

TO LEARN MORE

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

Pierce, John and Roland Barnsley. *Easy Lifelong Gardening: A Practical Guide for Seniors*. North Pomfret, Vt.: Trafalgar Square Publishing, 1993.

Rothert, Gene. *The Enabling Garden: Creating Barrier-Free Gardens*. Dallas: Taylor Publishing Co., 1994.

Garden for Life

This series of informative gardening fact sheets includes topics such as designing a home enabling garden, selecting sense-stimulating plants and gardening in containers.

FIND THESE AND OTHER HELPFUL PUBLICATIONS AT THE FOLLOWING LOCATION:

The Tool Shed, Enabling Garden
Visit mid-May through mid-October
Open Wednesday – Sunday, 11 a.m. – 4 p.m.

Plant Information, Visitor Center
April through October
Monday – Saturday, 9 a.m. – 4 p.m.

November through March
Monday – Friday, 10 a.m. – 2 p.m.

Lenhardt Library, Regenstein Center
Monday – Saturday, 9 a.m. – 4 p.m.

www.chicagobotanic.org/therapy



CHICAGO BOTANIC GARDEN

1000 lake cook road glencoe, illinois 60022

www.chicagobotanic.org (847) 835-5440

The Chicago Botanic Garden is owned by the Forest Preserve District of Cook County.

CHICAGO BOTANIC GARDEN



Gardening for People of All Abilities

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BUEHLER ENABLING GARDEN

No matter what your age or physical ability, gardening doesn't have to be a challenge. The Enabling Garden shows that in a well-planned space, everyone can garden.

In this garden, you can

- **Explore** a collection of plants that appeals to the senses in many ways.
- **Discover** how raised beds, hanging baskets, vertical wall gardens and containers help make gardening more accessible.
- **Enjoy** waterfall walls, raised pools, and a scenic overlook that takes advantage of spectacular views.
- **Take advantage** of demonstrations, workshops, tours and special events to learn more about accessible gardening.
- **Visit** the Tool Shed to learn about gardening resources and tools that can make gardening easier.

PROGRAMS

Discovery Programs

Hands-on exhibits and friendly volunteers invite you to try out special adaptive tools or experience plants with sense appeal. Mid-May through early October
Wednesday – Sunday, 11 a.m. – 4 p.m.

Tours

Public tours of the Enabling Garden are available Wednesday through Sunday from 11 a.m. to 4 p.m., mid-May through early October. Private group tours can be arranged at (847) 835-8250.

Horticultural Therapy Services

For more than 25 years, the Chicago Botanic Garden has been a leader in the horticultural therapy field. Horticultural Therapy Services provides programming on-site at the Enabling Garden and off-site at Chicago-area health care and human service agencies. The horticultural therapy staff also provides technical assistance and professional education to health care and human service professionals.

To learn more about Enabling Garden programs, Horticultural Therapy Services or special wellness events, call (847) 835-8250 or visit www.chicagobotanic.org/therapy.

BUEHLER ENABLING GARDEN

Hanging Baskets

The hanging baskets in this garden can be lowered to a gardener's working height, then raised for display.

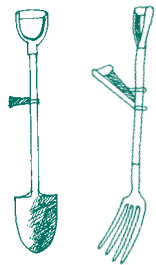
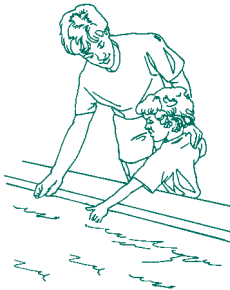


Shallow Pans

Shallow garden beds built above the ground provide legroom for those who sit while gardening.

Raised Pool & Water Wall

These features bring the sensory qualities of water within easy reach.



The Tool Shed

Stop by to find resources and tools that will help you try some of our easy-does-it gardening techniques at home.

Raised Lawn

This lawn is built up to a sitting height to make it easier for anyone to enjoy sitting on the lawn.



Tactile Bed

A metal grid running across this garden bed provides a guide for people who garden by touch.



Raised Beds

These garden beds show that by raising the soil level, gardeners can care for plants with very little bending, stooping or reaching.



Vertical Wall Gardens

These special wood frames within easy reach on garden walls make a striking display when filled with colorful annuals or vegetables.



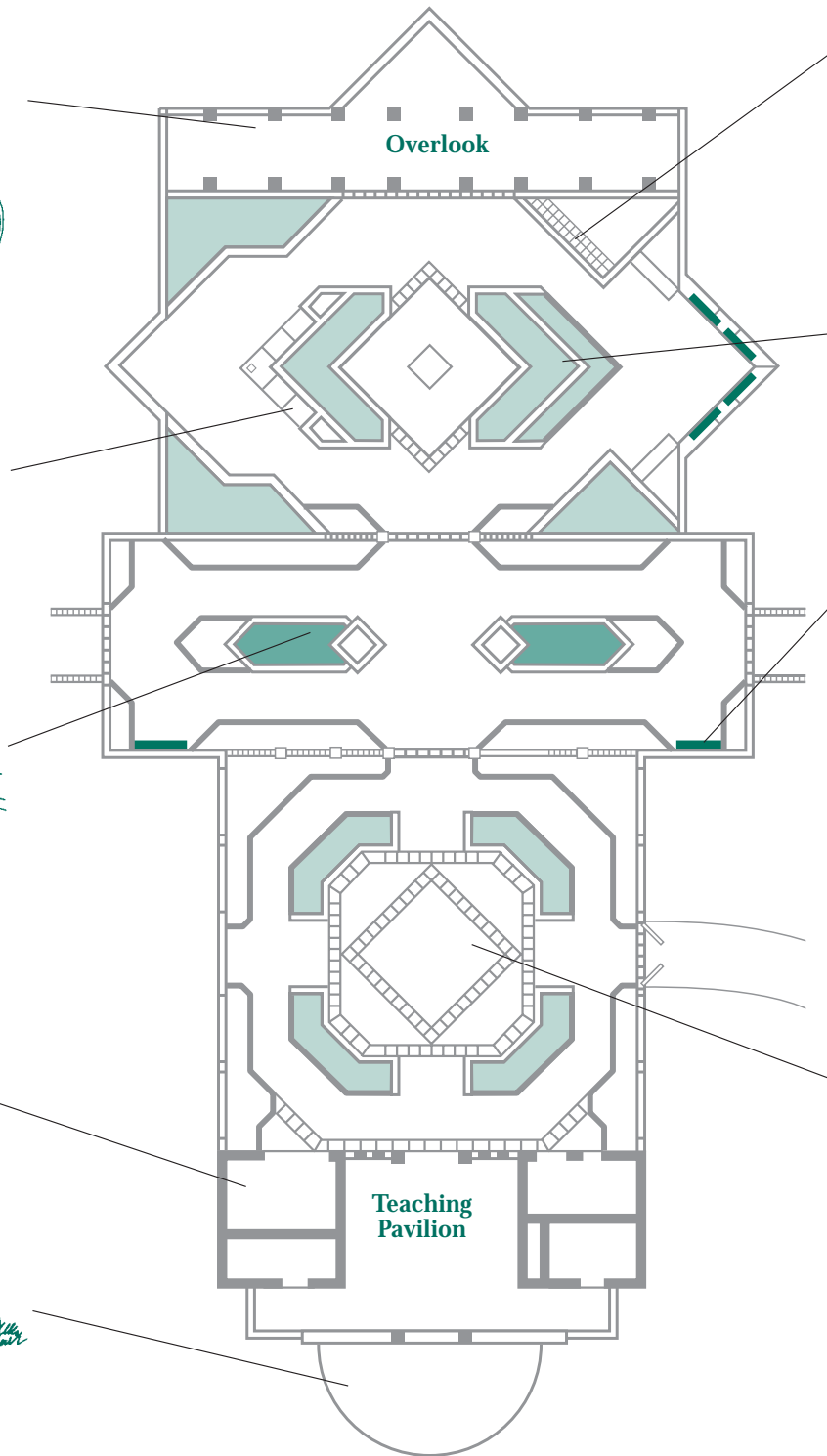
Container Court

Large pots in this courtyard demonstrate how easy and versatile gardening in containers can be.



Plants for the Senses

Many of the plants throughout this garden appeal to the senses. Discover plants with bright colors, pleasant fragrances and interesting textures.



HOW TO MAKE YOUR GARDEN MORE ACCESSIBLE

- Use tall containers and raised beds to elevate the soil level to a comfortable working height.
- Fill large containers and raised beds with easy-to-work soil made from equal parts (by volume) of topsoil, sand and peat moss or compost.
- Make sure your paving is level and firm to provide good traction at all times.
- Use soaker hoses for hard-to-reach areas of your garden. They conserve water and can remain in place an entire season.
- Plant dwarf or slow-growing trees and shrubs, which require less maintenance.
- Keep a few hand tools tucked away at various locations in your garden. This will save you steps when retrieving tools.
- Use levers on your gate latches, doors and water faucets. They are much easier to turn than round knobs.
- Use specially designed tools to garden in traditional ground-level beds with ease.
- Use vertical space with hanging baskets, trellises and wall gardens to keep plants and vegetables within easy reach.
- Plant low-maintenance plants in hard-to-reach areas of your garden.