



# A Guide to Choosing Kitchen Aids

**Assistive technology (AT) is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database [www.askned.com.au](http://www.askned.com.au) to view a range of products online.**

**Some people may benefit from using specialised equipment during meal preparation and when eating.**

## **Equipment is available to assist individuals with:**

- limited reach and mobility
- pain and joint stiffness
- limited coordination and endurance
- weakness
- the use of only one hand

The following are some examples of equipment that can make managing meals easier.

## **Cutlery and Handle Adaptations**

Standard cutlery can be made easier to use by enlarging the handle with foam tubing.

Cutlery is also available with ready-made built-up handles. Angled knives enable a stronger grip and allow a sawing action to be used to cut food during meal preparation.

Rocker knives enable people to cut food using one hand.

Combination cutlery can also be helpful by combining a knife and a fork to allow one handed eating.

Spoons and forks with an angled shaft can assist those with limited arm and wrist movement to direct food into the mouth. Weighted cutlery can be useful for those with a tremor, while lightweight cutlery can be useful for those with reduced strength.

## **Cups**

Two handed mugs may be useful for some people to lift or stabilise a cup.

Weighted mugs may also be useful in reducing tremor.

Lightweight cups can assist those with upper limb weakness and reduced coordination.

Insulated mugs are useful to prevent burns as well as to help keep liquids hot or cool.

An outward lip or flange at the base of a cup can assist to prevent spills.

## **Plates**

Using a plate with a lip can be helpful for those with use of only one hand to push food onto their spoon.

Alternatively, guards that can fit onto any plate are also available.

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## Kitchen Utensils

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

## Kettle Tippers and Water Dispensers

Kettle tippers 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. Use of a hot water dispenser allows the user to place the cup under the spout and press a button to pour the hot or cold water. Some dispensers deliver a pre-set amount.

## Jar Openers

A variety of different jar and bottle openers are available. Some jar openers are made of rubber material designed to improve grip. Others incorporate a lever system which reduces the strength required to open a jar.

## Can Openers

Can openers are available in a range of options to suit the user's needs. There are one handed manual can openers that operate by squeezing the handles together or one handed battery operated can openers that just require the press of a button.



## Meal Preparation Boards

Can assist someone with use of only one arm too prepare and stabilise food items. These often include a clamping system, bread board, peeler, grater and spiked area for chopping food.

## Alternative Chopping Aids

Can reduce the need to finely chop food, there are different styles of choppers available; some require pressing two surfaces together and some requiring pushing down on a button.

## Cooking Aids

The Thermomix is another aid worth considering if fatigue or use of one hand is making cooking difficult. It is an electrically operated food processor that chops, beats, mixes, whips, grinds, grates, juices, blends, heats, cooks, stirs, steams and weighs food.

**Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you.**

**Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.**

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