



You Can Garden for Life!

1. Gardener, Know Thyself:

- What physical issues do you experience when you work in your garden?
 - What garden chores have become difficult to do? Which ones can you delegate?
 - What ways can you change *how and when* you garden for greater comfort?
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2. Re-Create Your Garden for easier maintenance and long-term sustainability.

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|---|---|
| <input type="checkbox"/> Downsize and simplify for ease | <input type="checkbox"/> Change hardscape for safety and increased mobility |
| <input type="checkbox"/> Replace your lawn | <input type="checkbox"/> Eliminate gaps, transitions, and tripping hazards |
| <input type="checkbox"/> Replace annuals and perennials with flowering shrubs and trees | <input type="checkbox"/> Create 4' wide solid surface paths |
| <input type="checkbox"/> Add drought resistant native plants | <input type="checkbox"/> Replace stairs with a ramp |
| <input type="checkbox"/> Create a garden for pollinators | <input type="checkbox"/> Improve accessibility to water |
| <input type="checkbox"/> Compost and mulch | <input type="checkbox"/> Use elevated raised beds & containers |
| <input type="checkbox"/> Be organic, avoid pesticides | <input type="checkbox"/> Bring the garden up vertically |
| <input type="checkbox"/> Right plant, right place | <input type="checkbox"/> Install drip irrigation with timer |
| <input type="checkbox"/> Let your garden naturalize | <input type="checkbox"/> Clean out your garage and toolshed |
| <input type="checkbox"/> Utilize Integrated Pest Management | |

3. All your tools should be comfortable & will save you time, money, & energy.

- Tools you can adapt at home:

- Ergonomic tools:

RESOURCE GUIDE

Adaptive Gardening

Accessiblegardens.org
Agrability.org (state by state)
ChicagoBotanic.org/therapy/buehler_garden
Disabilityworktools.com
Gardentech.com

Adaptive Living

Arthritis.com
ArthritisSupplies.com
IndependentLiving.com
Rehabmart.com
Seniorselectseal.com

A Few of My Favorite Gardening Books

The Lifelong Gardener, Garden with Ease and Joy at Any Age

By Toni Gattone

On Amazon: amzn.to/2QpMibn

Order a personalized copy and I'll mail it to you, a family member, or a friend:

My website: tonigattone.com/book

Gardener's Guide to Compact Plants: Edibles and Ornamentals for Small-Space Gardening

By Jessica Walliser

On Amazon: amzn.to/39E15ZO

101 Organic Gardening Hacks: Eco-friendly Solutions to Improve Any Garden

By Shawna Coronado

On Amazon: amzn.to/2uc1EY4

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Sign up to receive my monthly newsletter and you'll receive my free gift:
A 20-page Adaptive Gardening Action and Sustainability Plan
with tips & solutions to enhance your gardening experience.

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Tools available at: www.ToniGattone.com/store OR www.amazon.com/shop/tonigattone

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