

# Gardening

Creating and maintaining a garden can become more challenging as we get older. Here are some ways of making gardening easier and safer.

- Large handles on tools can provide a more comfortable grip and reduce strain on the joints.
- Long handled tools provide greater leverage and reduce back strain.
- Small and lighter tools prevent strain.
- Smaller tool heads create less resistance in the soil and will be easier to lift with a load.



## Atom Lawn Edger

A lightweight lawn edger available in either an electric or petrol powered model. It is pushed along like a wheelbarrow.



## Garden Kneelers and Seats

Kneelers have a soft pad to protect the knees and raised hand grips to assist with kneeling down and standing up. Some can be reversed and used as a seat. These may also be used inside the house for non-garden related activities. These items are only appropriate for those with good balance.



## Secateurs

Secateurs are small pruning shears that can be anvil or bypass types. A ratchet mechanism can enable you to use less force when pruning. Some secateurs have the ability to hold onto a stem once it has been cut.

Trial the secateurs as the grip will vary for different brands.



### Peta Fist Grip Garden Hand Tools

These have moulded plastic upright handles which keep the wrist in a neutral position to minimise strain and enable a firmer hold on the tools.



### Coil Hose Spray

This hose stretches over ten metres and follows the users movements around the garden. It automatically snaps back into a neat coil for easy storage. It comes with a spray handle for greater control.



### Wolf Battery Powered Mower

This mower weighs only 15kg and is suitable for people who have difficulty starting and pushing standard mowers.

## Other Gardening Tips

- Bring the garden up to you by gardening in pots or raised garden beds.
- Spend only short periods on any one activity and vary with less demanding tasks.
- Include low maintenance plants in your garden.
- Lightweight secateurs with a ratchet system need less strength to operate.

For more information, please contact

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