

# Accessible Gardens



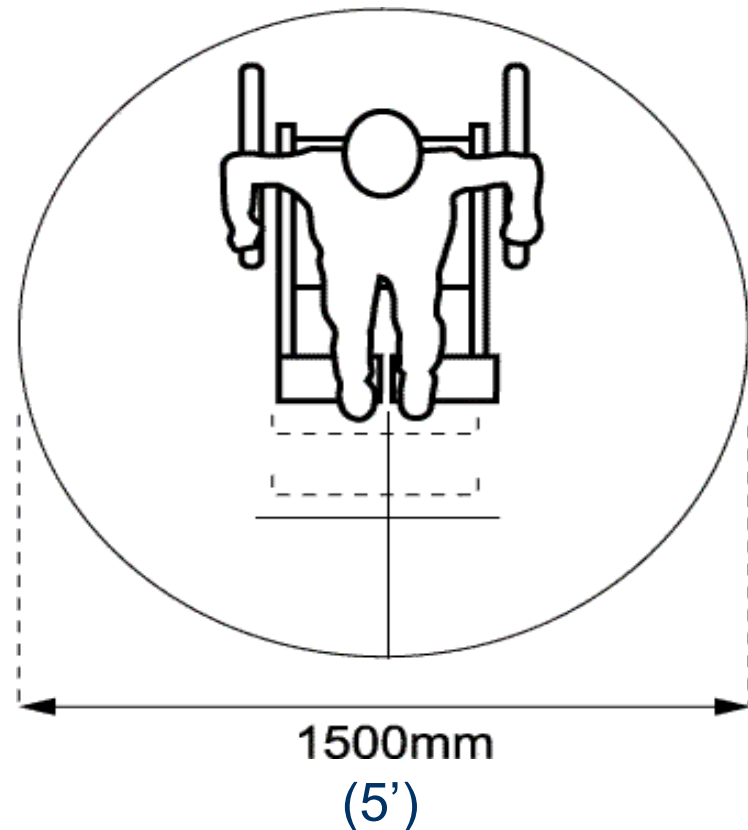
# What the garden provides

- Relieves stress
- Exercise – body and mind
- Creativity
- Nutrient
- Socializing
- Vocation
- Nature therapy
- Recreation
- Lowers blood pressure
- Require less medication
- Provides a distraction



# Surface/walkways

- Careful planning on pathways provide confidence and suitable areas that will be frequently used
- Who is Using the space?
- Ambulant or Semi Ambulant?
- Wheelchair or walking aids?



# Surface/walkways

- Level, firm, well textured
- Drain well, dry quickly
- Uninterrupted circuit
- Free from obstacles
- Avoid drastic grade change – shouldn't exceed 5%
- Wide enough to meet the needs of the users
  - .7m (36") is minimum path width
  - two people to walk side by side – 1.5 m (5')
  - two wheelchairs passing – 1.8 to 2.1 m (6 to 7)
- Sharp textural contrast at edge

# Surface/walkways

- Close to building
- Curbs to prevent wheel from falling off
- Choose materials that will reduce glare and heat absorption
- Use textural changes to prompt change
- Consider material that has resiliency
- Choose appropriate plant varieties near pathway
- Thorny and poisonous plants should be avoided
- Dropped seeds and leaves can create a hazard



# Surface/walkways

- Avoid trees with shallow roots – could cause potential hazard.
- Overhanging vegetation should be clipped to a minimum height of 6'
- Benches/seating should be near walkway but still allow free flow of traffic
- Benches/seating should be approx. .6m (2") off the ground with backrests at approx. .80m (30") off the ground



# Surface/walkways - soft and hard

## material

- Soft Surface

- Turf
- Woodchips
- Packed soil
- Crushed Stone

- Hard Surface

- Concrete
- Asphalt
- Loose pavers
- Brick



# Raised Beds

- **Definition** : any technique that raises the growing bed above garden level
- **Advantages:**
  - Beds are clearly defined – neater
  - Soil compaction is eliminated
  - Soil warms sooner in spring
  - Less weeding
  - Accessible



# Raised Bed

- Wheelchair – approx. .6m (2' )in height
- Sitting on edge of bed – .5m (18" )
  - -Wider platform on edge of bed to sit on
- Standing height – .8m (30")
- Width of bed – 4' max. if bed is accessible from both side
- Edge of bed – use materials as thin as possible without compromising durability



# Raised Beds



# Raised Beds



# Containers



# Maintenance - Watering

- Use top-quality reinforced rubber hoses- remain flexible and resist kinking
- Install faucets at a height of .5m to .8m (18' to 30")
- Use levers rather than round knobs for on-off
- Use heavy-duty brass shutoff valve at the end of hose
- Install rubber weeping or soaker hoses where ever possible
- Hose carts to keep hose out of walkways
- Hose guides located at key point to prevent damage to plants
- Hanging baskets on a pulley system for easier accessibility
- Mulch as much as possible reduce evaporation



# Plant Selection

- Choose plants with interesting colour, scent, texture and form – stimulate the senses
- Select plants that can be used for future activities
- Place plants so to enhance surrounds outside and to allow viewing from inside
- Place plants so they can be experience up close eg. Lambs ear close to walkway.
- Select plants that extend the growing season
- Include plants that attract birds, butterflies and other wildlife
- Incorporate edible plants into the landscape
- Choose native plants when possible
- Choose plants that are just fun



## Comfort Zone

- an area to enjoy garden but out of the sun, wind
- programs could be provide in this area
- incorporated in the garden



**Have an area that is just for fun**  
**Purpose of the garden is to attract attention and involvement**

