

## **Gardening – Stephen’s story on his garden and how he has embraced this**



Stephen is my brother, and he has been battling with the loss of his mother recently who was a great gardener and loved being outdoors.

With Stephens grief and managing his disabilities, we introduced Stephen to gardening. His carers worked with him to set this up and we chose raised containers, so he did not have to bend down and pots that were manageable, Stephen now has a lovely little garden in pots at the back of his unit.

This now gives him a routine of watering and spending time outside which is good for his health, he has acquired new skills in how to manage his garden, as well as this, has settled him down a lot.

### **Gardening can offer countless benefits**

- does not have to cost a lot of money, save money and grow plants from seeds an inexpensive activity
- buy low maintenance plants as this will be easier to maintain

- provides exercise and improved motor skills
- a great leisure activity that is a healthy stimulating activity
- gardening equipment and tools can be modified to suit people with disabilities, there is a whole range of specially adapted gardening tools available which are custom made for wheelchair users etc
- your garden can be landscaped so that garden beds are easily accessible and safe
- pots, window boxes, and wheelbarrows also make gardening more accessible, they are great when you have limited space like a balcony or even a small backyard

We as a family are happy when Stephen is happy, and he feels more involved now with his carers and looks forward to showing them every day how his garden is growing.

*Stephen's sister is Josephine Proust and is one of the founding partners of Plan Manage Assist and our other founding partners, Kathleen Collins, John Collins, and John Corrigan have families with disabilities.*



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