



Horticulture Therapy - Factsheet

Adaptive tools at the Telopea Centre

Gardening tools are always changing in retail outlets to accommodate people of different physical capacities. The Telopea Centre has a variety of tools and ideas to assist in making gardening easier and more enjoyable for people of all physical capabilities. Below are a few examples available at the Telopea Centre.

Gardening Cylinders

These gardening cylinders are ideal for individuals who have difficulty with digging or manipulating soil or for those who like to avoid getting their hands dirty. Simple ideas like these may reduce fatigue, allowing you to work in the garden for longer.



Light Weight Tools and Aids

Light weight gardening tools are ideal for individuals with strength and mobility issues. Objects such as these are easily portable, and may allow you to carry loads more efficiently, perfect for energy conservation.





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Tool Attachments

Tool attachments provide an alternative to placing your body in awkward positions. The tool ends are interchangeable allowing for a variety of different gardening activities. These attachments are ideal for people who would like to avoid bending, as it helps to take the strain off the knees and back.





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Garden Kneeler Seat

The gardening kneeler seat is perfect for spending long times in the garden in either sitting or kneeling positions. The kneeler seat has a polypropylene cushion allowing for comfortable gardening. The seat also has handles on its sides to assist in rising from low positions.

