



AgrAbility Virginia promotes safety, wellness, and accessibility on the farm through education, rehabilitative services, and assistive technology.

We offer support services at no cost to farmers and farm workers that include, but are not limited to:

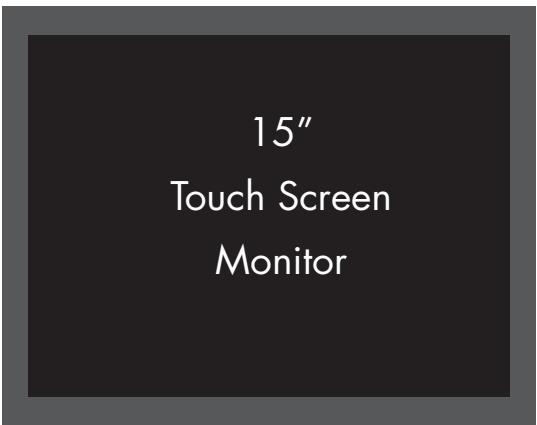
- Developing educational resources and trainings for farmers, farm workers, and families
- Providing disability advocacy
- Identifying assistive technology for accessibility and mobility
- Coordinating community services and outreach
- Connecting farmers to funding sources

We support a wide diversity of farmers and farm workers across all farming communities, such as:

- Small and mid-size farms
- Rural and urban farm settings
- Beginning farmers
- Military veteran farmers
- Socially disadvantaged farmers
- Limited resource farmers

We address a wide variety of disabling conditions in agriculture, including, but not limited to:

- Arthritis
- Spinal cord injuries and paralysis
- Back impairments
- Amputations
- Brain and head injury
- Visual and hearing impairments
- Cerebral palsy
- Stress and anxiety



### “WHAT IS ASSISTIVE TECHNOLOGY?”

Recommending assistive technology is one way that AgrAbility Virginia supports farmers. Assistive technologies are used to improve accessibility and enhance independence. Our recommendations can include a lift for a tractor or an added handrail or step to improve access, or a small modification on an existing tool such as adding a horizontal handle to a shovel for better grip strength.

Explore assistive technology by gripping these two trowels. Commercially available adapted tools are another example of assistive technologies. Notice the points of pressure when using the standard trowel, then feel how the angled handle keeps your hand and wrist in a natural position while digging. This minimizes pain and discomfort, protecting the joints, muscles, tendons, and ligaments from strain and injury. Tool adaptations like this that consider body ergonomics are simple and low-cost ways for farmers to continue farming safely.

Two trowels are shown side-by-side against a green background. The trowel on the left has a standard straight handle. The trowel on the right has an angled handle that provides a more ergonomic grip.

[www.AgrAbilityVirginia.org](http://www.AgrAbilityVirginia.org)

Find us on Facebook, Instagram, and Twitter! @AgrAbilityVA



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