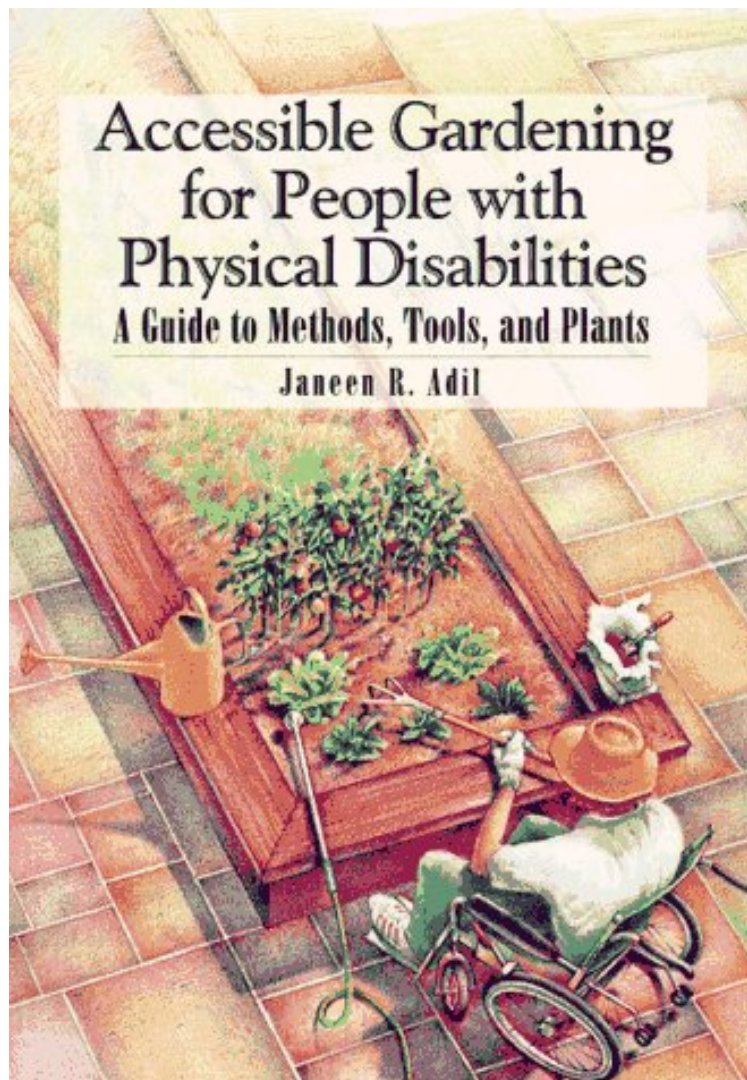


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Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools, and Plants

Janeen R. Adil

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Janeen R. Adil : Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools, and Plants before purchasing it in order to gauge whether or not it would be worth my time, and all praised Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools, and Plants:

2 of 2 people found the following review helpful. My senior citizen green thumb. By Marilyn Bodily As a senior citizen gardener, I find it frustrating to no longer be able to tend to my garden and my landscaping like I used to. This book

gives me ideas on how I can still garden with some minor and some major changes. It shows it is possible to still garden in your senior citizen years. 0 of 0 people found the following review helpful. Needed info. By TerriBethGreat information not available in gardening books. Thank you. 5 of 5 people found the following review helpful. Rare Source For Kids Accessible Gardening By Valarie Rose Revels Although Adil's book provides excellent information on accessible gardening at any age, it is in the area of gardening with children with disabilities that she excels. It is one of the very few books that even addresses this issue. She devotes a complete chapter to "Children and Gardening". Because her own child was born with spina bifida, she brings a very knowledgeable approach to gardening with children. The information is both practical in terms of tools, design, and activities. But she also looks at the psychological and physical benefits of gardening for children. Most books concerning gardening with disabilities usually ignore children's special needs, but this provides aid for parents, care-givers, and educators who want to introduce the joys of gardening to children. The only reason for 4 stars is that some of the resources provided have changed since its 1994 printing, but the basic usefulness of this book has not diminished at all.

Presents all the information and practical know-how necessary for designing, planting, and maintaining a garden that suits the special needs of young and older gardeners with physical disabilities. Dozens of mail-order sources are provided for the many tools, seeds, plants, and other materials discussed.

.com People who feel that their gardening days are over or those who think that enjoying gardening is not an option due to physical limitations imposed by such conditions as spina bifida, arthritis, or cerebral palsy will be delighted by Janeen Adil's approach to outdoor work in *Accessible Gardening*. Adil has done thorough research into methods, materials, information sources, and specially designed gardening equipment to provide a new way of looking at gardening. For example, if getting down to ground level is a potential problem for a gardener, raising planting beds to wheelchair level will bring the ground up to the gardener. This useful book will allow thousands of people to get back out into the garden. From Booklist For gardeners with limited mobility, Adil provides information on developing, planting, and maintaining a garden. Her how-to guide describes a variety of plants suitable for growing in containers, raised beds, and vertical gardens, for what the author calls "barrierfree" gardening. Adil explains the physical, intellectual, social, and emotional/psychological benefits of gardening. She offers a list of catalogs available for the gardener's convenience and variety in selecting seeds and tools. There are chapters on tools and tips for using them; on choosing vegetables, herbs, flowers, shrubs, trees, fruit bushes, and vines; and on children with physical disabilities and gardening. The finished paperback will contain 100 black-and-white photographs and line drawings. George Cohen About the Author An avid gardener and the mother of a child with spina bifida, Janeen Adil writes on gardening and disability topics, for both regional and national publications such as *Northeast Magazine*, *Organic Gardening*, and *Highlights for Children*.