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SPEAKER  AUTHOR

INSPIRATION, TOOLS & RESOURCES FOR THE RESILIENT GARDENER



You **CAN** Garden for Life!

Integrating Adaptive Gardening into Your Garden Routines

1. **Gardener, Know Thyself** - Ask yourself these self-assessment questions:

- What physical issues do I experience when I work in my garden?
- What garden chores have become difficult to do? Which ones can I delegate?
- What ways can I change *how and when* I garden to have greater comfort?

2. **Re-Create Your Garden** for ease of maintenance and long-term sustainability

- | | |
|---|---|
| <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. **Only use tools** if they are comfortable to use and save you time, money, space, or energy.

- Tools you can adapt at home:
- Ergonomic tools: Available at tonigattone.com/store

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

Order a personalized copy; I'll mail it to you or a friend.

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

By Jessica Walliser

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

By Shawna Coronado

Easy Container Combos: Herbs & Flowers

By Pamela Crawford

To learn more

Sign up to receive my monthly newsletter and receive my free gift:

[A 20-page Adaptive Gardening Action and Sustainability Plan](#)
with tips & solutions to enhance your gardening experience.

ToniGattone.com

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Senior Gardening Expert at [Gardeners.com/ToniGattone](https://www.gardeners.com/ToniGattone)