



Mustard Seed Communities was established in 1978 to support individuals with physical and mental disabilities. Jacob's Ladder is one of these communities, catering specifically to adults with disabilities in Moneague, Jamaica.

Denyse Perkins, the administrator of Jacob's Ladder, has first-hand experience with the challenges of supporting the residents of this community. As a charitable organization, Jacob's Ladder—along with all Mustard Seed Communities—relies on donations to maintain proper living conditions, including food and other essentials.

With INMED's help and training, Jacob's Ladder was able to install an aquaponics system, which combines fish farming with soilless crop production. It creates a way to farm and harvest crops that are both climate-smart and cost-efficient, providing income and a year-round food supply for the community. Because aquaponics is not

labor-intensive and has wheelchair-accessible grow beds, it is well suited for people with disabilities to operate.

In addition to healthy food, the aquaponics system adds a new occupational component to everyday life. The residents of Jacob's Ladder are encouraged to help maintain the system and its crops, giving them daily activities to take part in, as well providing them with a sense of independence. "We're trying to have [our residents] participate, those that can," says Perkins. "It brings them to their fullest potential and gives them a sense of self-worth."

Aquaponics has given peace of mind to this vulnerable community by offering a consistent and nutritious diet. Thanks to resources INMED provided, residents have gained a new sense of pride, knowing that the work they put into the system makes a powerful impact in their community.

Learn more about INMED Aquaponics in Jamaica at <https://inmedcaribbean.org> or <https://inmed.org/aquaponics>

