

Urban Agriculture

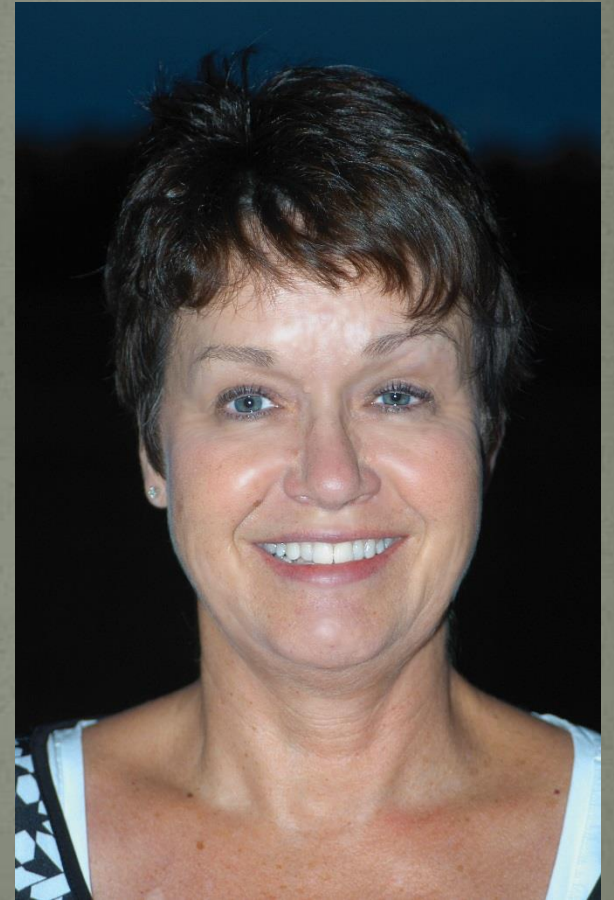
For Veterans

and/or

For Farmers with Disabilities

Cindy Chastain

- **Cindy Chastain** is the farmer veteran AgrAbility coordinator, responsible for networking with AgrAbility Projects and other relevant organizations to improve opportunities and outcomes for farmer veteran AgrAbility clients. Cindy grew up on a family farm in Indiana, earned a bachelor's degree in animal sciences from Purdue, and then served as an Army officer for more than 31 years, including service as Deputy Commander of the 1-19th Agribusiness Development Team from 2008-2010, which was deployed to Afghanistan in 2009-2010.



AgrAbility Mission

The vision of AgrAbility is to enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities.

Through education and assistance, AgrAbility helps to eliminate (or at least minimize) obstacles that block success in production agriculture or agriculture-related occupations.

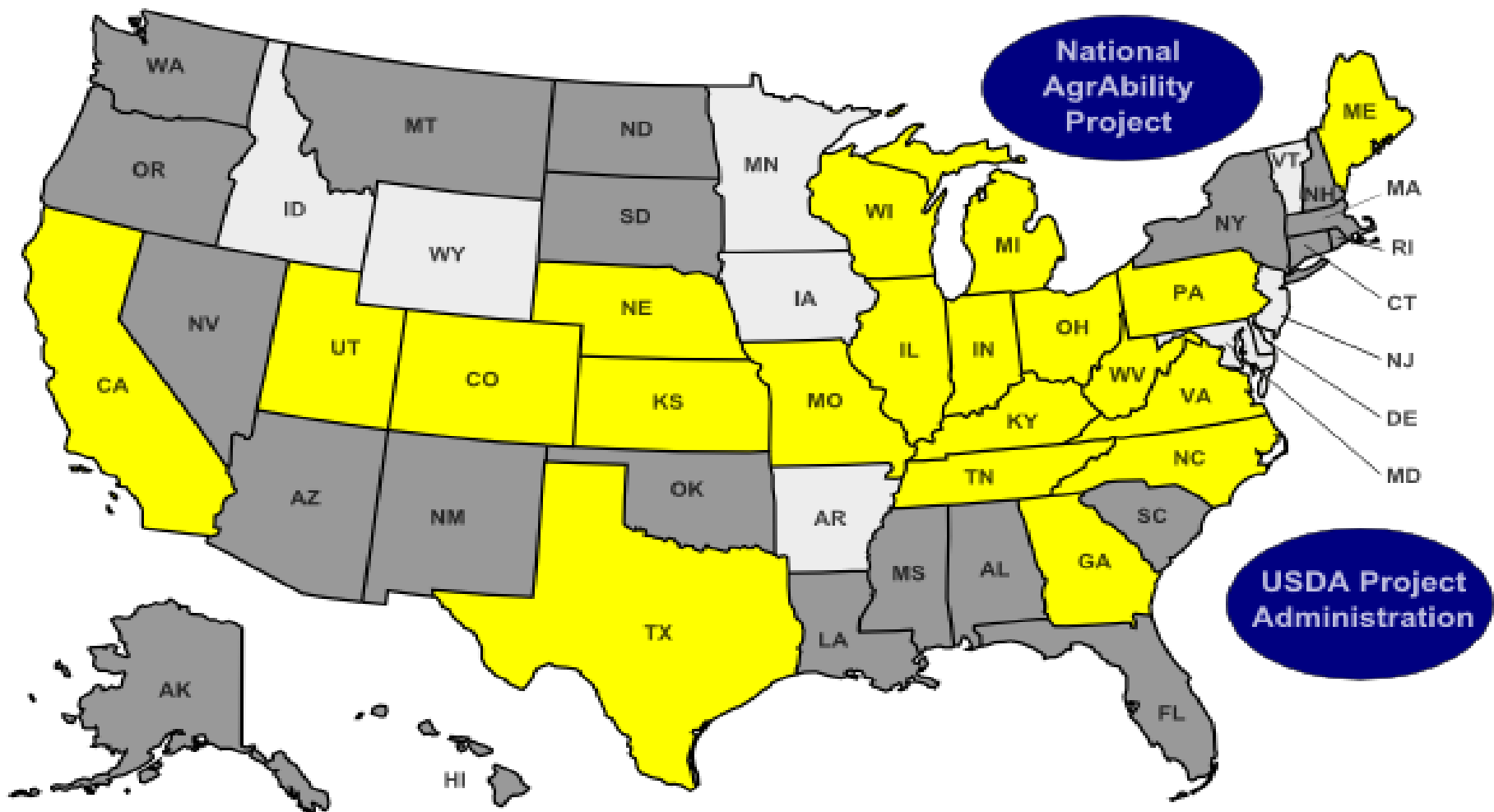


Whom Does AgrAbility Serve?

AgrAbility addresses a wide variety of disabling conditions in agriculture, including, but not limited to:

- Amputation
- Arthritis
- back impairment
- Deafness/hearing impairment
- Development disabilities, such as cerebral palsy or autism
- Disabling diseases, such as cancer or heart disease
- Mental/behavioral health problems
- Respiratory diseases
- Spinal cord injuries
- Stroke
- Traumatic brain injury
- Visual impairments

AgrAbility Projects 2016



Key



National Project/Federal Gov



State/Regional Project



Affiliate Project



No Project

Why Veterans to Agriculture programs?

- Average age of American farmers is 58-62 and many don't have anyone to replace them
- Some veterans are having trouble assimilating back into society
- Unemployment, homelessness, divorce, and suicide are higher than normal among veterans
- Est 20% with TBI
- Veterans have training and skills suited to farming
- Farming can have therapeutic benefits to those suffering from PTSD or TBI
- 45% of veterans are from rural areas of America

Obstacles for veterans in farming

- Land Acquisition
- Capital
- Lack of Experience
- Disabilities; physical and/or mental health
- Equipment



Specialized Garden Tools

- Pistol Grip
- Stabilized Wrist Support
- Adapt with Universal Cuff or Splint



Make gardening easier – “Enabling” garden tools are designed for gardeners with disabilities. Tools are specially designed to use less energy and to help keep the body in proper alignment.

Visual Impairments

- Contrast colors and textures
- Wind chimes
- Clear paths on pathway and overhead
- Layout of garden – straight edges and right angles
- Use Dibble boards

Container Gardening



Container Gardening

- Mobile
- Flexible
- Protected



Elevated Beds

- Height – 2.5-3 feet
- Width (one side) – 2 feet
- Width (two sides) – 4 feet
- Diameter (circular) – 4 feet





Grip: The Fit



- Enlarged grip to fit the hand - most efficient 1 1/2" - 2" circle
- Curved to fit the natural contour of the hand
- Wrist in neutral position with thumb on top



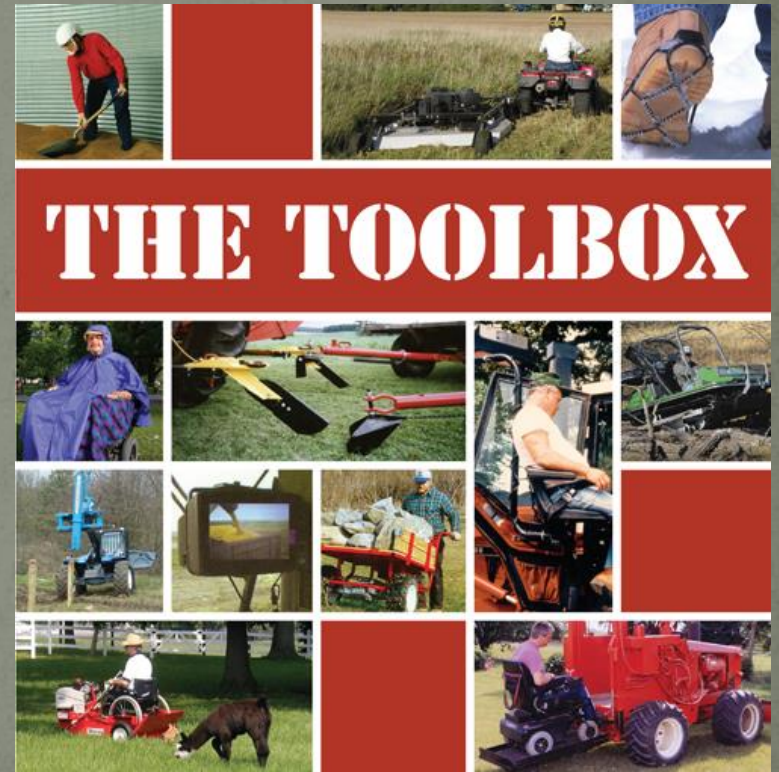
Veteran and Beginning Farmer Resources

The screenshot shows a web browser window displaying the AgrAbility website. The browser's address bar shows the URL <http://www.agrability.org/Resources/Veterans/index.cfm>. The website has a green header with the AgrAbility logo and the tagline "Cultivating Accessible Agriculture". A navigation menu includes links for Home, Contact Us, Resources, Training, and About. A breadcrumb trail indicates the current location: Home > Resources > Veterans. The main content area is titled "Beginning Farmer Veteran Resources" and features a list of links: Websites Dedicated to Farmer Veterans and Beginning Farmers, Veteran-run Training Programs, Guides & Directories, 2014 Farm Bill Resources for Veterans, Financial, GI Bill, Education, Technical Assistance, Disability Issues, Camper Issues, Employment - Agricultural and Other, and Multimedia. Below this list is a section titled "Websites Dedicated to Farmer Veterans and Beginning Farmers" with links to www.farmvetco.org and newfarmers.usda.gov/veterans. A small photo of a person on a tractor is visible on the right side of the page. The Windows taskbar at the bottom shows the time as 12:00 AM on 2/25/2016.

<http://www.agrability.org/Resources/Veterans/index.cfm>

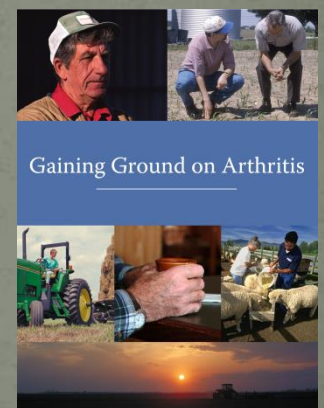
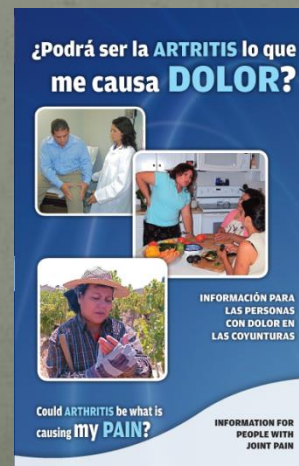
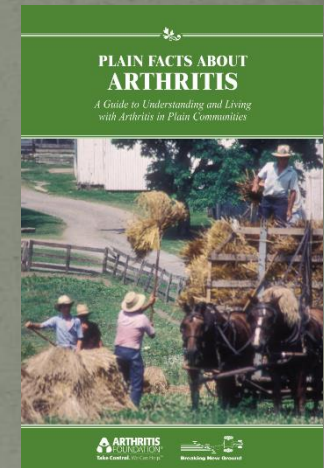
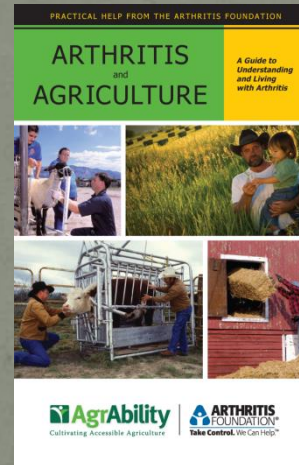
The Toolbox Assistive Technology Database

- Print, CD, and web versions
www.agrability.org/Toolbox
- More than 1300 products to help farmers and ranchers with disabilities



Arthritis Resources

- www.arthritis-ag.org
- Arthritis and Agriculture
- Plain Facts about Agriculture
- ¿Podrá ser la Artritis lo que me causa Dolor? (Could Arthritis be the cause of my Pain?)
- Gaining Ground on Arthritis DVD



Questions/Comments?