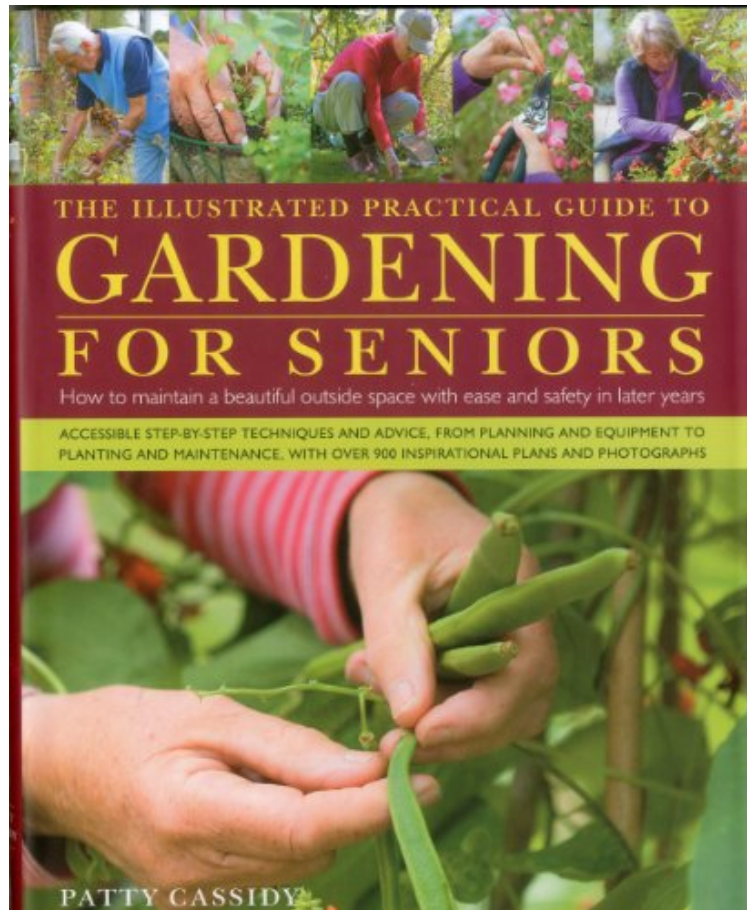


(Download) The Illustrated Practical Guide to Gardening for Seniors: How to maintain your outside space with ease into retirement and beyond

## The Illustrated Practical Guide to Gardening for Seniors: How to maintain your outside space with ease into retirement and beyond

*Patty Cassidy*

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**Patty Cassidy : The Illustrated Practical Guide to Gardening for Seniors: How to maintain your outside space with ease into retirement and beyond** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Illustrated Practical Guide to Gardening for Seniors: How to maintain your outside space with ease into retirement and beyond:

6 of 7 people found the following review helpful. Excellent resource for seniors and others!By Naomi Alena SachsAs Director of the Therapeutic Landscapes Network, I get many requests from people for books on gardening for seniors and others with limited mobility. This book delivers. It is chock-full of good ideas about tools, ergonomics, etc. as well as gorgeous illustrations (photos and drawings). I can see this being used not just by older adults on their own, but by younger family members who want to help their parents/grandparents start or keep gardening; by people who are not elderly but have limited mobility; and by staff at residential and day care facilities where gardening is, or could be

(should be!), incorporated as an activity. Kudos to Patty Cassidy!1 of 1 people found the following review helpful. Stay ACTIVE SENIORS!!!By Carol Ann JohnsonGreat guide to remind Seniors to keep Gardening--great tips-took Patty's class at Portland Nursery---what a gentle spirit she has!!!0 of 1 people found the following review helpful. Great information for older gardenersBy KDThe products and information in this book are great for older gardeners who may need to scale back their efforts in the garden but still do it safely.

A fresh and inspiring new guide to gardening for those in the second flush of youth, from active retirees to those with more limited abilities

About the AuthorPatty Cassidy is a horticultural therapist with experience working with assisted living elders, seniors with physical limitations or memory disorders and neglected children. She currently works in a horticultural therapy role at a number of healing gardens, including Fairway Village in Vancouver, Washington; Providence Elder Place in Gresham, Oregon; and Garden Partners in Portland, Oregon. She is a board member of the Northwest Chapter American Horticultural Therapy Association and president of the Friends of Portland Memory Garden. Gardening for Seniors is her first book.