

# Gadgets to help overcome physical challenges

Mobility

Personal care

Communication

Baby and Child care

Controlling the environment

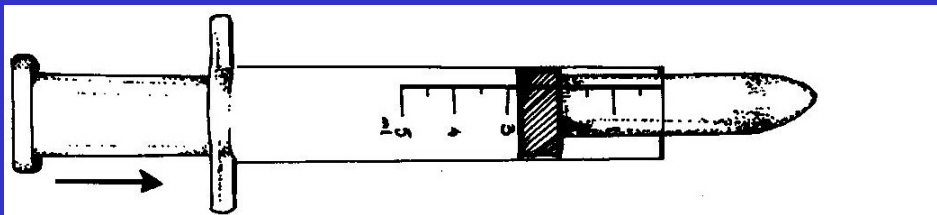
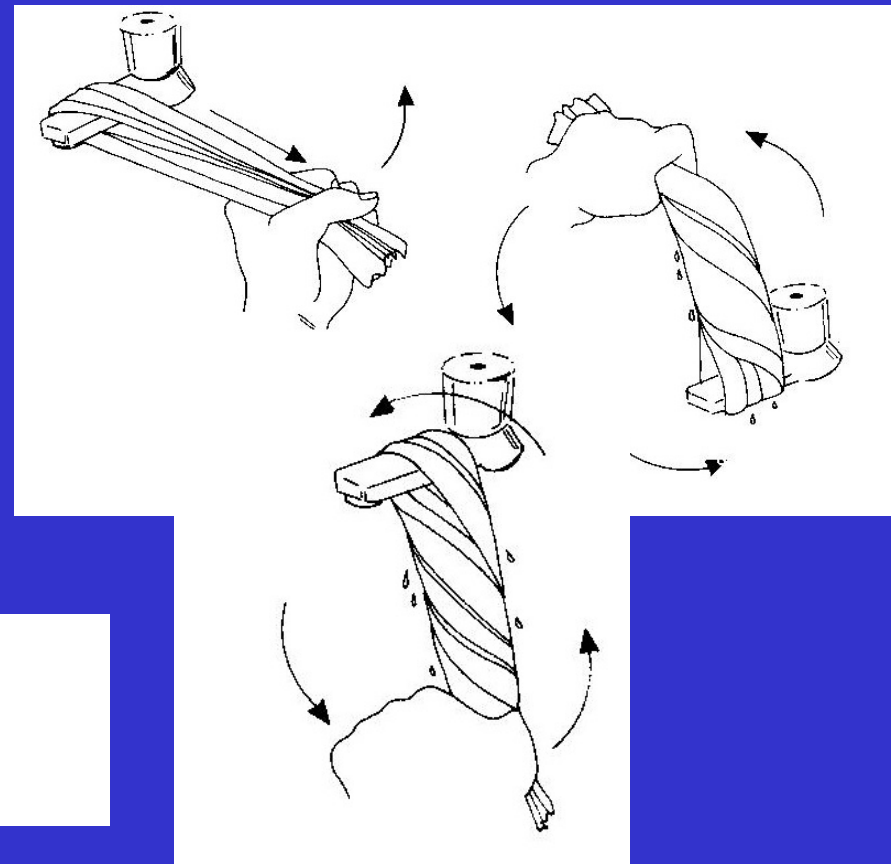
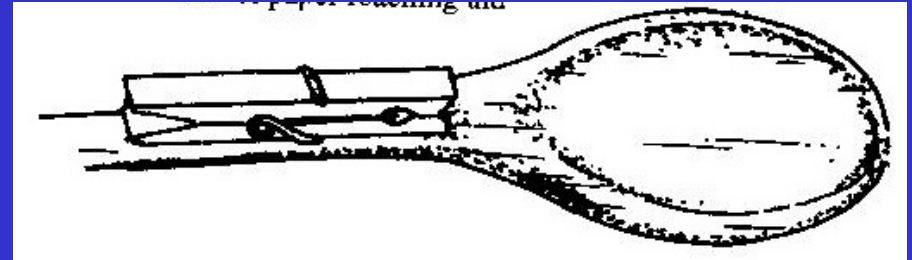
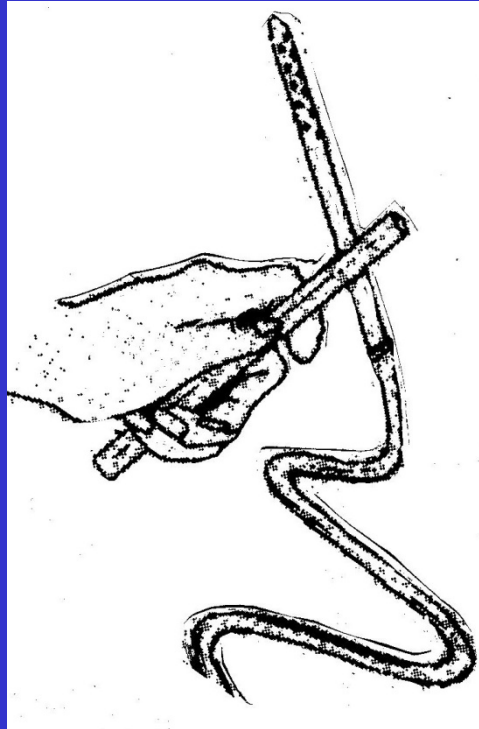
Sewing Cleaning Cooking

Outings or away

Recreation

The following  
gadgets and ideas have been  
developed from  
personal experience  
and what I have learned  
from others  
when they have shared their  
experiences with me.

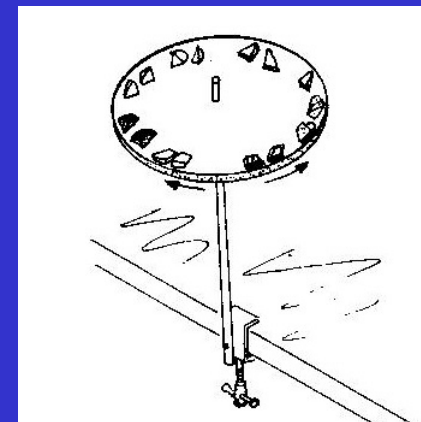
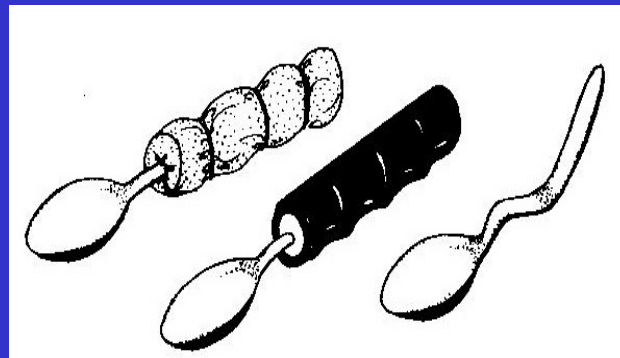
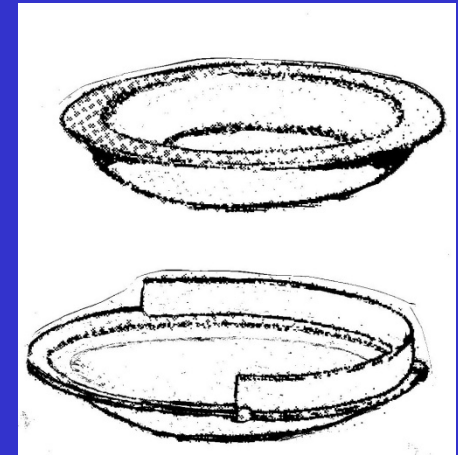
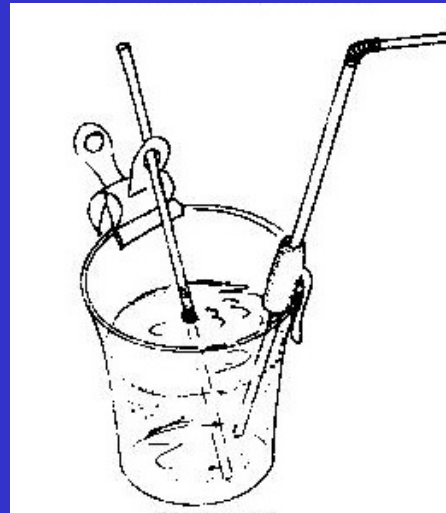
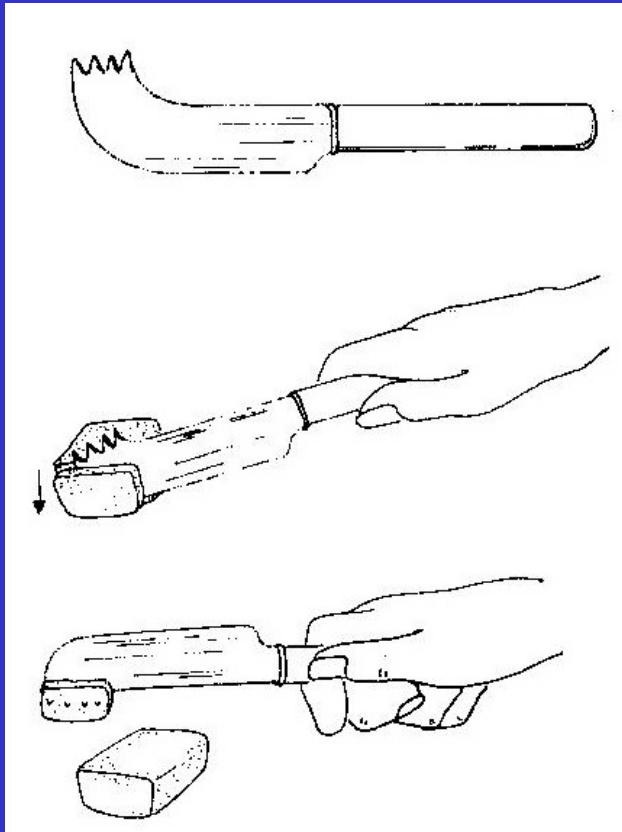
# Personal care



# Personal care continued

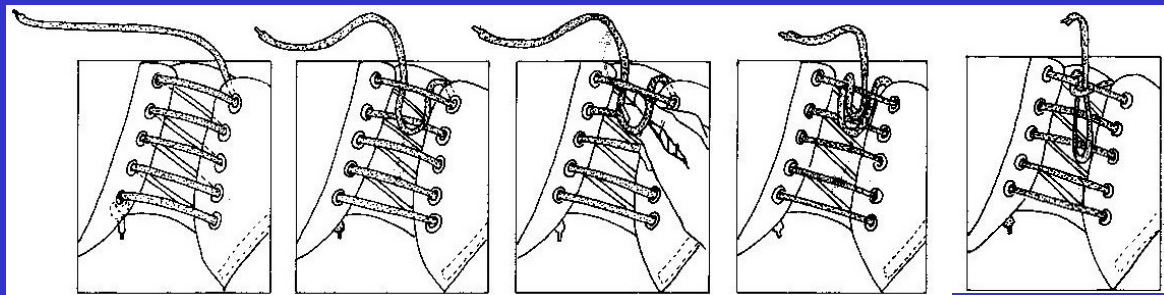
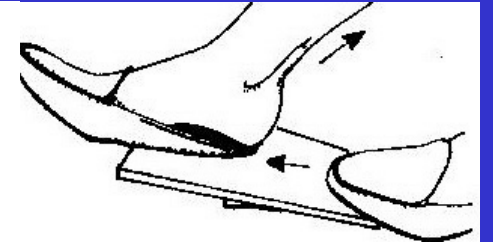
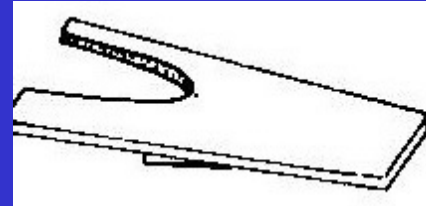
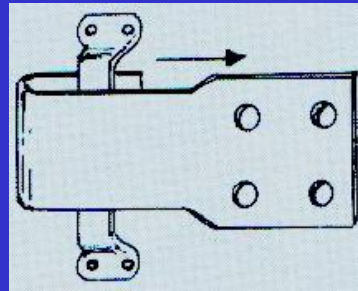
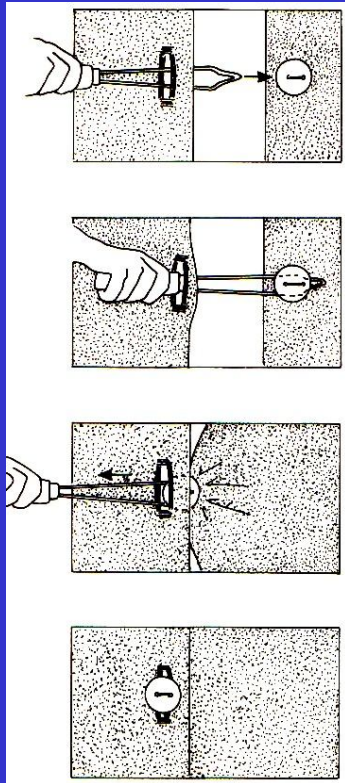
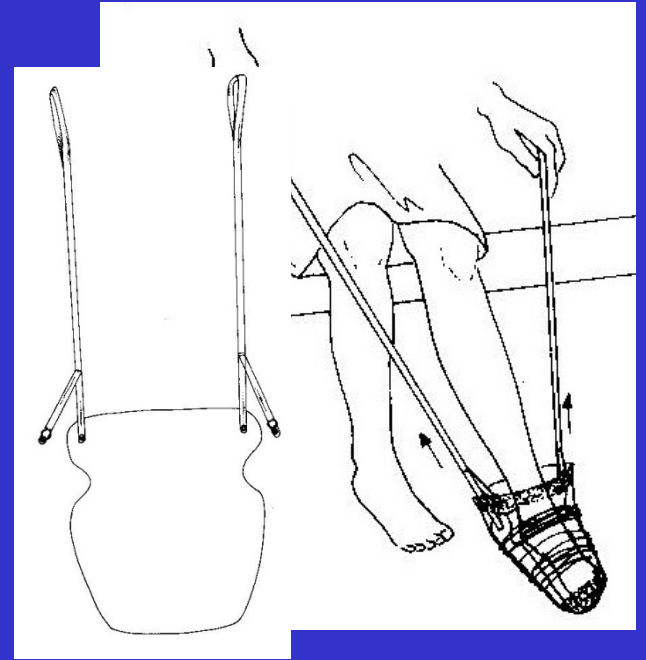
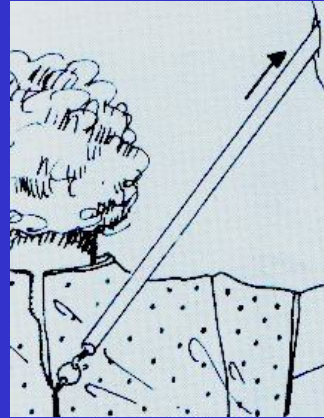
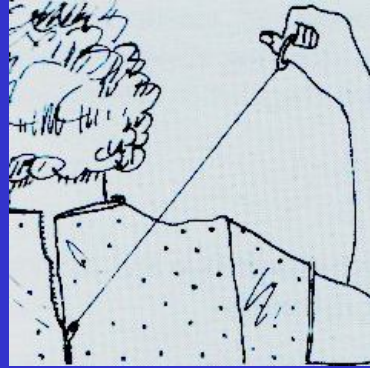
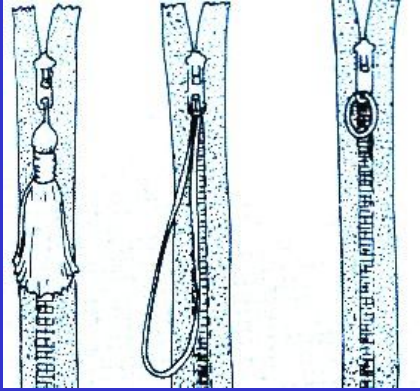


# Eating equipment

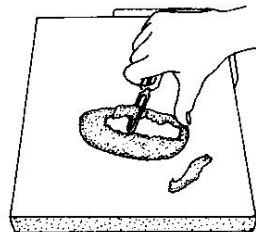
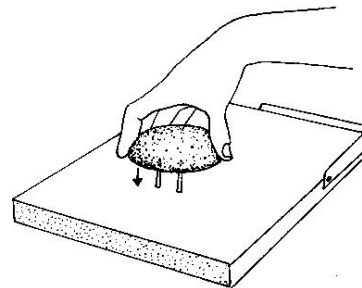
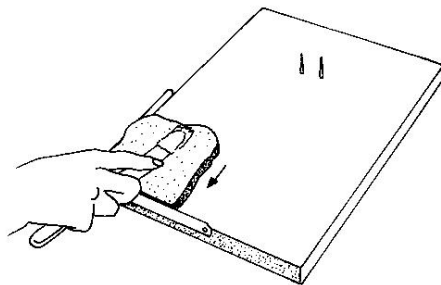
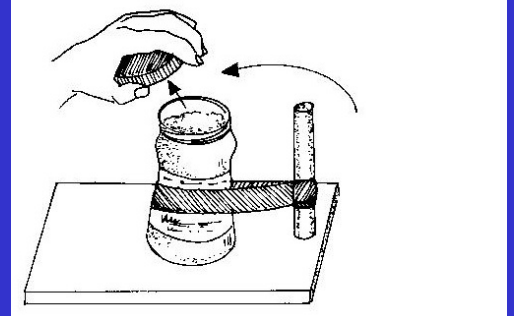
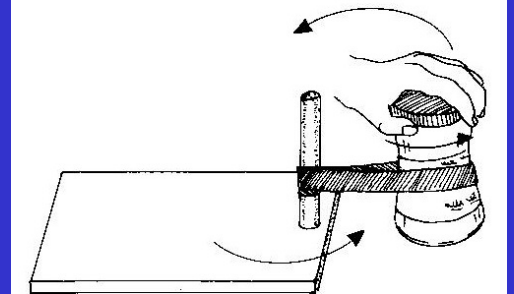
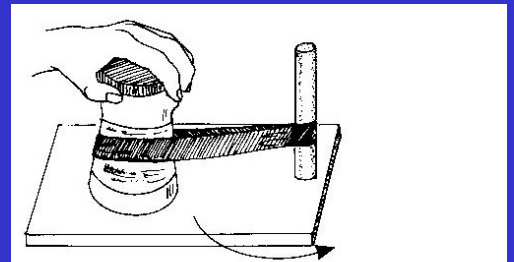
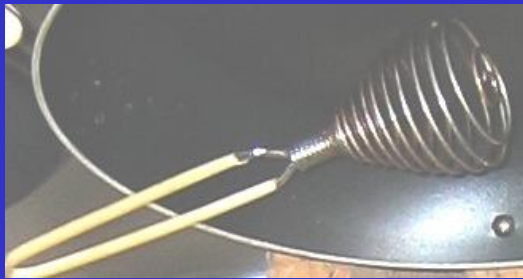
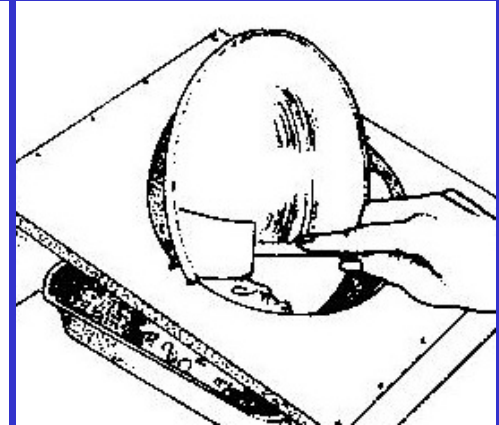
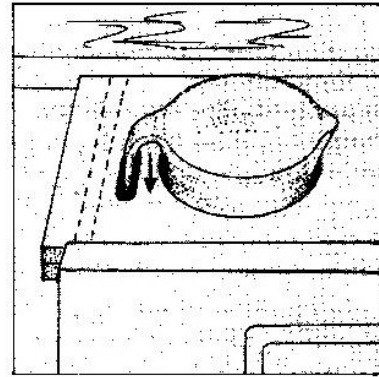
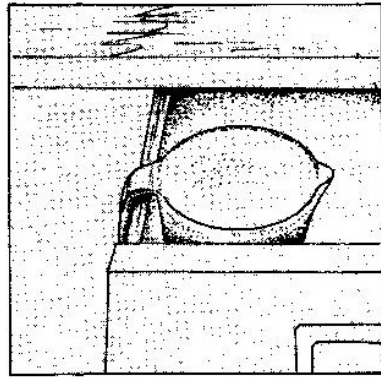




# Dressing



# kitchen





# Kitchen

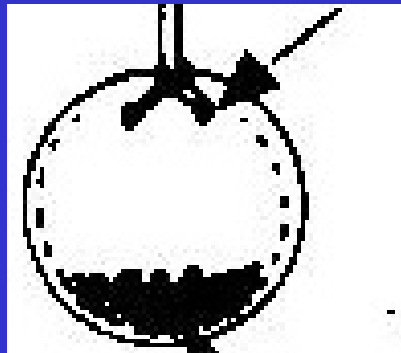
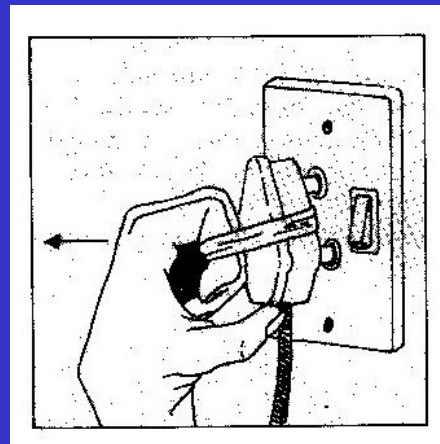
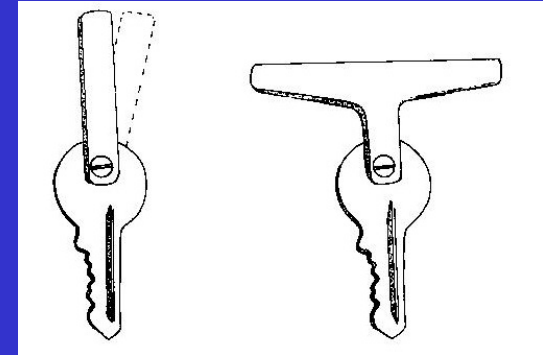
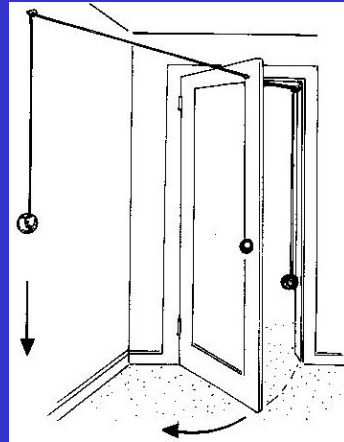
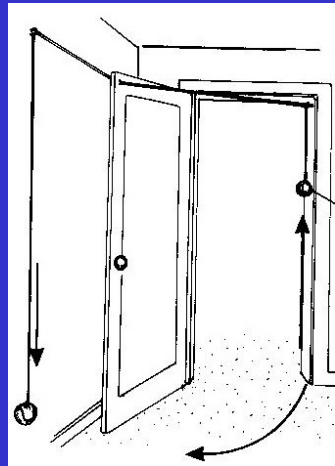




# Mobility



# Controlling the environment



# Baby and child care



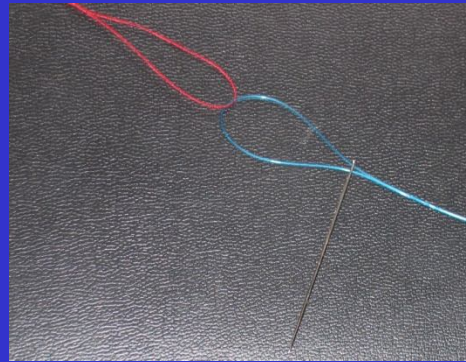


# Baby and Child care continued





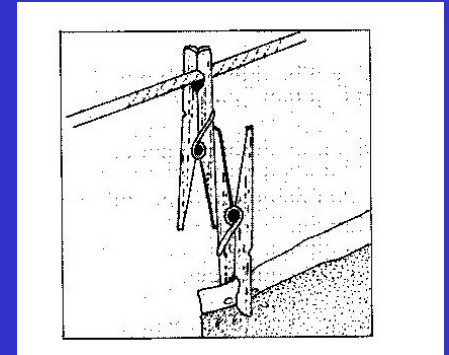
# Recreation







# Struggling with the environment - continued!!



**Can't move**



**The end**