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DEVELOPMENT OF RESTORATIVE AGRITOURISM BASED ON THE PRINCIPLES OF BARRIER-FREE ACCESSIBILITY

РОЗВИТОК ВІДНОВЛЮВАЛЬНОГО АГРОТУРИЗМУ НА ЗАСАДАХ БЕЗБАР'ЄРНОСТІ

The article examines barrier-free accessibility as a prerequisite for realizing the restorative potential of agritourism in wartime Ukraine. Agritourism can support people's physical, psychological, and social recovery through interaction with nature, agricultural activities, local culture, and rural communities. The study highlights that this potential depends on active participation and removing barriers that restrict inclusion. International models, including Agriturismo, Care Farms, and Green Care Farms, are reviewed. The article proposes a mechanism for barrier-free participation and a practical checklist to help providers assess accessibility, plan inclusive activities, and adapt services to visitors' needs and capabilities throughout the agritourism experience. These tools support more inclusive, people-centred agritourism services.

Keywords: *agritourism, barrier-free accessibility, restorative potential, agritourism environment, human potential, accessibility, social inclusion, sustainable development.*

В умовах війни в Україні проблема відновлення людського потенціалу набуває особливої актуальності. Поряд із медичною, психологічною й соціальною підтримкою агротуризм може стати одним із засобів відновлення фізичного, психологічного та соціального благополуччя людини. Перебування в сільському середовищі, участь у господарській діяльності та знайомство з локальною культурою створюють для цього відповідні можливості. Метою статті є обґрунтування ролі безбар'єрності як необхідної умови реалізації відновлювального потенціалу агротуризму та визначення підходів до забезпечення доступності агротуристичних послуг. Обґрунтовано, що агротуризм сприяє підтримці фізичного самопочуття, психоемоційного стану та соціальної активності завдяки поєднанню відпочинку, посильної діяльності й взаємодії з природним середовищем. Доведено, що відновлювальний потенціал агротуризму не гарантує позитивного результату без урахування фізичних можливостей, віку, психологічного стану й комунікаційних потреб людини. Безбар'єрність розглянуто не лише як доступність інфраструктури, а і як необхідну умову повноцінного залучення людей до агротуристичної діяльності незалежно від їхніх фізичних можливостей, віку та індивідуальних потреб. Узагальнено міжнародний досвід використання агротуризму для відновлення людського потенціалу на прикладі моделей Agriturismo (Італія), Care Farms (Нідерланди) та Green Care Farms (Норвегія). Виокремлено спільні підходи: добровільна участь людини, індивідуальний підхід і доступність середовища. Запропоновано механізм реалізації відновлювального потенціалу агротуризму на засадах безбар'єрності та систематизовано основні групи бар'єрів. Розроблено практичний чек-лист для їх попередження під час планування агротуристичного продукту й

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забезпечення доступності на різних етапах взаємодії відвідувача з агротуристичним середовищем. Практичне значення результатів полягає у використанні запропонованих підходів власниками агротуристичних господарств, територіальними громадами та іншими суб'єктами туристичної діяльності для вдосконалення послуг на засадах безбар'єрності, сталого розвитку й людиноорієнтованості. Результати дослідження важливі для України в умовах війни та повоєнної відбудови, зокрема для створення доступних умов відновлення фізичного, психологічного й соціального благополуччя населення.

Ключові слова: *агротуризм, безбар'єрність, відновлювальний потенціал, агротуристичне середовище, людський потенціал, соціальна інтеграція, доступність, сталий розвиток.*

Formulation of the problem. Russia's full-scale war against Ukraine has fundamentally reshaped the priorities of social development. While economic growth and infrastructure development previously dominated public policy, human recovery has now emerged as one of the key challenges. The physical condition, psychological resilience, social engagement, and ability of individuals to return to a fulfilling life will largely determine the success of Ukraine's post-war recovery.

Today, the concept of human recovery extends far beyond physical rehabilitation. It encompasses psychological resilience, social integration, the restoration of everyday functioning, and overall quality of life. Consequently, the need for recovery concerns veterans, persons with disabilities, internally displaced persons, military families, older adults, and civilians who have been living under prolonged stress. This creates a need to identify environments capable of supporting individuals not only during medical treatment or rehabilitation but also in everyday life by promoting their physical, psychological, and social recovery. Such an approach is consistent with contemporary international priorities aimed at ensuring equal opportunities for all population groups to participate fully in society and promoting barrier-free environments [6].

Agritourism can serve as one of such environments. Unlike many other forms of tourism, it involves not only staying in a natural setting but also actively participating in the daily life of rural communities. Familiarity with local traditions, caring for plants and animals, taking part in seasonal farm activities, preparing traditional dishes, engaging in handicrafts, and interacting with local residents together create an integrated agritourism experience. The combination of natural, agricultural, cultural, and social components provides favourable conditions for the physical, psychological, and social recovery of individuals, as confirmed by recent research findings [12].

Analysis of recent research and publications. The body of research that forms the theoretical foundation of this study can be grouped into three interrelated areas.

The first area covers agritourism development. Contemporary research identifies agritourism as an important driver of rural economic diversification, support for family farms, entrepreneurship development, preservation of cultural heritage, and sustainable community development [2, 10, 11, 13, 16]. These issues have been addressed in the works of Yu. Kyrylov, E. Ndhlovu and K. Dube, E. Quendler, Y. Li, K. Martinus, and other scholars. At the same time, recent studies demonstrate a gradual expansion of the functions of agritourism. Alongside its economic role, increasing attention is being paid to its social, cultural, educational, and recreational dimensions, highlighting the potential of agritourism as a tool for human capital development.

The second area focuses on barrier-free accessibility and inclusive tourism. Contemporary research and international policy documents define barrier-free accessibility as a comprehensive characteristic of the tourism environment that encompasses physical, informational, communication, digital, and organisational accessibility, thereby ensuring equal opportunities for different population groups to participate in tourism activities [3–6, 9, 14, 15, 17]. Significant contributions to this field have been made by the European Commission, J. Nigg, G. Quattrone, C.-S. Chan, I. Landa-Mata, L. Rubio-

Escuderos, and other researchers. Recent studies also emphasise that the effective management of accessible nature-based destinations requires accessibility to be integrated into the planning and organisation of the visitor experience rather than focusing solely on physical infrastructure [4]. Current approaches increasingly shift the focus from the accessibility of individual tourism facilities to the creation of an accessible tourism experience that enables people to participate fully at every stage of their interaction with the tourism environment.

The third area addresses the factors contributing to the physical, psychological, and social recovery of individuals. Recent studies confirm the positive effects of natural environments, meaningful activities, social interaction, and engagement with local communities on psychological well-being, social adaptation, and quality of life [7, 8, 12, 18, 19]. Important contributions to this field have been made by W. Gesler, J. Hassink and M. Elings, R. Menhas, C. Wood, and the World Health Organization. However, most of these studies have been conducted within the fields of public health, psychology, and social work, whereas their application to agritourism research remains limited.

Despite the growing body of research on agritourism, barrier-free accessibility, and human recovery, these areas have largely evolved independently. Agritourism is primarily examined as a tool for rural development, barrier-free accessibility as a characteristic of accessible tourism environments, and human recovery as an outcome of medical, social, or recreational interventions. Their integrated relationship, however, has received little scholarly attention. In particular, studies examining barrier-free accessibility as a prerequisite for unlocking the restorative potential of agritourism remain scarce. This research gap determines the relevance of the present study and defines its purpose.

Formulation of the purpose of the article. The purpose of the article is to substantiate the role of barrier-free accessibility in ensuring the restorative potential of agritourism and to reveal the mechanism through which this potential is transformed into the physical, psychological, and social restoration of individuals.

To achieve this purpose, the following objectives were defined: to identify the restorative potential of agritourism; to determine the factors that hinder its implementation; to substantiate the role of barrier-free accessibility as a prerequisite for the inclusion of individuals in the agritourism environment; to examine the relationship between the restorative potential of agritourism, barrier-free accessibility, and the process of human restoration; and to identify practical approaches to the development of a barrier-free agritourism environment.

Presentation of the main research findings with a comprehensive substantiation of the obtained scientific results. One of the defining features of agritourism is that its value is created not only through the provision of tourism services but also through direct interaction between individuals and the agritourism environment, including its natural, agricultural, and socio-cultural components. Unlike many other forms of tourism, agritourism enables visitors not only to observe but also to participate in activities related to farm operations, local traditions, and community life.

Within the agritourism environment, visitors can become familiar with farming practices, interact with plants and animals, participate in seasonal agricultural activities, prepare local dishes, engage in traditional crafts, and communicate with farm owners and local residents. Such direct involvement is what distinguishes the agritourism experience from many other forms of tourism.

However, the restorative potential of agritourism is not limited to simply staying in a rural setting. The natural environment, the atmosphere of the farm, observation of natural processes, and emotional detachment from everyday stress may already have a positive effect on an individual. Nevertheless, this potential is realized most fully when visitors are able to choose a form of participation that corresponds to their needs and abilities and actively engage in the proposed activities.

Voluntary and manageable participation in meaningful activities, together with opportunities to act, communicate, contribute, and experience a sense of belonging, enhances the restorative effect of agritourism by promoting physical activity, positive emotions, and social interaction.

Recent studies indicate that the restorative effects of interaction with nature arise both through observation and emotional perception of natural environments and through active participation in various activities. The combination of spending time in nature, engaging in farming activities, interacting with other people, and gaining positive experiences contributes to stress reduction, improved psychological well-being, restoration of attention, and the development of social interaction [7, 8, 12, 18].

Therefore, agritourism should be regarded as an environment in which natural, agricultural, cultural, and communicative components are integrated into a holistic restorative experience.

To better understand how the restorative potential of agritourism is formed, it is appropriate to examine how traditional elements of rural life acquire new significance within the agritourism environment and contribute to the physical, psychological, and social restoration of individuals (Table 1).

The examples presented in Table 1 demonstrate that the restorative potential of agritourism is created not through specially designed activities but through a reinterpretation of traditional forms of interaction between people and the rural environment. Historically,

Table 1

Formation of the restorative potential of agritourism through the use of traditional elements of rural life

Element of the agritourism environment	Role in traditional farming	New opportunities for interaction in agritourism	Potential restorative effect
Working with the land	agricultural production	voluntary participation without production pressure	sense of accomplishment, improved concentration, emotional relief
Animal care	meeting the needs of the farm	emotional interaction with animals and learning about their behaviour	development of empathy, reduced anxiety, positive emotions
Seasonal farm work	performance of routine agricultural tasks	manageable physical activity and introduction to farming practices	restoration of physical activity, enhanced sense of achievement
Preparation of local dishes	everyday food preparation	collaborative creative activities and familiarisation with local gastronomy	sensory satisfaction, cultural immersion, social interaction
Traditional crafts	production of traditional handmade products	creative participation and craft workshops	development of fine motor skills, concentration, and creativity
Slow pace of rural life	organisation of everyday rural life	opportunity to shift from a fast-paced lifestyle	reduced psycho-emotional stress and restoration of attention
Communication with farm hosts	everyday social interaction within the community	personalised communication and familiarisation with the local way of life	sense of trust, acceptance, and social inclusion
Participation in community life	maintaining social ties and local traditions	participation in local traditions and community events	strengthened sense of belonging and reduced social i

Source: compiled by the author based on [7, 8, 12, 18, 19]

however, visitors' participation in farm activities was driven primarily by practical considerations: by assisting with everyday farming tasks, they received accommodation, meals, or other forms of hospitality.

Over time, this interaction acquired a broader meaning. It came to be regarded not only as a form of cooperation between hosts and visitors but also as an opportunity to gain new experiences. Subsequent studies have shown that participation in simple activities, spending time in nature, and interacting with both the farming environment and other people can positively influence physical well-being, psychological health, social interaction, and overall human restoration.

Practical evidence of this approach can be found in several European countries. In Italy, *agriturismo* establishments combine accommodation with opportunities to learn about agricultural production, traditional food processing, and the preparation of local dishes. In the Netherlands, *Care Farms* use time spent on farms and manageable participation in everyday farming activities as a means of supporting different population groups [8, 13].

Thus, the same activity may acquire different meanings depending on the context in which it is organised. For this reason, modern agritourism should be viewed not only as a form of tourism but also as an environment in which natural, agricultural, cultural, and social resources contribute to the physical, psychological, and social restoration of individuals.

At the same time, the restorative potential of agritourism is not realised automatically. Its practical implementation depends on an individual's ability to participate fully in the agritourism environment according to their physical abilities, psychological condition, communication needs, and life circumstances. When such participation is limited by various barriers, even a well-organised agritourism environment may fail to produce the expected restorative outcomes.

Therefore, the decisive factor is not the range of agritourism activities themselves but the creation of conditions that enable every individual to participate according to their needs and abilities. The realisation of the restorative potential of agritourism depends not only on the availability of natural, agricultural, and socio-cultural resources but also on the removal of barriers that restrict visitors' interaction with the rural environment. The main categories of such barriers are summarised in Table 2.

Overcoming these barriers has become one of the key priorities in the development of barrier-free tourism in many countries worldwide. International practice demonstrates that

Table 2

Types of barriers that may limit the realisation of the restorative potential of agritourism

Type of barrier	Manifestation in the agritourism environment	Who may be particularly affected	Potential impact on visitors
1	2	3	4
Physical	✓ Uneven or slippery paths; ✓ steps without an alternative route; ✓ high thresholds; ✓ lack of resting areas; ✓ difficult access to gardens, animals, and activity zones; ✓ inaccessible sanitary facilities	People with mobility impairments, older adults, individuals recovering from injuries, parents with young children	Limited participation in activities, dependence on assistance, reduced sense of independence
Informational	✓ Lack of up-to-date photos of the property; ✓ no information about steps, animals, accommodation conditions, sanitary facilities, physical demands, or available activities	All visitor groups, particularly people with anxiety or specific accessibility needs	Uncertainty, fear of the unknown, decision not to visit

End to table 2

1	2	3	4
Communication	✓ Complex explanations; ✓ lack of prior communication with hosts; ✓ unwillingness to discuss individual needs; ✓ absence of clear signage and wayfinding	Older adults, international visitors, people with cognitive impairments, families with children	Feelings of misunderstanding, discomfort, reduced trust
Organisational	✓ Fixed programme with no choice of activities; ✓ mandatory participation; ✓ lack of alternatives for visitors with different physical abilities; ✓ rigid visit scenarios	People recovering from injuries, veterans, older adults, families with children	Reduced opportunity to participate actively in the agritourism experience
Psychological	✓ Fear of an unfamiliar environment; ✓ concerns about being unable to complete tasks; ✓ feeling of “not belonging”; ✓ lack of support from hosts; ✓ excessive supervision instead of friendly guidance	People affected by traumatic events, veterans, internally displaced persons, individuals with heightened anxiety	Reduced emotional comfort and limited engagement in the restorative experience
Social	✓ Lack of an atmosphere of acceptance; ✓ prejudiced attitudes; ✓ segregation of visitors according to abilities; ✓ limited opportunities for interaction with hosts and local residents	All visitor groups, particularly people who have experienced social isolation	Weakened sense of belonging and social inclusion
Sensory	✓ Excessive noise (machinery, loud music, crowds); ✓ strong odours; ✓ large numbers of insects indoors; ✓ aggressive animal behaviour; ✓ lack of quiet spaces; ✓ overly bright lighting or poor temperature control	People with autism, PTSD, sensory sensitivities, young children, older adults	Sensory overload, fatigue, anxiety, shortened duration of stay
Comfort and living conditions	✓ Poor room ventilation; ✓ lack of heating or cooling; ✓ uncomfortable sleeping facilities; ✓ absence of hot water; ✓ poor food quality; ✓ lack of information about meal ingredients	All visitors, particularly older adults, families with children, and people with specific physiological or dietary needs	Negative overall impression, even when the agritourism concept itself is attractive

Source: developed by the author based on [6, 8, 11, 13, 17, 19]

the restorative potential of agritourism is realised most effectively when participation in the agritourism environment is based on the principles of voluntariness, accessibility, and consideration of individual needs. At the same time, international experience shows that different countries employ the opportunities offered by agritourism in accordance with their own social priorities.

One of the best-known examples is the Italian *Agriturismo* model, where visitors not only stay on farms but also participate in caring for vineyards and olive groves, producing local food products, preparing traditional dishes, and engaging in other everyday farming

activities. Such participation promotes a deeper understanding of local culture, encourages a change from everyday routines, and contributes to positive emotional experiences [8].

One of the most advanced models of using agritourism to support human well-being is the Dutch *Care Farms* model, which combines agricultural activities with the provision of social care services. These farms serve older adults, including people with dementia, individuals with mental health conditions, young people with behavioural difficulties, people with autism spectrum disorders, and other vulnerable groups. Participants care for plants and animals, perform suitable farm tasks, engage in everyday farm activities, and interact with other participants. Research indicates that this approach promotes physical activity, strengthens social skills, enhances self-confidence, and improves psychological well-being [8, 13].

In Norway, the *Green Care* concept is primarily used to provide psychological support and facilitate the social reintegration of individuals experiencing emotional difficulties or requiring assistance in returning to active daily life. The combination of time spent in natural surroundings, caring for plants and animals, participation in simple farming activities, and regular social interaction contributes to stress reduction, psychological recovery, and stronger social connections [13].

Despite differences in the organisation of agritourism activities, international experience demonstrates a common principle: the restorative effect results not simply from being in a rural environment but primarily from visitors' voluntary and meaningful participation in natural, agricultural, and sociocultural activities. Such participation creates favourable conditions for physical, psychological, and social recovery.

The main approaches to implementing the restorative potential of agritourism in international practice are summarised in Table 3.

The synthesis of international experience demonstrates that, regardless of national models, the restorative potential of agritourism is realized not only through the natural environment or agricultural activities themselves, but primarily through people's active and meaningful participation in them. Such participation creates the conditions for physical, psychological, and social restoration.

For Ukraine, this experience is particularly relevant in the context of the war, when restoring the physical, psychological, and social well-being of the population has become a major societal challenge. Adapting proven international approaches to Ukrainian conditions may provide a solid foundation for developing barrier-free agritourism as a tool for preserving, restoring, and strengthening human potential.

Thus, the key challenge is not the absence of the restorative potential of agritourism but the fact that it is not equally accessible to all population groups. This highlights the need to consider barrier-free accessibility not as an additional characteristic of a tourism facility but

Table 3

International experience in the implementation of the restorative potential of agritourism

Country	Agritourism Model	Main Focus
Italy	Agriturismo	Emotional restoration through participation in traditional rural activities, local gastronomy, and immersion in local culture
The Netherlands	Care Farms	Social support for older adults with dementia, people with mental health disorders, individuals with autism spectrum disorders (ASD), and other vulnerable groups
Norway	Green Care Farms	Psychological support, social adaptation, and mental health recovery through participation in everyday farm activities

Source: compiled by the author based on [8; 10–13; 16]

as a mechanism that enables the realization of the restorative potential of the agritourism environment.

The analysis confirms that agritourism possesses considerable restorative potential. However, its existence alone does not guarantee positive outcomes. Even under the same conditions, visitors may experience different restorative effects, as the decisive factor is their ability to participate fully in the agritourism experience.

In this context, barrier-free accessibility becomes particularly important. Traditionally, it has been associated mainly with the physical accessibility of facilities. However, such an approach is insufficient for agritourism, whose value lies not only in access to a place or service but also in the opportunity to interact with nature, participate in activities, communicate with others, and engage with local culture.

Therefore, barrier-free accessibility in agritourism should be understood as creating conditions that enable people with different physical abilities, psychological conditions, ages, and life circumstances to participate fully in the agritourism experience [6; 9; 14; 17].

It is also important to distinguish between the restorative potential of agritourism and barrier-free accessibility. Barrier-free accessibility does not create this potential; it is already embedded in the natural, agricultural, cultural, and social characteristics of the agritourism environment. Rather, it creates the conditions that make this potential accessible and allow it to be realized through participation in agritourism activities.

Thus, barrier-free accessibility serves as the link connecting the restorative opportunities of the agritourism environment with tangible physical, psychological, and social restoration outcomes. Figure 1 presents the mechanism through which barrier-free accessibility enables the realization of the restorative potential of agritourism.

The proposed mechanism demonstrates that the restorative effect of agritourism depends not only on the availability of natural, agricultural, and cultural resources, but also on people's ability to use these resources according to their needs, capacities, and life circumstances. Therefore, barrier-free accessibility should be incorporated at the stage of designing agritourism products rather than introduced only after visitors encounter difficulties. Before travelling, visitors should already be confident that they will be able to move comfortably around the site, navigate the environment, participate in suitable activities, and feel safe.

Based on these findings, a practical checklist for creating a barrier-free agritourism experience is proposed (Table 4). It is intended as a planning tool for agritourism providers, enabling them to assess accessibility before launching or improving their services. The checklist covers the entire visitor journey – from obtaining information and booking to the completion of the visit – and helps identify potential barriers that may limit participation by different groups of visitors. This preventive approach encourages accessibility to be integrated into the design of agritourism products from the outset.

The proposed checklist is intended primarily as a practical guide for the gradual improvement of agritourism farms. Although not all its elements can be implemented simultaneously, attention to detail often determines whether visitors feel comfortable, choose to return, and recommend the destination to others.

At the same time, barrier-free accessibility should not compromise the authenticity of rural life or transform agritourism farms into standardized tourism facilities. Its purpose is not to alter the traditional rural environment but to create conditions that enable a wider range of visitors to participate safely, comfortably, and fully in its natural, agricultural, cultural, and social experiences.

A key advantage of the checklist is its preventive approach. Rather than addressing barriers after they arise, it encourages providers to identify and eliminate potential obstacles during the planning, design, and organisation of agritourism services. Moreover, most of the proposed measures require little financial investment. Clear information about the property, opportunities to discuss individual needs in advance, understandable navigation, flexible

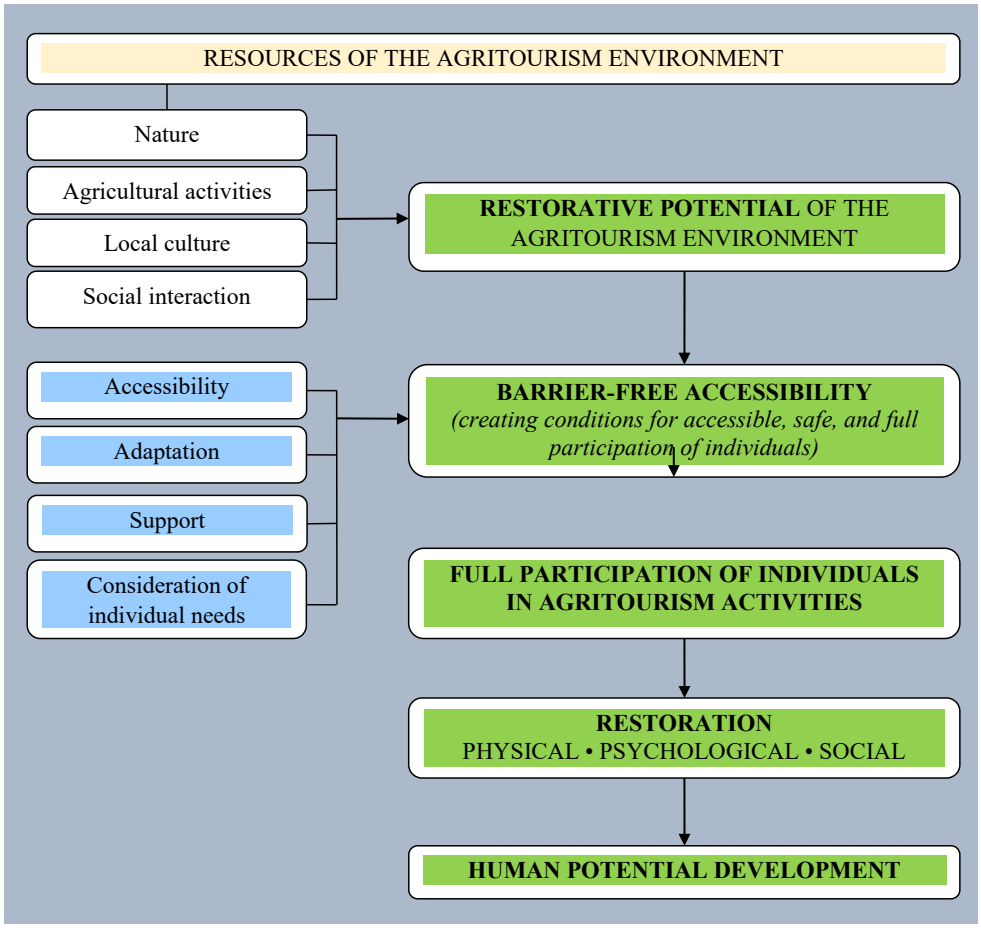


Figure 1. Mechanism for Realising the Restorative Potential of Agritourism through Barrier-Free Accessibility

Source: developed by the author based on [6–18]

activity options, friendly communication, and attentive hosts often contribute as much to visitors' comfort as costly technical adaptations.

For Ukraine, this approach is particularly important under wartime conditions, when the need for physical, psychological, and social recovery continues to grow. At the same time, agritourism is expected to attract not only domestic visitors but also international guests. Therefore, combining the authenticity of the Ukrainian countryside with a strong culture of hospitality and barrier-free principles may become an important competitive advantage for the national agritourism sector.

Thus, barrier-free accessibility should be regarded not as an additional characteristic of agritourism farms but as a prerequisite for realising their restorative potential. It enables people with different needs and abilities to participate fully in natural, agricultural, cultural, and social experiences and to benefit from the restorative value inherent in agritourism.

Conclusions. Under the conditions of war and Ukraine's future recovery, identifying approaches that contribute not only to economic development but also to the preservation, restoration, and development of human potential has become increasingly important. This study demonstrates that agritourism has considerable potential in this respect by integrating

Table 4

Practical checklist for creating a barrier-free agritourism experience

Stage of Interaction	What the Agritourism Farm Should Provide	Outcome for the Visitor	Particularly Important For
1	2	3	4
Searching for and selecting an agritourism farm	✓ authentic photographs of the property without concealing its features; ✓ a video showing the route from the parking area to the accommodation; ✓ information on steps, slopes, pathway surfaces, door widths, and sanitary facilities; ✓ information about the presence of dogs, farm animals, poultry, electric fences, traditional fences, unpaved roads, farm-related odors, buzzing insects, seasonal pollen, mobile network coverage, and Internet access; ✓ contact details for discussing individual needs	Visitors can assess in advance whether the conditions are suitable for their needs and avoid unpleasant surprises.	All categories of visitors.
Planning the stay	✓ opportunity to communicate individual needs in advance; ✓ choice of the duration and intensity of activities; ✓ option to opt out of specific activities; ✓ individualized programme for children, older adults, or veterans	The visitor feels confident even before arrival, knowing that their individual needs will be taken into account.	Veterans, people recovering from injuries, families with children, older adults.
Arrival	✓ convenient access to the property; ✓ well-lit premises; ✓ clear directional signs; ✓ designated resting areas; ✓ assistance with luggage; ✓ non-slip surfaces; ✓ absence of hazardous thresholds, potholes, or uncovered manholes	The visitor's first encounter with the agritourism farm does not cause stress or anxiety.	All visitors, especially people with reduced mobility.
Moving around the property	✓ level pathways or alternative routes; ✓ handrails on slopes; ✓ benches for resting; ✓ drinking water; ✓ shaded areas during hot weather; ✓ adequate lighting in the evening; ✓ the possibility of avoiding muddy areas after rain	The visitor can move around the property independently without unnecessary physical strain.	Older adults, persons with disabilities, families with strollers.
Interaction with animals	✓ the opportunity to choose the desired level of interaction independently; ✓ designated observation areas; ✓ calm animals accustomed to human contact; ✓ clear guidance on the rules of interaction; ✓ no aggressive dogs roaming unsupervised; ✓ the option to avoid contact with animals	The visitor enjoys positive emotions without feeling fear or pressure.	Children, people with autism, people with PTSD, people who are afraid of animals.
Participation in farm activities	✓ lightweight tools and equipment; ✓ tools of different weights; ✓ raised garden beds; ✓ the opportunity to work while seated; ✓ regular breaks; ✓ drinking water; ✓ gloves in different sizes; ✓ no mandatory participation	The visitor feels engaged and gains satisfaction from the completed activities without excessive physical strain.	People recovering from injuries, older adults, beginners.

End to table 4

1	2	3	4
Culinary and handicraft activities	✓ multiple levels of difficulty; ✓ step-by-step instructions; ✓ the option to observe without participating; ✓ adequate lighting at workstations; ✓ safe equipment; ✓ an individualized pace	Participation becomes engaging even for visitors without prior experience.	Children, people with cognitive impairments, international visitors.
Communi-cation	✓ clear and simple explanations; ✓ large, high-contrast informational signs; ✓ pictograms; ✓ friendly communication; ✓ repetition of important information when necessary; ✓ the opportunity to ask additional questions	The visitor feels confident and is better able to navigate the new environment.	Older adults, international visitors, people with cognitive impairments.
Sensory comfort	✓ quiet areas for rest; ✓ shaded areas; ✓ access to drinking water; ✓ the opportunity for privacy and solitude; ✓ advance information about the operation of agricultural machinery, barking dogs, crowing roosters, church bells, strong farm-related odors, seasonal numbers of flies, mosquitoes, and other insects; ✓ no excessively loud music	The risk of fatigue, sensory overload, and anxiety is reduced.	People with PTSD, people with autism, people with anxiety disorders, families with young children.
Accommo-dation	✓ comfortable indoor temperature; ✓ the possibility of natural ventilation; ✓ mosquito screens; ✓ blackout curtains or blinds; ✓ night lighting; ✓ safe sanitary facilities; ✓ handrails where needed; ✓ absence of high thresholds; ✓ reliable heating or air conditioning, depending on the season	The visitor can fully rest and recover.	All categories of visitors.
Meals	✓ information on meal ingredients and allergens; ✓ alternative menu options; ✓ the possibility of individualized meal plans; ✓ access to drinking water; ✓ convenient meal times	The visitor enjoys comfor-table dining without health-related risks.	Children, older adults, people with allergies or special dietary needs.
Hospitality atmosphere	✓ respect for the visitor's personal choices; ✓ no pressure to participate in activities; ✓ willingness to provide assistance only when needed; ✓ friendliness; ✓ respect for privacy and confidentiality; ✓ patient and understanding attitude toward visitors' individual needs	The visitor feels welcomed, safe, and valued.	All categories of visitors.

Source: developed by the author based on [5–19]

the natural environment, agricultural activities, local culture, traditions, and social interaction into a unified restorative setting.

The findings confirm that the restorative value of agritourism depends not only on its natural or tourism resources but primarily on people's opportunity to engage actively with the

agritourism environment according to their individual needs and capacities. Such participation creates the conditions necessary for physical, psychological, and social recovery.

The scientific novelty of the study lies in conceptualising barrier-free accessibility not merely as a characteristic of tourism accessibility but as a mechanism for realising the restorative potential of agritourism. Unlike traditional approaches, this concept encompasses not only physical accessibility but also organisational, informational, communication, and social conditions that enable full participation in the agritourism experience.

The practical contribution of the study includes the development of a mechanism for realising the restorative potential of agritourism and a practical checklist for creating a barrier-free agritourism experience. These tools may assist agritourism providers in planning, organising, and improving their services by preventing barriers at the product design stage rather than addressing them after they occur.

The proposed approach makes it possible to consider agritourism not only as a form of tourism but also as a practical instrument for preserving, restoring, and developing Ukraine's human potential. The proposed mechanism and checklist may be applied by agritourism providers, local governments, tourism product developers, and policymakers responsible for implementing barrier-free accessibility policies.

Further research should focus on developing methods for assessing the level of barrier-free accessibility of agritourism farms, establishing indicators for evaluating their restorative potential, investigating the effects of different agritourism activities on specific visitor groups, and designing practical models of barrier-free agritourism environments for different types of rural areas.

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