

Equipment for the Kitchen and Household

Some people may benefit from using specialised equipment or adaptive techniques in kitchen and household activities. Equipment exists to assist individuals with visual and hearing impairments, limited reach and mobility, pain and joint stiffness, coordination difficulties, limited strength and endurance or those with only the use of only one hand. This fact sheet looks at some of the commonly used products.



JAR AND BOTTLE OPENERS

A variety of different jar openers are available. Some jar openers are rubber objects designed to improve grip.

Others incorporate a lever system which reduces the strength required to open a jar. Some openers can be mounted under a shelf or bench to allow a person to open a jar with one hand.



TIN/CAN OPENERS

Can openers with large handles and turning knobs may be easier for people with sore joints to use.

Electric can openers are another option and a Jshaped tin opener will remove the lid from pull-cans more easily.



JUG AND KETTLE TIPPERS

Jug and kettle stands eliminate the need to lift a heavy kettle full of boiling water. The kettle can be left in the tipper and refilled using a small jug.

KITCHEN UTENSILS

Utensils such as peelers are available with ready-made built up handles in a variety of sizes, textures and weights. The needs of the user will dictate what is easiest for them to use.



Slip-on foam tubing and clay can also be used to build up the handle of ordinary utensils to provide and easier grip.

Knives with angled handles allow a stronger grip to be used. It puts less stress on joints by using the whole arm in a sawing action for chopping, slicing, etc.

Using electrically operated appliances can simplify tasks. Blenders, food processors, electric can openers and electric knives are a few commercially available items which can assist with food preparation.

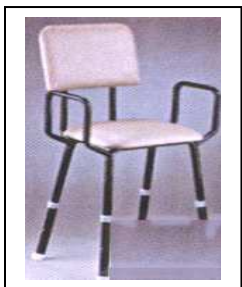


CHOPPING BOARDS

Chopping boards can be modified to help stabilize food items to assist cutting, chopping and spreading with one hand. Food items can be stabilized on boards with prongs or built-up sides. Smaller equipment such as graters can be secured onto cutting boards for one handed grating.

STOOLS AND TROLLEYS

Sitting down while working provides stability and helps to avoid fatigue.



A chair or stool with an adjustable height allows good customisation of sitting height for an individual, depending on their needs and bench or table height.

Trolleys can be used to transport objects around the kitchen or house. This may reduce the risk of dropping items, help to prevent fatigue from carrying items and reduce the trips required to transport objects between rooms.

OTHER STABILISING AIDS

- Non-slip matting can be used to assist in stabilising objects as well as providing a better grip for tasks such as opening jars.
- A clamp can also be used to stabilise jars and bottles.
- Saucepans can be stabilised by using magnetic or suction cups frames.
- Bowl tippers are also available. These are designed to secure and hold mixing bowl and safely transfer contents.



GENERAL HOUSEHOLD AIDS

For people with hand weakness, lever taps are generally easier to use than turn style taps. Alternatively, consider a tap turner placed over the existing tap to provide a lever. Key turners provide extra surface area for a person to grasp and a greater lever action than when using a standard key. Door knobs can be covered with non-slip materials to enable a better grip for turning. Lever handles may also be used to replace round door knobs.



A reaching aid may assist people who have difficulties reaching for objects. These incorporate a long-weight shaft and a gripping mechanism operated by squeezing a trigger. Various lengths of reaching aids are available.



Scissors can incorporate a self-opening mechanism, which may reduce fatigue.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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