

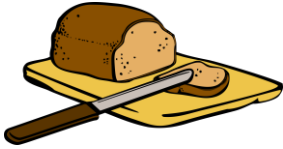


Top Tips for the Kitchen

Think about the layout of your own kitchen. How could this be made easier for the person if they have difficulty bending or reaching? Reorganise cupboards so that frequently used items are close at hand.

 	<ul style="list-style-type: none"> • Rather than carry items, slide them from one place to another or use a kitchen trolley for moving several items or for longer distances. • Consider using a smaller, lighter kettle which is easier to lift and pour. A travel size kettle is ideal for one person. Cordless kettles are usually safer for people with limited hand control. A kettle tipper allows you to lift and pour a heavy kettle. • When filling pots/kettles use a jug and take it to the pot/kettle – you can do two trips if needed. • A special non slip mat can be used to keep items from sliding while you prepare food or eat. • Complete most of the kitchen tasks in a seated position - a perching stool will enable you to sit at the worktop. • Utensils with large handles will decrease the amount of hand strength required to grip silverware. You can get foam tubing to slip over the handles. • Alternative knives may ease cutting food. A standard pizza cutter may slice certain foods with greater ease than a standard kitchen knife. • The rocker knife and right angle knife are designed for individuals who have weakness in their hand muscles. These knives will provide the greatest assistance when combined with the cutting board described below. • Adapted cutting board assists with holding food in place while it is sliced. Some styles also hold jars or bottles in place to allow easier opening with one hand, and mixing bowls to assist with stirring. • Spring-loaded or self-opening scissors will decrease the need to pinch or grasp bags or other items to open them. Scissors could also be used to cut some foods instead of chopping with a knife
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- Battery operated or electric can openers are an excellent tool, you can get ones that only require one hand.
- Light weight saucepans, two handed saucepans or pans with see through lids are available to buy. If the person has difficulty lifting, try using a metal cooking basket inside the saucepan to put vegetables or pasta in. They only have to lift the basket to drain the food rather than lifting a pan of hot water.
- Use heat proof gloves with fingers
- If only cooking one item in the oven, only have one shelf in as you are less likely then to burn yourself on the empty shelf
- Try to use a microwave. This is quicker and it is usually easier to get hot food in and out of rather than a conventional oven. It is also good for small portions and reduces the amount of saucepans and dishes they would otherwise have to use.
- Kitchen tongs with long handles can be easier to use when turning meat in a pan or on a grill than a fish slice or flat spatula.
- A device to hold a saucepan steady (Pan handle holder) on the cooker is useful
- Food processors can be helpful for all kinds of kitchen tasks but they can be difficult to use at first. They have sharp utensils and can be difficult to clean. They can help with chopping and preparing vegetables. Supermarkets now sell packs of raw chopped vegetables but these are usually more expensive.
- A slow cooker can be useful as this can be used on a worktop to prevent bending with hot food into an oven. Once all the preparation has been done it can be left on and a hot meal is ready hours later. This cooking method is good if the person gets tired easily and cannot stand at a cooker while the food is cooking. This is served from the container which the food has been cooked in. Usually the meat and vegetables are also cooked in the same pot and they do not have to be chopped up so small.
- Food steamers are a way to cook healthily and different foods can be cooked at the same time.



