

## Special Tools for Special People.



**Not only is the physical environment important but special tools are safer and less tiring.**

### TOOLS

**Ergonomic tools.** Many common gardening tools are not suited for use by some handicap gardeners due to the shape of the handle or how it is held. Ergonomic tools are designed to keep your body in neutral positions.

**Enabling tools.** These tools are designed to allow the gardener, with certain disabilities, to use them easily when doing gardening chores.

**Adapted tools.** Adding features to common tools already owned can make certain tasks much easier.

**Helpers.** Devices such as foam pads, kneepads, kneelers, roll-arounds, or rolling seats, small light weight plastic two-wheeled garden carts and extendable watering wands are but a few of many tools now on the market.

## Making a Raised Bed with Cinder Blocks.



Lay out blocks on firm ground the size wanted. The bed should not be so wide that the center cannot be reached from a wheel chair. With Standard size blocks, 3 1/2 blocks wide works well. The length can be determined by the garden design.

Materials needed for a bed 3 1/2 blocks wide by 8 1/2 blocks long and three blocks high.

66 8x16 inch cinder block stacked	83.16
22 8x16 inch cap blocks	24.20
2 yards leaf mulch	12.00
2 yard SunGro planting material	<u>49.60</u>
	<b>\$168.96</b>

**Advantages;**

**On Plantings that the 'work level' is low, three block high beds are best for handicap access.**

**This makes a very stable bed without using mortar. The 8 inch cap blocks make a comfortable seating area while weeding or working in the bed.**

**(This method of construction would be my choice)**