

10 helpful gardening tools for older people



Looking for simple ways to make gardening easier? Here's a quick list of tools that reduce bending, lifting, and strain – so you can keep enjoying your time outdoors.

Gardening and healthy ageing

Science shows that gardening is great for healthy ageing. It's not only good exercise, but also emotionally rewarding. A 2023 study from the Journal of Environmental Psychology found that:

- Spending at least 2.5 hours a week gardening is linked to better mental health and life satisfaction.
- The strongest benefits are seen in people aged 64 and older.

Read more about the mental, physical, and social benefits of gardening in our [gardening for healthy ageing](#) article.

However, some gardening tasks can get harder to do as you age. LiveUp's allied health professionals have picked 10 tools to help fix that.

LiveUp's top 10 tool recommendations

These tools can make gardening easier and safer for older people. Each tool in this list has its own page in our assistive products database. There, you'll find more details on the products, including where you can buy them.

Our occupational therapists have curated this list of tools because each item has the potential to improve your life at a very low cost. We're impartial when recommending products and suppliers. We don't sell anything. We simply suggest stores that are widely available and affordable.

LiveUp is a non-profit funded by the Health Department, so we don't earn money from these suggestions. We're not connected to any retailers or products in any way. Our goal is to help you find practical, cost-effective solutions that make everyday life easier.

Tools for comfort and reduced strain

1. Raised garden bed

Lifts plants up to your height, so you don't need to kneel.



2. Garden kneeler and seat with handles

Soft surface for kneeling and sitting, with handles to help you stand back up.



3. Adaptive trowel

Has a soft, comfortable grip that makes digging easier on your hands and wrists.



4. Easy-grip secateurs

Designed with soft handles that are easier to squeeze, even if you have arthritis or pain.



5. Long-handled shears

Longer handles with soft grips give you more leverage and protect your hands.



6. Long-handled tools like rakes, shovels, or weeders

Full-length handles let you stand while gardening, so you don't have to bend or kneel as much.



Tools for carrying and moving things

7. Lightweight, high-vis bucket

Keeps tools together as you move around the garden, preventing lost items. Lightweight, brightly coloured buckets are easier to carry and see.



8. Two-wheeled wheelbarrow

Makes it easier and safer to move bulky items or tools. For extra stability, choose one with two wheels.



9. Garden trolley or outdoor cart

Helps you move heavier items like pots or bags of soil without lifting.



10. Flowerpot trolley with wheels

Sits under a pot so you can roll it to a new spot instead of lifting.



Want to find more tools? For a detailed guide, see our [adaptive gardening tools article](#).

Safety tips to keep in mind when gardening

- Wear gloves, sturdy shoes, and sun protection.
- Take regular breaks and drink water often.
- Switch between bending and standing tasks to avoid repetitive strain.
- Stretch before and after gardening to avoid stiffness.

Getting support

An occupational therapist (OT) can help you:

- Adapt tasks to simplify your work in the garden
- Find products that make gardening easier and safer

Find an OT near you through [Occupational Therapy Australia](#).

Can't find an OT in your area through OTA? You can also check Healthdirect's tool for [finding an OT by location](#).

If you need more information about healthy ageing, take the LiveUp quiz or get in touch with one of our helpful team on **1800 951 971**.

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