



I can do it!: Gadgets for Living Independently

Mrs Penny Metcalf, Mr Charles Metcalf

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“As you explore this work you will meet a person alive and loving, and you will share in her exploration and celebration of life.” Sergio Milandri, Director of Relating.com Penny Metcalf lives an exciting life, full of hope and faith in God. This collection of gadgets is a showcase of practical ways for engaging life fully. Based in Gauteng, South Africa, Penny and her husband Charles are inspired to make these affordable tools from their own life experiences, and with what they have on hand. The book is laden with first-person accounts, handy ‘hacks’ and heart-warming calls to live life fully as we are. “Penny says that most of the gadgets in this book are homemade, as they have been adapted for a particular need. The focus is on people with the use of one hand, or poor balance, and those being confined to a wheelchair, but the information in this book may equally be of assistance to the temporarily incapacitated, the elderly, and those of any age with limited reach.” Noreen Pitt, Occupational Therapist This book is also for caretakers seeking to assist those who have suffered from a stroke. Topics covered include: Mobility, Controlling Your Environment, Dressing, Cooking, Eating, Washing, Hygiene, Laundry, Studies, Childcare, Communication and Hobbies.

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