



Gardening

Mable



Easy English

Gardening

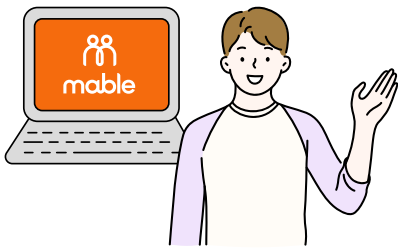
About this guide



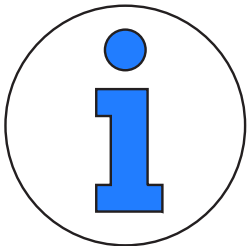
This guide tells you how to garden if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

Hard words

This guide has some hard words.

The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.



Get help with this guide

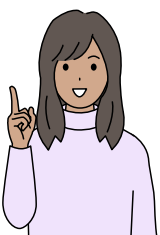
Someone can help you



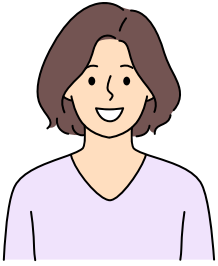
- read this guide



- know what this guide is about



- find out more.



The benefits of gardening

Gardening can

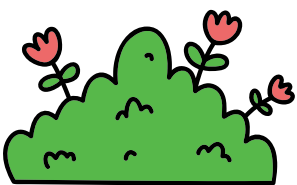
- make you feel happy



- make you feel calm

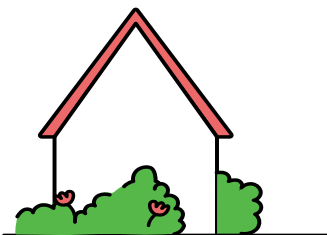


- help you move around more.



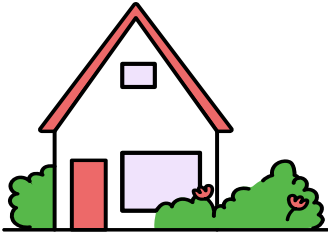
Where to garden

Gardens can be different sizes.



You can have a garden

- in your backyard



- in your front yard

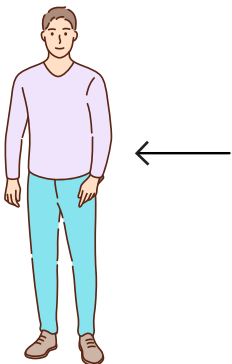


- on your balcony.

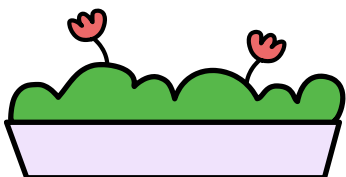


Tips for making your garden **accessible**

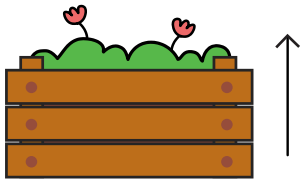
Accessible means it is easy for people with disability to use.



Make gardens waist height with
raised garden beds

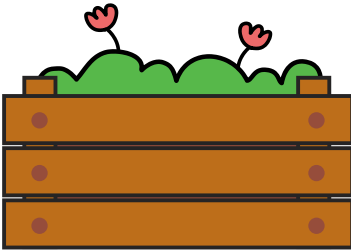


- planter boxes.

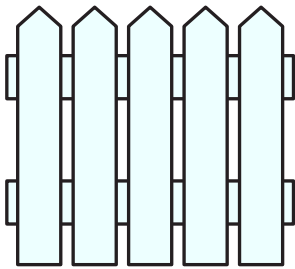


A raised garden bed is a garden that is

- built up higher

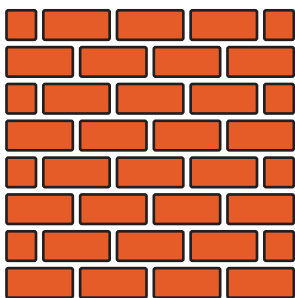


- is in a box or frame.



Attach a garden to a

- fence



- wall.

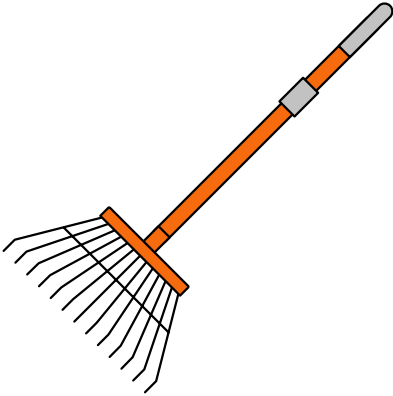


Use special tools that

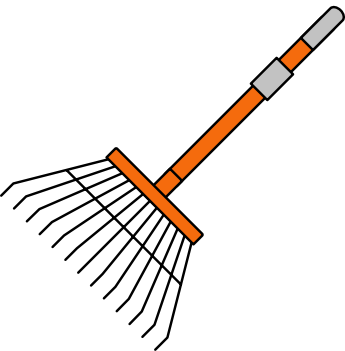
- don't weigh much



- have a long handle

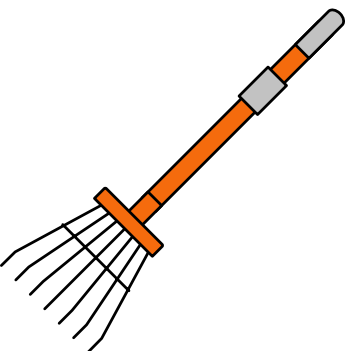


- are **adaptive**



Adaptive tools are tools that can change their

- size

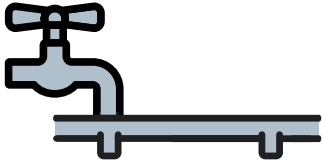


- shape.



Use **dripper systems** to water the garden.

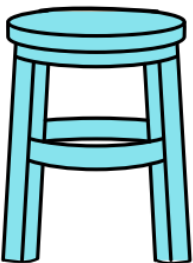
Dripper systems are hoses that have holes in them.



The hoses are attached to a tap.



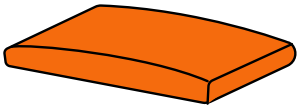
The tap slowly drips water through the hose.



To make gardening more comfortable
sit on a garden stool

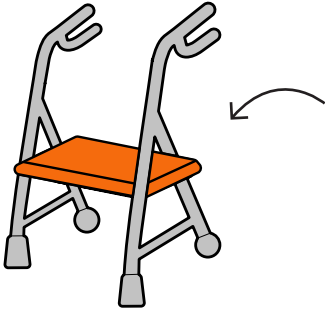


- use a **kneeler with handles**.

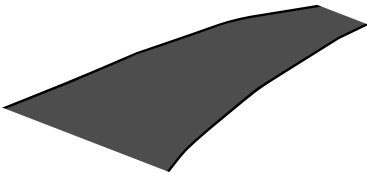


A kneeler with handles is a tool with

- a cushioned pad that protects your knees

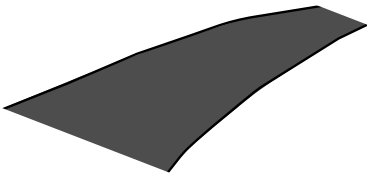


- handles on the side to help you get up and down.

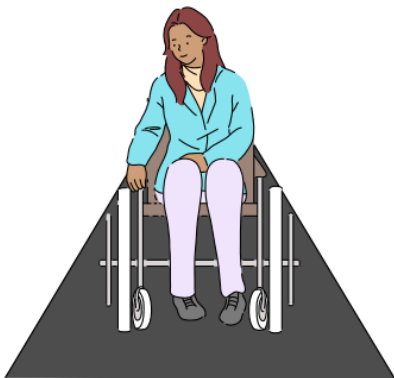


Make pathways

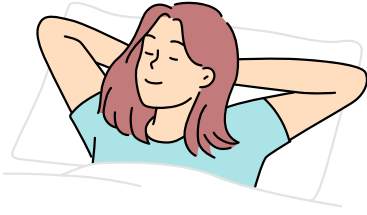
- smooth



- firm

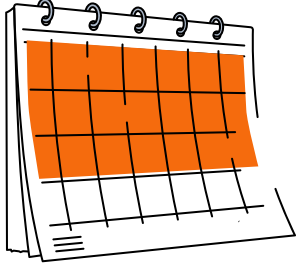


- wide enough for a wheelchair.



Gardening can make you tired.

It is ok to take breaks when gardening.



You can garden over many days.



A support person can help you garden.

A support person is someone who help you.

They can be a

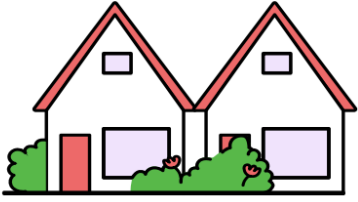
- support worker



- friend



- family member.



Community gardens

Some areas have a **community garden**.

A community garden is land neighbours share.



The land has different gardens on it.

Each neighbour has their own garden to look after.



Some community gardens have

- accessible spaces



- inclusive programs.



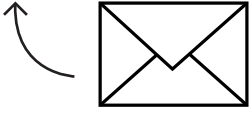
You can ask a community garden if they are accessible.

You can

- call them



- email them



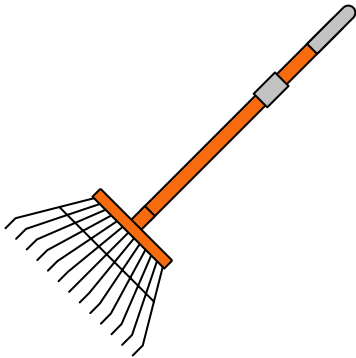
- check their website



Word List

Accessible

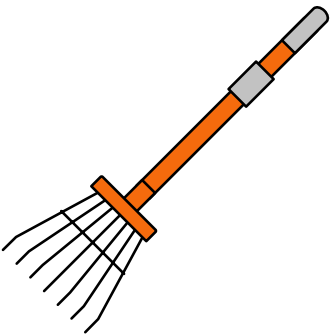
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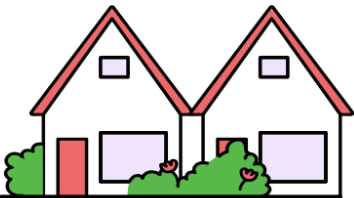
Adaptive

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- size



- shape.



Community garden

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The land has different gardens on it.

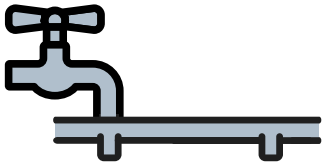


Each neighbour has their own garden to look after.

Dripper systems



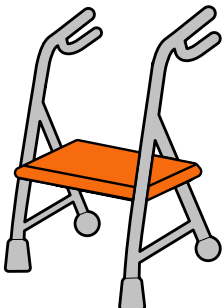
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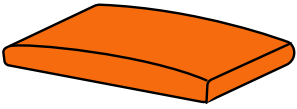


- The tap slowly drips water through the hose.

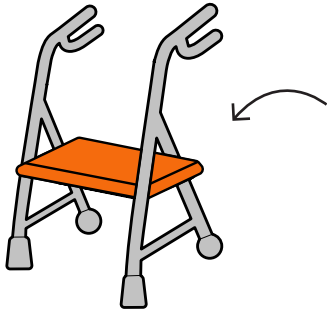


Kneeler with handles

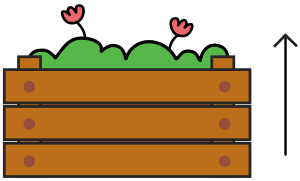
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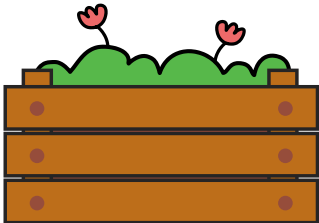
- handles on the side to help you get up and down.



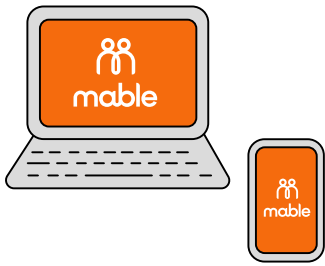
Raised garden bed

A raised garden bed is a garden that is

- built up higher



- is in a box or frame.



About Mable

Mable is a website and app.

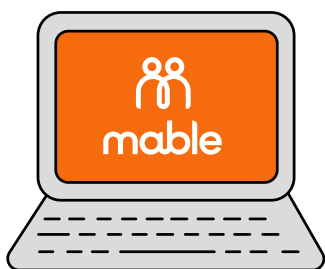


It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: www.mable.com.au



Email: support@mable.com.au



Mable's office hours are Monday to Friday,
8 am to 6 pm (Sydney time)