

## Adaptive Tools

It's best to discuss specific needs with individuals before buying any specialist tools and try out the tools you already have as they can often be adapted.

NB Adaptation can also be in the method of gardening or activity as well as the tools e.g. using no-dig methods, container gardening, using tables to bring things up to easy working height when standing or sitting down to work etc.

Think about the weight, length and girth of tool handles. Adaptations can be made using:

- Pipe insulation or grip tape for sports racquets can make handles easier to grip
- Shortening or lengthening handles can make tool easier to use
- Aluminium is lighter than wood

Adapt tools you already own using handles attached at right angles to the tool shaft with jubilee clips. This offers additional ways to grip and power your tools. Peta 'easigrip' ergonomic handles can be attached to tools you already own. Other tool adaptations from Peta include long handles and arm braces see <https://peta-uk.com/product-category/garden-tools/>

Buy tools that are lightweight (aluminium is lightest) and strong.

Using long handled tools? The top of the handle should reach chest height to promote good posture when using them.

Tools with telescopic adjustable handles or a range of handles lengths are useful as they can be adapted for a range of people of differing heights.

People we have spoken to have recommended **Dobbies** narrow, lightweight hoe with adjustable handle (and interchangeable tool heads). Dobbies 'leaf grabber' (long handled pincer gripping tool) is also useful for picking up plant material if your ability to bend and reach is limited.

**Wolf tools** also produce a range of tool heads with a range of handles of varying sizes including telescopic handles which can adjust to suit everyone using the tool, e.g.

see <http://www.worldofwolf.co.uk/multichange/handle>

**Secateurs** Consider: Size to suit your hand (too big can strain hand); Weight ;

How easy to use? Are they fit for the job you intend to do?

Plastic ratchet secateurs – lightweight and can be useful if grip weak as they squeeze and grip the branch as they cut. An excellent summary of different types of secateurs at:

<http://www.carryongardening.org.uk/shop/secateurs-c9cb3a11/default.aspx>

See the Trellis factsheet 'Adaptive Gardening' for more ideas on how to adapt gardening activities <http://www.trellisscotland.org.uk/factsheets>

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