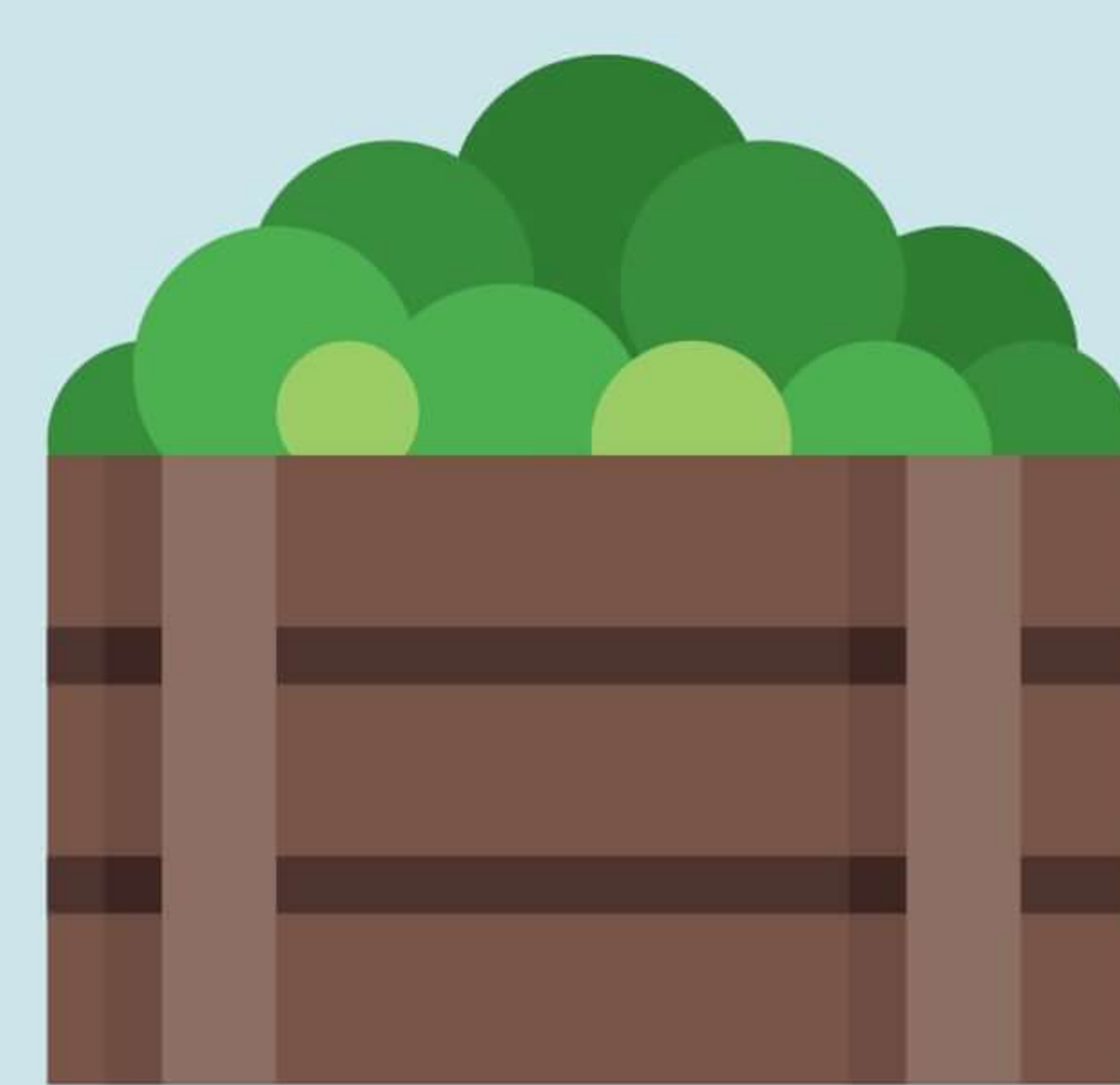
Outdoor Solutions



Using long handled gardening aids with ergonomic shaped handles such as pruners, cutters, and trowels reduces strain on joints and the need to bend or get down low.

Potted plants can be low maintenance and if on wheels, can be moved with greater ease.

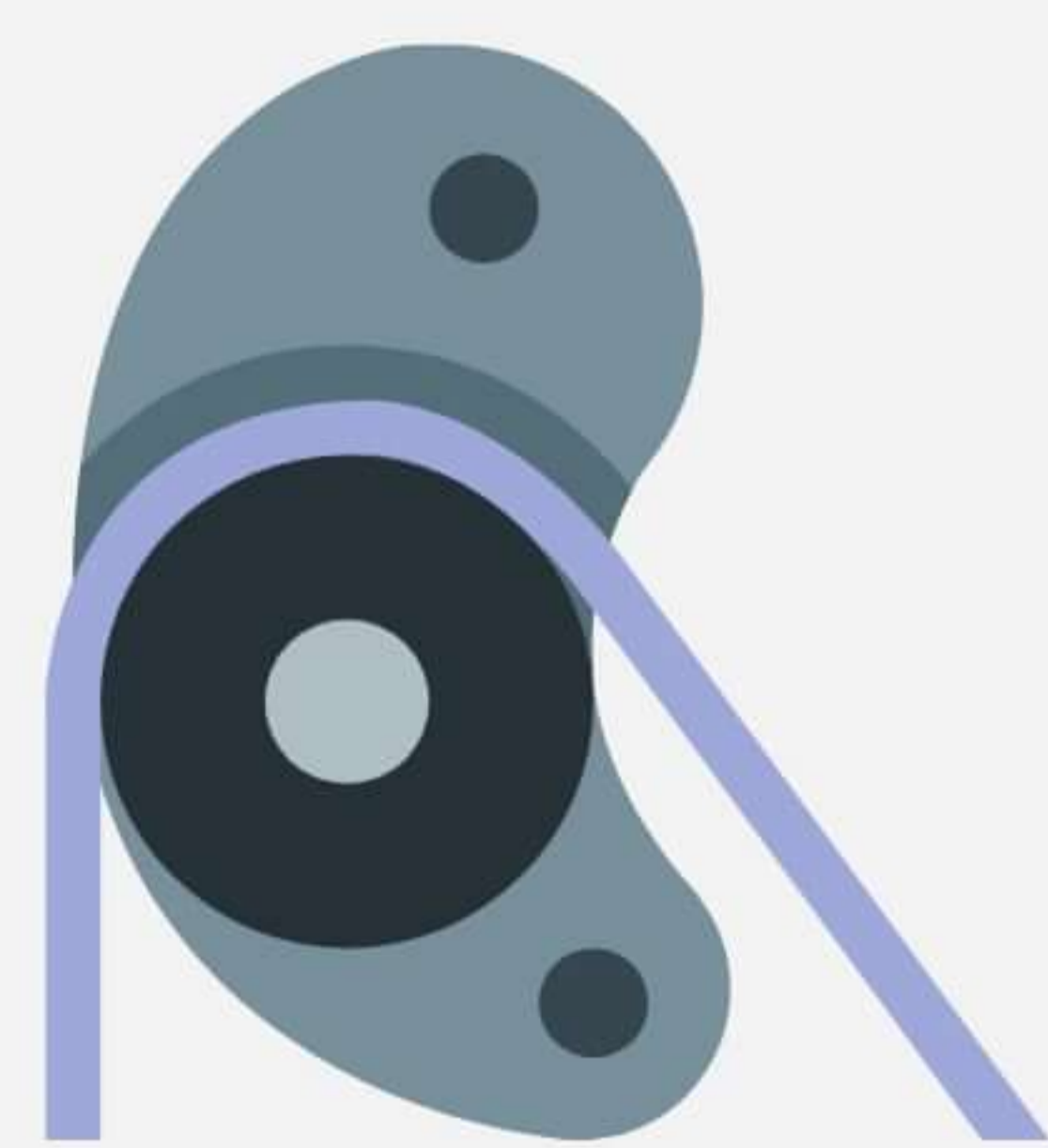
Installing raised garden beds allows easy access for weeding and tending to the garden. Reticulation reduces the need to drag a hose or lift a heavy watering can.



Using a gardening trolley and stool with a kneeling board means you can pull all the tools and items you need with you and it allows you to sit or kneel comfortably.

Consider no dig gardens made from organic material, compost, newspaper and Lucerne hay.

Or hydroponic gardens can reduce the need for watering or heavy digging.



A simple pulley system can be used to easily adjust the height of hanging baskets.

Consider having raised garden stairs and steps.

It helps to have a contrasting non-slip strip to help you see the edge, especially at night.

Firmly installed grab rails and hand rails on steps and stairs used every day will make stairs easier.



Check out our assistive technology guide "[Making Choices, Finding Solutions](#)" for some ideas about different assistive technology and home and garden modification options, or visit the National Equipment Database (NED): www.askned.com.au



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