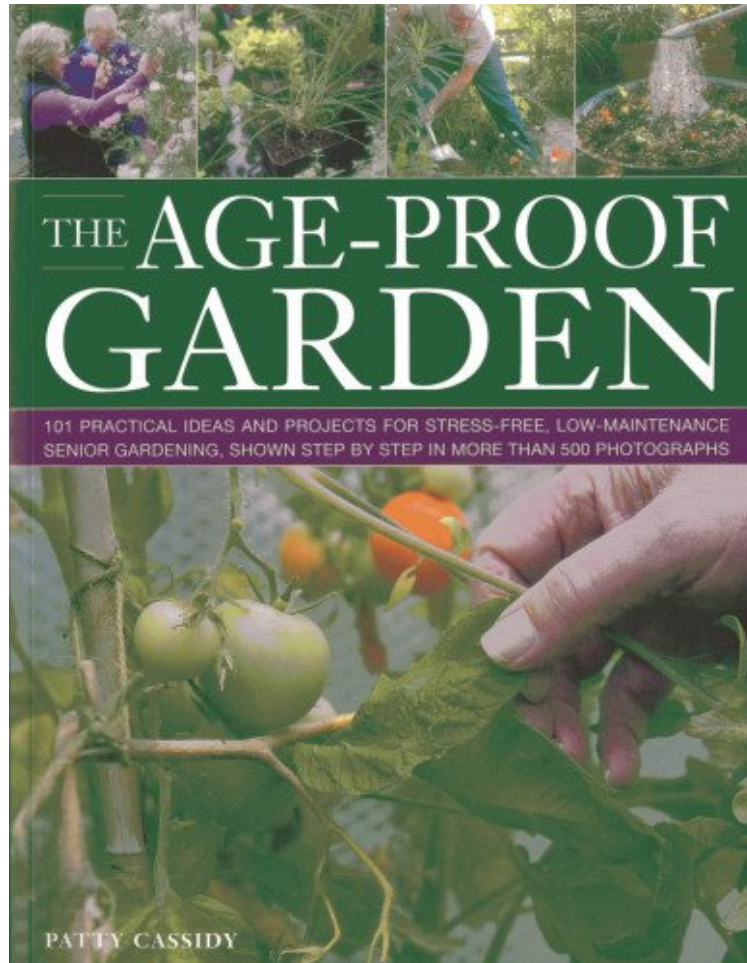


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The Age-Proof Garden: 101 practical ideas and projects for stress-free, low-maintenance senior gardening, shown step by step in more than 500 photographs

Patty Cassidy

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Discover how easy it is to carry on gardening into and way beyond retirement, with ideas, inspiration and techniques for older gardeners - and for those designing gardens for those with physical limitations. Plan a design to make the garden easier to access and maintain, and one you can enjoy with plants that will stimulate all five senses. The book covers flowers and herb gardens, fruit and vegetable gardens, and gardens with flexible features such as containers, upright structures and raised beds, as well as indoor gardens.

About the Author Patty Cassidy is a horticultural therapist and a passionate and knowledgeable gardener. She has experience working with assisted living elders, seniors with physical limitations and those with memory disorders. She works at a number of healing gardens, including Fairway Village in Vancouver, Washington, and Garden Partners In Portland, Orlando. She is also president of the Friends of Portland Memory Garden, where she has played a lead role in promoting the memory garden to the public.