

# Accessible Gardening: Assistive Technology

## What is Assistive Technology?

Assistive technology is any device that helps you do things that would be difficult to do without the device. Assistive technology can be as common as eyeglasses and can be as complex as talking computers.

Assistive technology helps people live independently. It can be used to adapt your work place, or it can be used so you can continue to do the things you enjoy doing. Gardening is no exception! There are many tools that make gardening chores easier and safer to do.

West Virginia Assistive Technology System (WVATS) is home to a loan library that has many assistive technology tools and devices for gardening, living, work and school. It is free to borrow any of the library's devices for up to thirty days. The library has more than 4,000 items. The assistive technology devices for gardening listed on the back are a few examples.

To look at all the devices in the WVATS loan library, visit [www.wvats.cedwvu.org](http://www.wvats.cedwvu.org). You can also visit the library at the Center for Excellence in Disabilities. Call **800-841-8436** for more information.



 **GreenThumbs**  
Healthy Joints



## Examples of Assistive Technology in the Garden

- Hand held 'click-seeders' use vibrations to plant seeds. This allows you to plant tiny seeds without having to try to pick up each seed to plant evenly.
- Foam tubing or drop tape can be put around garden tool handles to give any tool a wider and easier grip.
- Use wheel caddies to move tools, plants, and soil more easily.
- Inexpensive rubber pads are great for protecting your knees while gardening.
- Use a sprinkler to water your garden instead of heavy watering cans and hoses. A sprinkler is lighter than a hose and watering can full of water. This makes it easier to move around your garden to water.
- Use a carpenter's apron. Its deep pockets are a great way to carry small tools, seed packets, water bottles, and everything else you need to garden in comfort!



## Resources

For more information on assistive technology, assistive technology device demonstrations, or the loan library, visit the state assistive technology project at [www.wvats.cedwvu.org](http://www.wvats.cedwvu.org) or call **800-841-8436**.

*All printed materials are available in braille, electronic format, CD and large print.*  
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