Adaptive Hand Tools

Today on Gardening in a Minute: adaptive hand tools.

Adaptive tools can help many people who enjoy gardening, but may have difficulty doing it. They are specially designed for people with arthritis, vision-impairment or other physical challenges.

Hand tools with short handles may be preferable because they provide better leverage and practicality for wheelchair-bound or seated gardeners.

Extra thick handles can aid arthritic hands. An easy way to thicken the grip of a tool is to add foam padding to the handle. A double-handled grip can be added to a regular hoe or other tool, enabling one to use both hands and reduce pressure on the back.

Hand tools with trigger-grip handles and rounded-out thumb rests are easier and more comfortable to hold.

Look for these tools to help out that special gardener in your life.

For more information about adaptive tools and many other gardening topics, contact your county extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.