

Assistive Equipment: Kitchen

People can have trouble preparing food for a number of different reasons. Examples include:

- The use of only one hand
- Weakness in one or both arms, or hands
- Reduced movement in hand joints (eg. due to arthritis or past history of broken bones).

There is a range of equipment available that is aimed at making it easier for you to be more independent in kitchen tasks. **Some are:**

Jar Opener:

A variety of jar openers are available for people who find opening jars difficult. Some can be used effectively with one hand. Others can allow you to use both hands more effectively and can take the strain off your joints.



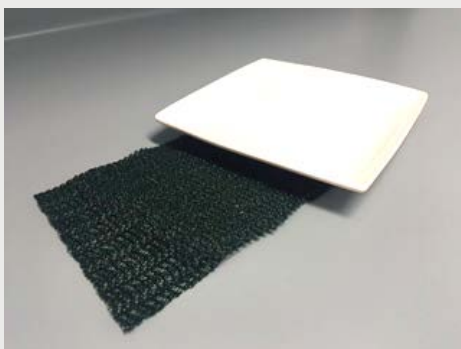
Chopping Boards:

Spikes, hinges and edges hold food items for you, allowing you to cut, spread and peel, as needed.



Non-slip Matting:

Plastic matting under plates, bowls and boards stops them from slipping on the table top while they are being used.



Tap Turners:

A variety of tap turners are available for people who have poor grip and have difficulty turning taps.



Please contact your therapist if you have any queries or concerns.