



VALERIE'S STORY

Valerie lives on a 4-acre farm in northeast Oklahoma where she, her husband and daughters raise chickens and horses. She grows sweet potatoes, tomatoes, cucumbers, white potatoes and corn as the weather and wildlife allow. After a fall tearing the ACL in her knee, arthritis invaded the joints in her legs and hips reducing her ability to navigate around the farm, lift and haul heavy materials and safely mount her horses.

Valerie experiences major physical limitations on her property, specifically walking, twisting, lifting and climbing. She took responsibility for managing their farm while her husband, Paul, was deployed with the military. He since has returned home with a disabling condition and the family is adjusting to that as well.

Teaming with Valerie, AgrAbility identified funding to purchase gate wheels and a mounting steps for her horses. These increase her safety and mobility on the property while reducing her pain.

“Your help took the weight off my shoulders,” she said. “There are still bricks falling down but now they are not so strenuous!”

