

MASTER GARDENER VOLUNTEERS



Gardening As You Age

Carol Powers - Master Gardener Volunteer – Lake County

Pat Smeby – Master Gardener Volunteer – Lake County

Adapted from Laura Akgerman – OSU Extension Disability Service Coordinator



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What do you like about gardening?

Communing with nature

Relaxing

Feeling of productivity or accomplishment

Good exercise

Relieves stress

Challenges As We Age

Muscles may get weaker and ache more readily

Falls can do more damage

Energy and endurance may wane

And the list goes on.....

**Gardening is rated along the
most popular leisure activities
for seniors**

Keeps the mind and body active

Take care of Yourself!

Set priorities and reasonable goals before you start working

Consider medication interactions/sensitivities

Drink plenty of water

Take a break when you are tired

Repetitive tasks can lead to pain

Respect pain

Preparation

Wear good foot protection

Protect your skin

Drink plenty water

Limber up you joints

DON'T LET THE DIRT HURT!

Stretch your way to a healthier you and a more beautiful garden in just 12 minutes!!!

Contact your local County Extension Service for more information on stretches, gardening, or other agricultural activities.

www.uaex.edu



Shoulder Stretch

- Raise shoulders towards ears
- Hold 5 seconds
- Relax shoulders to a neutral position



Neck Tilt

- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then to the other
- Hold 5 seconds on each side



Wrist/Forearm Stretch

- Place hands palm to palm
- Rotate palms around until they face downward, keeping elbows even
- Hold 5 seconds



Back and Hip Stretch

- Bend left leg over the right leg and look over the left shoulder
- Place right hand on the left thigh and apply slight pressure
- Hold 5 seconds
- Repeat for the right side



Upper Back Stretch

- Interlace the fingers, turn palms upward and straighten the arms above the head
- Elongate arms to stretch through the upper side of the rib cage
- Breathe deeply and hold for 10 seconds



Hamstring Stretch

- Sitting, fold onto the upper left leg just above and behind the knee
- Gently pull the bent knee toward the chest



Upper Back Stretch

- Interlace the fingers behind the head with elbows out
- Pull shoulder blades together
- Hold 5 seconds
- Relax



Neck Stretch

- Sit or stand with the arms hanging loosely
- Gently tilt the head forward
- Keep the shoulders relaxed and downward
- Hold 5 seconds



Wrist/Waist Stretch

- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5 seconds



Back Stretch

- Lean forward
- Keep head down and neck relaxed
- Hold 10 seconds
- Use hands to push back up



Side Stretch

- Hold the left elbow with the right hand
- Gently pull the elbow behind the head to feel a stretch in the shoulder or back of the upper arm
- Hold 10 seconds
- Repeat on the right side



Hand/Finger Stretch

- Separate and straighten fingers
- Hold 10 seconds
- Bend fingers at the knuckles
- Hold 10 seconds
- Repeat

Stretching 4 minutes before, during and after you garden can reduce tightness, stiffness, and increase productivity for any gardening activity.

Safety Tips

Prevent Slips, Trips and Falls

Protect your hearing

Label everything you use in the garden

Use protective equipment

Masks/Goggles

Protective Equipment

Sun Screen

Hat/Shirt

**Ear Protection if using power
equipment**

Gloves

Knee Pads

Protect Your Back

Safe lifting techniques

More trips with smaller loads

Minimize carrying heavy or awkward items

Use carts or wheelbarrows

Use a back brace

Safe Lifting

Feet shoulder width apart

Bend with your knees, lift with your legs

Keep head up, look ahead, not down

Engage stomach muscles, breathe out

Lift and hold it close to your body

Nose and toes should be in line

Set it down in front of you, don't twist and toss

Safe Lifting



Hauling Devices

Avoid single wheeled wheelbarrow

Two wheels or more

Consider the weight of cart

Have a removable front and back

Large tires



Good Hauling Options



Proper Lifting



No



Yes

Protect Your Fingers, Hands and Wrists

Avoid repetitive use of fingers

Keep wrists and hands in neutral position

Use grippy gloves to hold tools

Use tools with “spring action” design



Easy Fix for More Comfortable Handle



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Protect Your Elbows and Shoulders

Avoid excessive twisting and reaching

Minimize work with hands above head

Try to limit lifting, reaching and pulling

Long handled tools minimize the need to reaching

STRETCH



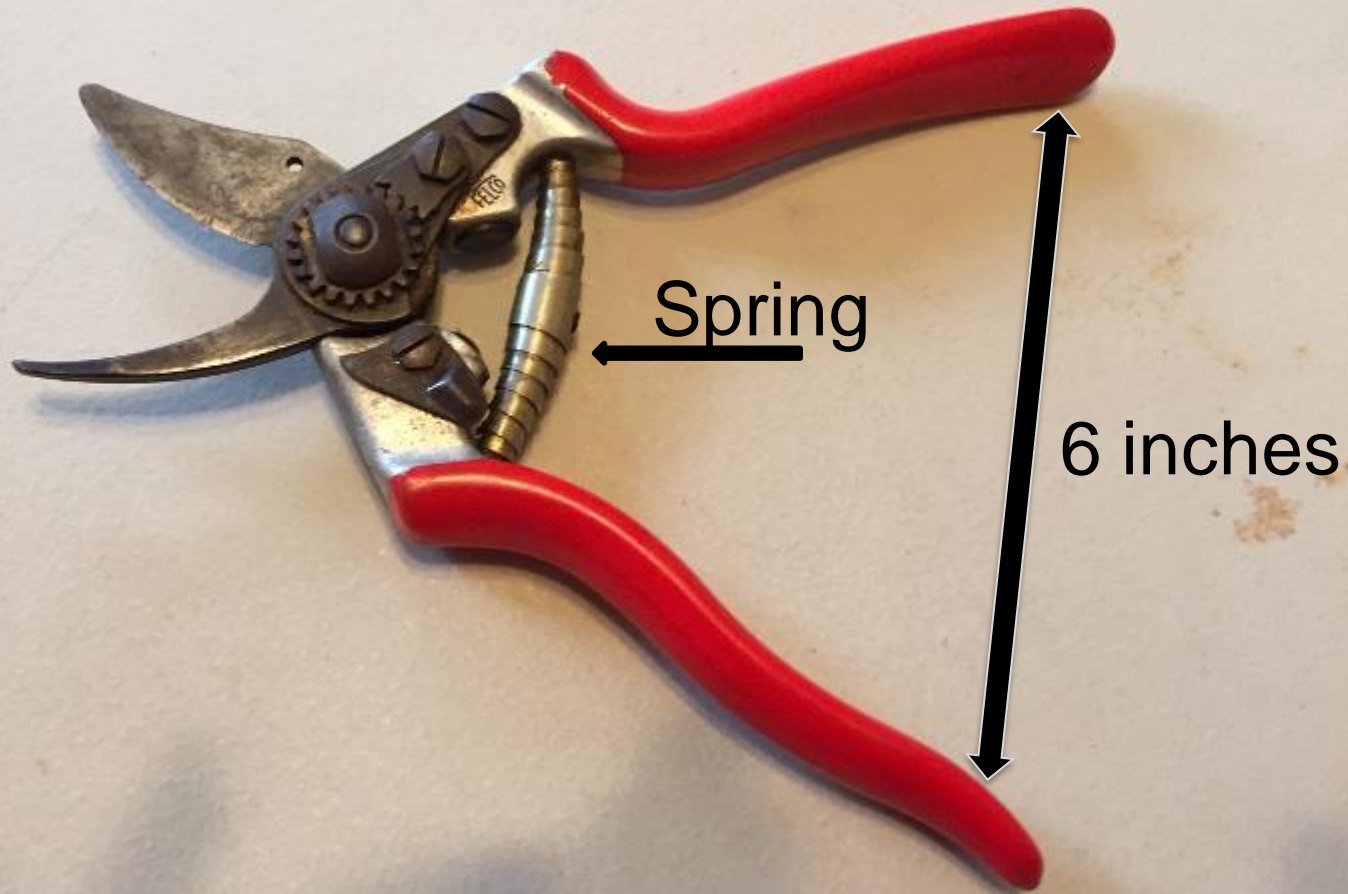
Suggestions for Adaptive Equipment and Tools



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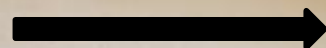
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By-Pass Pruners



Anvil Pruners

Ratchet



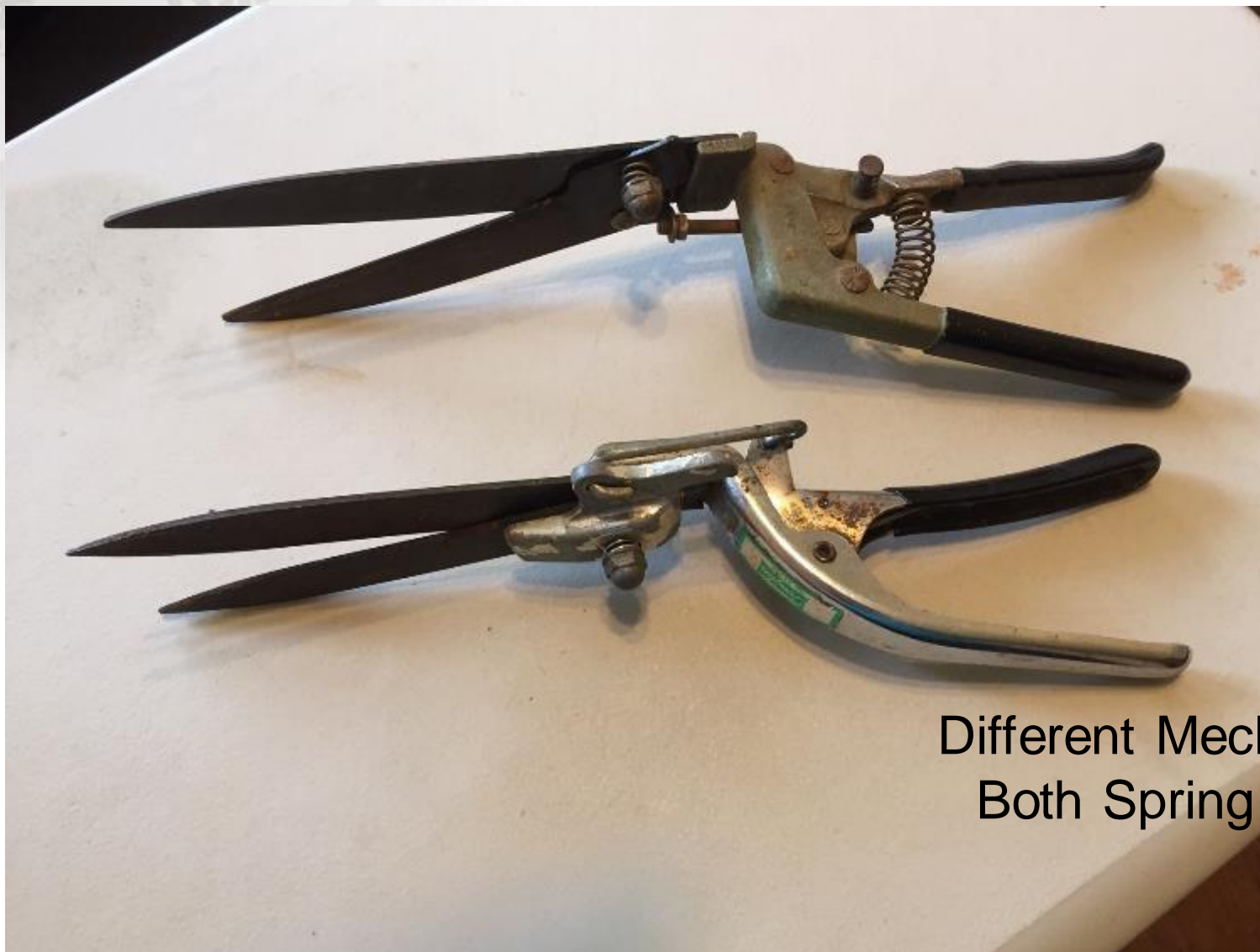
Anvil cut

Loppers Ratchet Mechanism



22" Handles

Grass Shears



Different Mechanisms
Both Spring action

Light Weight Garden Wagon



Kneeler or Garden Seat



Note bench height



Bucket with Tool Carrier



Weeding Tools



String Trimmer



Electric Edger



Rakes



Electric Start Lawnmower



Examples of Raised Beds





Scaling Back Gardening

**Decrease Size of Garden
Space**

**Lower Maintenance Plant
Materials**

Low Maintenance Plants

Low Growing Ground Covers

Reliable Bulbs

Low Maintenance Perennials

Shrubs and Small Trees



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Ground Covers

Epimediums

Lenten Roses

Crane's Bill (Hardy Geranium)

Allegheny Pachysandra





Allegheny Pachysandra



Hellebore
Lenten Rose



Epimedium



Hardy Geranium
Cranesbill

Reliable Bulbs

Spring Bulbs

Lilies

Allium

Iris

Fall Blooming Crocus



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Low Maintenance Perennials

Sedum

Coreopsis

Black-eyed Susan's

Purple Coneflowers

Hardy Geraniums

Nepeta

Hosta

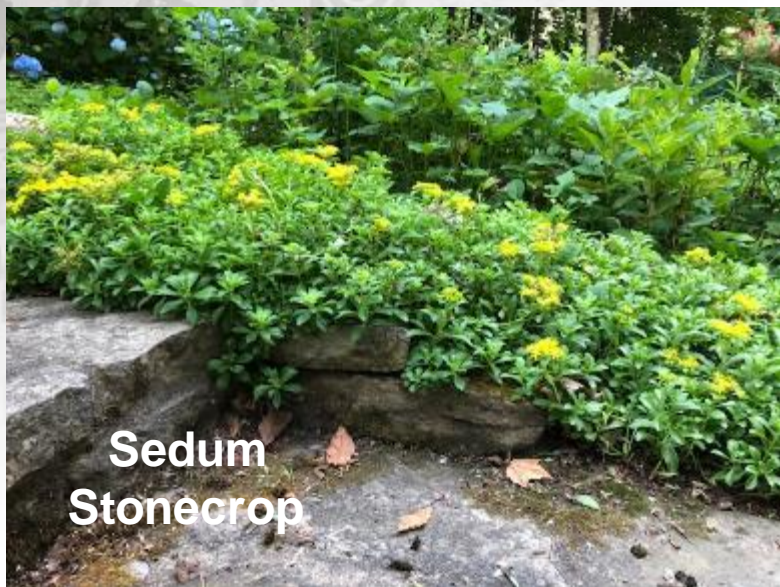
Grasses

Ferns



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Low Maintenance Perennials



Hostas



Black-eyed Susan



Coneflower



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Ornamental Grass



Prairie Dropseed



Fountain Grass
Red Rocket



Hakonechloa
Japanese Forest Grass

Ferns



Ostrich Fern



Autumn Fern



Painted Fern

Replacing Annuals and Perennials with Shrubs and Trees



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Flowering Shrubs

Spirea

Hydrangeas

Shrub Roses

Hibiscus

Summersweet



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Flowering Shrubs



Shrub Rose
Belinda's Dream



Spirea

Hydrangeas

Macrophylla
All Summer
Beauty



Arborescens
Annabelle



Oak Leaf



Paniculata



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© Erik Draper, OSU Extension

Hibiscus



Image from Missouri Botanical Garden Plant Finder

Flowering Shrubs



Joey Williamson, ©2010 HGIC, Clemson University

Clethra
Summersweet



Boxwoods

Small Trees

Redbuds

Kousa Dogwood

Japanese Maples

Serviceberry

Magnolia



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Small Trees



Weeping Redbud



Kousa Dogwood



**Amelanchier
Serviceberry**



Japanese Maple

Other Hints for Lower Maintenance

Watering Techniques
Mulching
Staking



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Common Sense Watering

Water less often

Deep watering promotes deeper roots

Best to water once a week

Water in early morning

Less evaporation

Less potential damage to plants

Direct water near roots



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Mulching

Conserves moisture and helps to prevent weeds

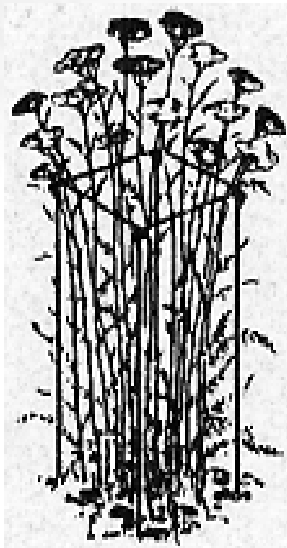
Apply 2-3" of mulch

Don't allow mulch to touch the crown of the perennial

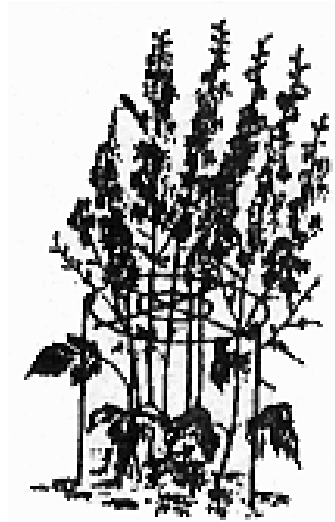
Cubic yard of mulch will cover 200-300 sqf



Examples of plant supports



Linking Stakes



*Grow-Through
Supports*



Single-stem Supports



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Iowa State University
Horticulture and Pest News

Master Gardener HELpline



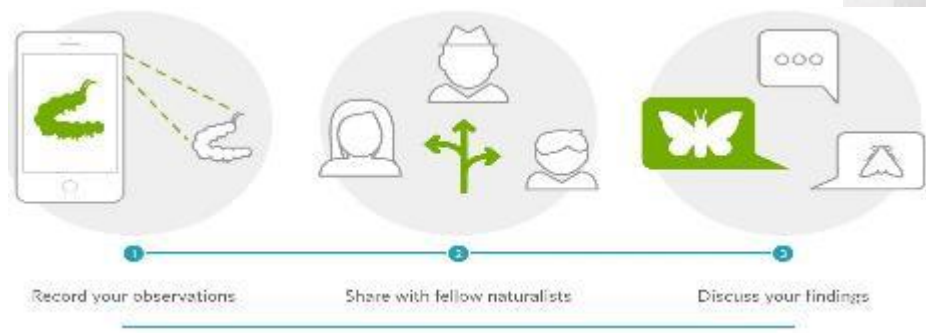
CALL the Ohio State University
Extension Master Gardener
HELpline, for free research-based
information, regarding your
gardening, pest, or diagnostic
questions.

Speak to a Master Gardener
April through October
Tuesday mornings
9:00 AM - 11:00 AM

440-350-2254

During non-staffed hours, make
use of our 24/7 e-mail or voice
mail options.

Need help in identifying a plant?



Questions/ Discussion?