

# Resources for designing welcoming, inclusive and accessible gardens

## Organisations

### Horticultural Therapy Association of Victoria

<http://www.horticulturaltherapy.com.au> Produce resources on therapeutic horticulture, including booklets on raised garden beds, sensory gardens, and starting a horticultural therapy program. Their fact sheet, "Gardening – people with disabilities" is available at [http://www.horticulturaltherapy.com.au/download/pdf/OnlineRes/Gardening\\_people\\_with\\_disabilities1.pdf](http://www.horticulturaltherapy.com.au/download/pdf/OnlineRes/Gardening_people_with_disabilities1.pdf)

### Australian Horticultural Therapy Association

<http://www.ahata.org.au/>

### CSIRO

CSIRO publish several information sheets about Access for People with Disabilities in their *Building Technology Files* series. Includes pamphlets on buildings, kerbs, ramps, bathrooms and signs. \$5 each. Can be ordered on line at <http://www.publish.csiro.au> or ph. (03) 9662 7555

### Disability Information & Resource Centre Inc.

[www.dircsa.org.au](http://www.dircsa.org.au) Provides information, referral and advice 195 Gilles Street, Adelaide SA 5000. Ph: (08) 8236 0555 or 1300 305 558 (SA only), fax: (08) 8236 0566 TTY: (08) 8223 7579, email [dirc@dircsa.org.au](mailto:dirc@dircsa.org.au)

## Websites

### Gardens are for Everyone: Creating accessible gardens and garden activities

Focusing on children's gardens, but useful for all, the American National Gardening Association's kids' site has tips for creating accessible gardens, photos of raised bed designs, and lesson plans for performing an accessibility inventory at your garden. <http://www.kidsgardening.com/2005.kids.garden.news/july/pg1.html>

### Horticultural Therapy – Create an Enabled Garden

Useful ideas for gardening with people with disabilities, including a section on coping with arthritis. <http://www.gardenforever.com/pages/artenabled.htm>

### Tips for Gardeners Who Use Wheelchairs

Practical tips for tool use, raised beds, hanging baskets, and vertical wall beds, with links to further resources. <http://agrability.missouri.edu/gardenweb/Wheelchair.html>

## Making Gardening Easier

Oregon State University Extension publish a series of articles which help to make gardening available to all persons:

- Adaptive Gardening Techniques for the Visually Impaired, <http://extension.oregonstate.edu/catalog/pdf/em/em8498-e.pdf>
- Gardening Hints for People with Arthritis, <http://extension.oregonstate.edu/catalog/pdf/em/em8499-e.pdf>
- Gardening Adaptations for People with Gripping and Lifting Problems, <http://extension.oregonstate.edu/catalog/pdf/em/em8500-e.pdf>
- Gardening Strategies for People with Heart and Lung Problems, <http://extension.oregonstate.edu/catalog/pdf/em/em8501-e.pdf>
- Gardening Ideas for Children with Special Needs, <http://extension.oregonstate.edu/catalog/pdf/em/em8502-e.pdf>
- Adapting Garden Tools to Overcome Physical Challenges, <http://extension.oregonstate.edu/catalog/pdf/em/em8504-e.pdf>
- Gardening with Limited Range of Motion, [http://osuext.intermountaintech.org/download/making\\_gardening\\_easier\\_gardening\\_with\\_limited\\_range\\_of\\_motion.pdf](http://osuext.intermountaintech.org/download/making_gardening_easier_gardening_with_limited_range_of_motion.pdf)

## Gardening For Life

This booklet, “a guide to garden adaptations for gardeners of all ages and abilities” was produced by WSU Master Gardeners. Includes information on garden design (including raised beds and vertical gardens), avoiding injury, adaptive tools, and addressing specific needs. Available from <http://pnwmg.org/pdf/mggardenforlife.pdf>

## Books

***Accessible Landscapes: Designing for Inclusion***, Phillip S. Evans and Brian Donnelly, Department of Plant Operations, San Francisco State University, 1993, ISBN 0-9641244-0-8

Many ideas about designing welcoming, accessible public spaces, particularly for innovative seating ideas to meet a range of different needs.

***Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools and Plants***, Adil Janeen, Woodbine House 1994

‘Barrier-free’ gardening strategies for people with limited mobility.

From: **claire nettle** (2009) *Growing Community: Starting and nurturing community gardens*, Adelaide: Health SA, Government of South Australia and Community and Neighbourhood Houses and Centres Association Inc.

May be reproduced freely for use within your garden or organisation for not-for-profit purposes.