

Gardening with Arthritis and Other Limitations Resources

Gardening with arthritis and other imitations resources are available on the Ohio AgrAbility website: <https://agrability.osu.edu/resources/webinars-and-handouts-2020-2021>

[Gardening Across the Ages video – Farm Science Review 2020 Online](#) (links to YouTube)

[Farming and Gardening with arthritis or a physical limitation handout](#)

[Gardening with Arthritis: Adaptive equipment and tools resource list](#)

[Don't let the Dirt Hurt! Stretches for gardeners](#)

Fitness for Farm Life is an educational program aimed at improving the quality of work and life for agricultural workers of all ages and abilities.

The goal of this program is to show you that by taking some small steps to care for our bodies and physical health, then in turn you can improve and preserve your physical abilities to continue doing what all of us here love-farming and gardening

[Fitness for Farm Life FSR 2020 Online](#) (links to YouTube video)

[Fitness for Farm Life: Body Mechanics and Safe Lifting video](#) (links to YouTube)

[Fitness for Farm Life: Exercises and stretches](#) (links to YouTube video)

[Fitness for Farm Life: Health, Wellness and Pain Management](#) (links to YouTube video)

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Websites blogs, and articles about offering and requesting support

Cheryl Achterberg's blog is About Caregiving and Dementia. Mostly.

Cheryl Achterberg, Ph.D. is a retired Professor of Nutrition and Dean Emeritus from the College of Education and Human Ecology at The Ohio State University. Her blog is at <https://cherylachterberg.net/home/>

Lotsa Helping Hands

A central place to coordinate meals and help for friends and family

<https://lotsahelpinghands.com>

CaringWire

Caregiving simplified: Guidance, support and planning for older adults:

<https://www.caringwire.com>

Articles and resources for caregivers

<https://www.caregiving.com/>

<https://thecaregiverspace.org/>

Facebook caregiver support group page

<https://www.facebook.com/groups/103001490399094>

Article: Top 25 Interview Questions You Should Ask a Potential Caregiver

<https://www.seniorsresourceguide.com/articles/art00980.html>

Nanny cam article

<https://www.care.com/c/stories/4337/nanny-cam-yes-or-no-plus-nanny-cam-reviews/>